

Njoya League - Workout 1

25/26 November 2022

Prep/Main/Master/Top division



General rules

All crew members and athletes are treated with respect.

Keep in mind that a judge is there to ensure you perform at your best level, listen well to their comments and adjust your standard when they ask that of you. This way you make sure that your reps are being performed well and that you are not losing time and energy with missed reps.

Teams begin, end, and switch in the so-called startsection. A team's time is noted only when all athletes of that team are in the startsection.

Switching most of the time takes place in the start section. The working athlete has to be in the startsection before the next athlete may take off, the judge will send the new athlete back to the startsection before he/she can continue the workout.

When it's allowed to switch on the field it's mentioned clearly at the description of that workout.

When a team does not agree with a judge's scoring, this is notified to the organization (head judge / floor manager) BEFORE the next workout starts.

We hope you have a good last week of preparation and see you on the field with your A-game!

WORKOUT 1

PREP DIVISION = page 2-4

MAIN / MASTER DIVISION = page 5-7

TOP DIVISION = page 8-10

Workout 1 ~ How far can you go PREP DIVISION

CAP 8 MIN

BUDDY TEAMS

A) 2 x 1 minute for distance

- 1 athlete row

- 1 athlete shuttle sprint run

Mandatory switch athlete after minute

- 1 MIN REST -

B) 5 MIN AMRAP

20 PAIR Box Jump overs (2p.)

20 BB SH 2 OH (1p.)

CAP 8 MIN

FANTASTIC 4

2 x 1 minute for distance (MM / FF)

- 1 athlete row / 1 athlete bike

- 2 athletes shuttle sprint run (SYNC)

Mandatory switch athletes after minute

B) 5 MIN AMRAP (MF / MF)

20 PAIR Box Jump overs (2p.)

20 SYNC BB SH 2 OH (2p.)

PAIR = You go I go set up (mandatory switch each 2 box jumps)

Female: Barbell 15kg + 20 inch box

Male: Barbell 20kg + 24 inch box

Mixed/F4: Barbell 15 / Barbell 20kg + 20 inch box

Notes Buddy Team: 2 athletes at the time are working on the run/row, 2 athletes are alternating on the box jump, 1 athlete at the time is working on the BB movement. With the BB movement you can switch whenever you want in the start section.

Notes Fantastic 4: 4 athletes at the time working on the run-bike/row, mandatory Male+Male pair and Female/Female pair.

2 athletes (Male+Female pair) are alternating on the box jump, while 2 athletes (Male+Female pair) are resting in the start section. When 2 athletes (Male+Female pair) are working on the SYNC BB movement, the other 2 athletes are resting in the start section. With the BB movement you can switch whenever you want in the start section.

Tie break:

The tie break is noted after each round of the BB Shoulder 2 Overhead.

Scoring:

There will be 2 rankings for this workout; A (total distance) and B (total reps), the final ranking will be the average of both.

Flow of the workout Buddy Teams:

- *The workout starts with 2 athletes standing in the start section, when the clock starts one athlete will start with the max distance run and one athlete will start with the max distance on the rower.*
- *After the minute it's obligated to switch the task, so the other athlete will run and the other athlete will row.*
- *The team has 1 minute rest to get ready for part B.*
- *When the minute is passed both athletes are starting with the alternating box jumps (You go I go, per 2 reps).*
- *Once the 20 reps are done, one athlete will pick up the BB and start with BB Shoulder 2 Overhead movement and will perform as many reps as he/she can. You can switch whenever you want in the start section.*
- *Once the 20 reps are done both athletes will start with the second round and then you keep going until the total 8 minute mark.*

Flow of the workout Fantastic 4:

- *The workout starts with 4 athletes standing in the start section, when the clock starts two athletes will start with the SYNC max distance run and one athlete will start with the max distance on the rower, and one athlete will start with the max distance on the bike.*
- *After the minute it's obligated to switch the task, so the other two athletes will SYNC run and the other two athletes will row/bike.*
- *The team has 1 minute rest to get ready for part B.*
- *When the minute is passed, 2 athletes will remain in the start section and 2 athletes are starting with the alternating box jumps (You go I go).*
- *Once the 20 reps are done, two athletes will pick up their BB and start with SYNC BB Shoulder 2 Overhead movement and will perform as many reps as they can. You can switch whenever you want in the start section.*
- *Once the 20 reps are done all 4 athletes will start with the second round and then you keep going until the total 8 minute mark.*

MOVEMENT STANDARDS PREP DIVISION:

Shuttle Sprint Run

- Place one foot in front of the other and go as quick as you can.
- One lane is 10 meters and both feet have to go over the line before you can turn around and can run back.
- Fantastic 4 teams have 2 athletes running at the same time, this has to be synchronized. The synchronized moment is that you have to start each lane together, so only when all 4 feet are over the line you can continue with the run back.

Concept 2 Rower

- Make sure your damper is set on the right level before the workout starts, during the workout you are no longer allowed to change it.
- You cannot touch the screen at any time, only the crew can do this.

Box Step on & Overs (1 box for both buddy teams and fantastic 4)

- The athlete steps on the box, both feet have to touch the box before you can step down.
- No other body part than your feet can touch the box, otherwise it's a no-rep.
- The rep is completed when the athlete has both feet on the ground on the other side of the box.
- You Go I Go is performed as follows, athlete 1 performs 2 box step ups, then athlete 2 performs 2 box step ups, etc. This is mandatory.
- For both the Buddy Mix and Fantastic 4 teams, you work with the female height of the box.

