

BATTLE THE BEACH QUALIFIER

WORKOUT 26.1A+B

26.1A

For time, Time cap: 10 min, Team of 2
15 Synch 2 Cal Row
10 Synch 2 Lateral Burpees Over Rower
36 Power Clean weight I YGIG
15 Synch 2 Cal Row
10 Synch 2 Lateral Burpees Over Rower
24 Power Clean weight II YGIG
15 Synch 2 Cal Row
10 Synch 2 Lateral Burpees Over Rower
12 Power Clean weight III YGIG

Mixed teams row 15/12 calories
Female teams row 12 cal

Score is time

No additional rest. 26.1B starts after 10 min time cap of part A is over

26.1B

Max complex in 6 min
1 Power Clean
1 Front Squat
2 Jerks

Score is the sum of the heaviest complexes from both athletes

Weights:

RX/35+:

Weight I: 60/40 kg
Weight II: 70/50 kg
Weight III: 80/55 kg

Interm:

Weight I: 50/35 kg
Weight II: 60/40 kg
Weight III: 70/50 kg

Scaled:

Weight I: 30/25 kg
Weight II: 40/30 kg
Weight III: 50/35 kg

The female barbell must be loaded with standard 5 kg plates and not small weightlifting plates to ensure each barbell has the same height off the floor.

Preparation:

The RowErg needs to be positioned so that the display is facing the filming camera, the lateral burpees over the Rower must be performed facing the camera to ensure the visibility of the movement standards (Chest touching the floor). During the power clean athletes face each other and they must be turned 90 degrees to the camera to ensure the view from the side.

Allowed equipment.

It is allowed to prepare all three weights prior to the workout. The team may get assistance to change the barbells on the floor. If a team chooses to use three barbells they must film all weights, and all barbells must always be visible in the view of the camera. The weights must be filmed **BEFORE** the workout. The team may get assistance as well for changing the weight for the complex

Workout flow:

Prior to the workout the athletes may already sit on the rower not touching the handles. On the call 3-2-1 go! Both athletes start with their 15 calories (woman 12 cal.), each athlete needs to finish these calories on their own rower. The athletes are allowed to step off the rower once they hit their calories. Both athletes must wait for each other prior starting the lateral burpees over the rower. It is mandatory that the athletes turn around to face the camera to perform the synchronized burpees. Athletes start on the same side of the rower and perform 10 lateral burpees over the rower. Once they are done, they proceed to the power cleans. The power cleans are always shared reps. Once they are done with the first 36 reps of power cleans, they repeat the whole procedure two more times but each round the power cleans decrease in reps and increase in weight.

If a team only uses one barbell they must change the weight of the barbell to the required weight, this can be done with assistance from another person. The athletes can already go on the rower while the supporting person is changing the weight.

If the team finishes the workout faster than the time cap, they rest until minute 10. During this time, they can already start loading the barbell for their first attempt, but they are not allowed to do any lifts. Again, loading the bar can be done with assistance of another person.

Once the timer hits the 10 min mark, the team must find their complex within 6 min. The barbell from the complex must be with one of the three barbells used for the workout.

In each division the team is allowed to pre build three barbells PER athlete for the cleans. For the complex each athlete is using his own barbell. Athlete can go up and down in weight.

Movement standards:

Row

- Start Position: Athlete strapped onto rower, hands off the handle
- Finish Position: Athlete strapped, hands on the handle when monitor displays respective calorie output

Synchronization: Both athletes need to finish their own calories; they can get off the rower individually once they are done but must wait until the other athlete is done with their calories as well.

Lateral Burpee over rower

- Start: Athlete is standing tall next to the rower, facing the camera. From here the athlete either jumps or steps back until chest, hips and thighs are on the ground at the same time.
- From there the athlete either steps or jumps up and performs a lateral jump over the rower.

Lateral Jump Requirements:

- No two-foot take off required
- At least once both feet need to be in the air not touching the rower
- The jump must be over the rower's rail, the jump **cannot** be behind the rower
- No two-foot landing required
- At no time during the jump the athlete is required to be standing fully upright, also once he landed there is no requirement for a fully upright position, the athlete can land in a tucked position and go down into the next burpee immediately.

Synchronization: Both athletes need to be on the floor with their chests at the same time. The chest needs to be clearly in contact with the floor. If one athlete is on the floor quicker than the other, this athlete needs to wait until the other athlete is on the floor.

Be aware you **MUST** face the camera for the burpees to ensure a clear view on the chest for the movement standards. Both athletes start on the same side of their rower.

Power Cleans:

- Start: Barbell on the floor
- Finish: Barbell in front rack position. Elbows in front, hips and knees fully extended
- You **MUST** perform a power clean. The catch must be above 90 degrees
- Barbell must start from the floor, bouncing is not allowed, touch and go is permitted

How to split the reps: A power clean is complete once the barbell touches the floor again. It is mandatory to wait until the barbell is in contact with the floor before the other athlete starts their lift. For teams who are using two barbells, the other athlete is not allowed to touch their barbell before the barbell of the other athlete is on the floor.

Front squat:

- Start: Barbell in front rack position. Elbows in front, hips and knees fully extended
- Bottom position: Squat down until hips are clearly below 90 degrees
- Finish: Barbell in front rack position. Elbows in front, hips and knees fully extended

Jerk:

- Start: Barbell in front rack position. Elbows in front, hips and knees fully extended
- Finish: Barbell overhead with the arms fully extended and the barbell over the middle of the body. Feet must be under the hip and knees and hip fully extended.
- Both split and push jerk are permitted
- Split Jerk: Athlete must bring the feet back together under the hips. Knees and hip must be fully extended in finish position
- Push Jerk: Feet must be under the hips once the jerk is finished. Knees and hip must be fully extended in finish position

BATTLE THE BEACH 2026 - Online Qualifier Workout 1

PART A (for Time)							
Round 1	MM15/15 FM15/12 FF12/12 Cal Row						<i>RX/35+: 60/40 kg</i> <i>Intermediate: 50/35kg</i> <i>Scaled: 30/25kg</i>
	Athlete A	Athlete B					
	10 Sync 2 Lateral Burpees over Rower						
	2	2	2	2	2		
36 Power Clean Weight I (YGIG)						Total Reps Round1 MM 76 FM 73 FF 70	
6	6	6	6	6	6		
Round 2	MM15/15 FM15/12 FF12/12 Cal Row						<i>RX/35+: 70/50 kg</i> <i>Intermediate: 60/40kg</i> <i>Scaled: 40/30kg</i>
	Athlete A	Athlete B					
	10 Sync 2 Lateral Burpees over Rower						
	2	2	2	2	2		
24 Power Clean Weight II (YGIG)						Total Reps Round 2 MM 64 FM 61 FF 58	
4	4	4	4	4	4		
Round 3	MM15/15 FM15/12 FF12/12 Cal Row						<i>RX/35+: 80/55 kg</i> <i>Intermediate: 70/50kg</i> <i>Scaled: 50/35kg</i>
	Athlete A	Athlete B					
	10 Sync 2 Lateral Burpees over Rower						
	2	2	2	2	2		
12 Power Clean Weight III (YGIG)						Total Reps Round 3 MM 52 FM 49 FF 46	
2	2	2	2	2	2		
Score (Time): <input style="width: 150px; height: 20px;" type="text"/>							
or Reps: <input style="width: 150px; height: 20px;" type="text"/>							

PART B (for weight)						
						Heaviest Complex
Athlete A:						
Athlete B:						
(Sum of heaviest Complex A+B)						<input style="width: 100px; height: 20px;" type="text"/>