



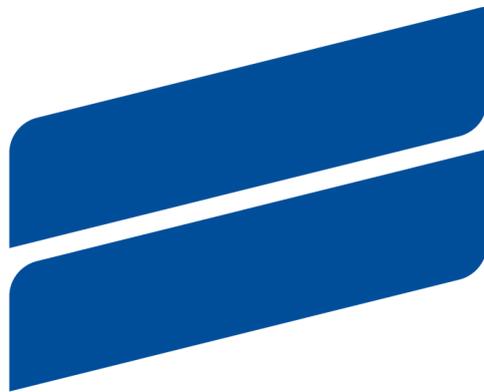
Battle The Beach 2022 – Qualification

Workout Description

Workout 22.1

Rx and Scaled Division

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Rx Division

AMRAP 16 min

Part A: 4000 m Bike-Ergometer

into

Part B: Max Number of Repetitions of

4 sync. Toes to Bar

5 sync. Double-Dumbbell Thruster (M: 2 x 22.5 kg | F: 2 x 15 kg)

6 sync. Burpee Box Jump Over (M: 24" | F: 20")

Score part A: Time (MM:SS.M)

Score part B: Reps

Scaled Division

AMRAP 16 min

Part A: 4000 m Bike-Ergometer

into

Part B: Max Number of Repetitions of

4 sync. Toes Up

5 sync. Double-Dumbbell Thruster (M: 2 x 15 kg | F: 2 x 10 kg)

6 sync. Burpee Box Jump Over (M: 24" | F: 20")

Score part A: Time (MM:SS.M)

Score part B: Reps



Notes

This is a two part workout. This workout begins with one team member sitting on the bike ergometer with the display prepared as described in the movement standards.

After the call of “3, 2, 1... go”, the athlete starts with the 4000 m bike run. Team partners can split the bike run however they like but only one partner is allowed to work at a time, the other partner has to rest.

When the display of the bike ergometer shows 0 m, both team members start with part B of the workout. Athletes will perform 4 repetitions of synchronic toes to bar followed by 5 reps of synchronic double-dumbbell thrusters again followed by 6 reps of synchronic burpee box jump-overs.

After these 15 repetitions both team members start over with another round of 4 synchronic toes to bar, 5 reps of synchronic double-dumbbell thrusters and 6 reps of synchronic burpee box jump-overs. This sequence is performed and repeated within the remaining time of the 16 minutes.

Teams do not need a judge but have to film the workout (see video submission standards).

There are two scores for this workout.

The score for part A is the time (MM:SS.M) needed for the bike run of 4000 m. The score for part B is the total number of repetitions performed in the remaining time of the 16 minutes. The total workout time for both parts A and B is 16 minutes.

A “No-Rep” identified during validation of the uploaded video(s) will automatically lead to a -1 rep penalty per “No-Rep”. There are only 10 “No-Reps” allowed per team during one qualification workout (max. -10 reps). An 11th “No-Rep!” per team will lead to a disqualification in this qualification workout.

Video Submission Standards

Prior to starting, introduce yourself (team name | affiliation | division) and film the equipment so the bike erg display, jump boxes, dumbbell(s) and the weight can be seen clearly.

A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. You can also use the apps “We Time” “Wodproof” for filming your workout. We prepared/registered Battle The Beach within this apps.

Shoot the video from an angle so all exercises can be clearly seen. The fulfillment of the movement standards must be clearly visible for every movement.

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Upload the video to any portal and set the video link in the given field of the “competition corner” score submission system.

Movement Standards

Bike Ergometer

The monitor of the bike ergometer must be set to 4000 m at the beginning of the workout and must be visible in the video for the whole time of the bike run. The athlete must stay seated on the bike ergometer until the monitor reads 0 m. Otherwise the movement standard is not fulfilled.



Standard for the setup of the bike ergometer: (A) set the distance to 4000 m before starting the workout, (B) your display must count from 4000 m to 0 m during the workout, (C) your score for workout 22.1 part A is the time needed to bike erg 4000 m in the format MM:SS.M.



Synchronic Toes to Bar

In the toes to bar, athletes must go from a full hang to having the toes touch the pull up bar. At the start of each rep, the arms must be fully extended with the feet of the ground, and the feet must be brought back behind the bar and the rest of the body.

Both feet of both team members must come into contact with the bar at the same time, inside the arms for a valid repetition.

Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

Synchronic Toes Up

In the toes up, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted. At the top of the repetition, athletes must raise the toes above the height of the hips. A synchronic repetition is fulfilled when both athletes raise their feet above the height of their hips at the same time.

Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

Synchronic Double-Dumbbell-Thruster

Each set of the dumbbell thrusters begins with the dumbbells on the ground. Athletes hold the dumbbells in the front rack position during the squat. Dumbbells move from the bottom of a front squat to full lockout overhead. A full squat clean into thrusters is allowed when the dumbbells are taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position.

A synchronic rep is fulfilled when all four dumbbells are locked out overhead, with the hips, knees, and arms fully extended at the same time. Both dumbbells of every team member have to be directly or slightly behind the middle of the body. Athletes need to continue pressing the weight up until lockout. Dipping during the press will lead to a “NO-Rep”, jerking is not allowed.

Athletes may not have any assistance when picking up or setting down the dumbbells.



Synchronic Burpee Box Jump Over

The burpee box jump-over starts with both team members facing the box while touching their chest and thighs to the ground, and finishes with the athletes jumping over the box.

In the bottom position, the athletes have to remain perpendicular to the box on each rep. A jump or step up during the burpee is permitted. A two-foot takeoff is always required, and only the athletes' feet may touch the box. In the box jump-over, there is no requirement to stand tall while on top of the box. Athletes may jump on top of the box using a two-foot landing and then jump or step off to the other side.

For a valid synchronic repetition, athletes have to lie down (bottom position) and land on the box at the same time.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin with the next repetition.

A Full jump or a jump completely over the box is not allowed