BB Shoulder 2 Overhead

- The movement starts with the barbell on the shoulder.
- You push the barbell up to an overhead position.
- For a rep to count the arms have to be fully locked out (elbow straight) and in one line with the body (arms are next to the ear). So your knees, hips and arms are fully extended, and the barbell is directly above the heels.
- Strict press, a push press or a push jerk are permitted.
- Only when the judge gives the signal for a rep to count, bring it back to your shoulders to go into your next rep.
- You are NOT allowed to drop the barbell from any level. If you do, it's a no-rep, also when it's the last rep!
- Fantastic 4 team: the SYNCHRONIZED part is when both athletes have the barbell overhead in full lockout. So when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the full lock out overhead position. Only then you can continue with the next rep.

Workout 1 ~ How far can you go MAIN/MASTER DIVISION

CAP 8 MIN

BUDDY TEAMS

A) 2 x 1 minute for distance

- 1 athlete row

- 1 athlete shuttle sprint run

Mandatory switch athlete after minute

- 1 MIN REST -

B) 5 MIN AMRAP

20 PAIR Box Jump overs (2p.)

20 BB SH 2 OH (1p.)

CAP 8 MIN

FANTASTIC 4

2 x 1 minute for distance (MM / FF)

- 1 athlete row / 1 athlete bike

- 2 athletes shuttle sprint run (SYNC)

Mandatory switch athletes after minute

B) 5 MIN AMRAP (MF / MF)

20 PAIR Box Jump overs (2p.)

20 SYNC BB SH 2 OH (2p.)

PAIR = You go I go set up (mandatory switch each 2 box jumps)

Female: Barbell 30kg + 20 inch box

Male: Barbell 40kg + 24 inch box

Mixed/F4: Barbell 30 / Barbell 40kg + 20 inch box

Notes Buddy Team: 2 athletes at the time are working on the run/row, 2 athletes are alternating on the box jump, 1 athlete at the time is working on the BB movement. With the BB movement you can switch whenever you want in the start section.

Notes Fantastic 4: 4 athletes at the time working on the run-bike/row, mandatory Male+Male pair and Female/Female pair.

2 athletes (Male+Female pair) are alternating on the box jump, while 2 athletes (Male+Female pair) are resting in the start section. When 2 athletes (Male+Female pair) are working on the SYNC BB movement, the other 2 athletes are resting in the start section. With the BB movement you can switch whenever you want in the start section.

Tie break:

The tie break is noted after each round of the BB Shoulder 2 Overhead.

Scoring:

There will be 2 rankings for this workout; A (total distance) and B (total reps), the final ranking will be the average of both.

Flow of the workout Buddy Teams:

- *The workout starts with 2 athletes standing in the start section, when the clock starts one athlete will start with the max distance run and one athlete will start with the max distance on the rower.*
- *After the minute it's obligated to switch the task, so the other athlete will run and the other athlete will row.*
- *The team has 1 minute rest to get ready for part B.*
- *When the minute is passed both athletes are starting with the alternating box jumps (You go I go, per 2 reps).*
- *Once the 20 reps are done, one athlete will pick up the BB and start with BB Shoulder 2 Overhead movement and will perform as many reps as he/she can. You can switch whenever you want in the start section.*
- *Once the 20 reps are done both athletes will start with the second round and then you keep going until the total 8 minute mark.*

Flow of the workout Fantastic 4:

- *The workout starts with 4 athletes standing in the start section, when the clock starts two athletes will start with the SYNC max distance run and one athlete will start with the max distance on the rower, and one athlete will start with the max distance on the bike.*
- *After the minute it's obligated to switch the task, so the other two athletes will SYNC run and the other two athletes will row/bike.*
- *The team has 1 minute rest to get ready for part B.*
- *When the minute is passed, 2 athletes will remain in the start section and 2 athletes are starting with the alternating box jumps (You go I go).*
- *Once the 20 reps are done, two athletes will pick up their BB and start with SYNC BB Shoulder 2 Overhead movement and will perform as many reps as they can. You can switch whenever you want in the start section.*
- *Once the 20 reps are done all 4 athletes will start with the second round and then you keep going until the total 8 minute mark.*

MOVEMENT STANDARDS MAIN / MASTER DIVISION:

Shuttle Sprint Run

- Place one foot in front of the other and go as quick as you can.
- One lane is 10 meters and both feet have to go over the line before you can turn around and can run back.
- Fantastic 4 teams have 2 athletes running at the same time, this has to be synchronized. The synchronized moment is that you have to start each lane together, so only when all 4 feet are over the line you can continue with the run back.

Concept 2 Rower

- Make sure your damper is set on the right level before the workout starts, during the workout you are no longer allowed to change it.
- You cannot touch the screen at any time, only the crew can do this.

Box Jump on & Overs (1 box for both buddy teams and fantastic 4)

- The athlete jumps on the box with a two feet take off and landing.
- No other body part than your feet can touch the box, otherwise it's a no-rep.
- Both feet have to touch the box before you can jump/step down.
- The rep is completed when the athlete has both feet on the ground on the other side of the box.
- You Go I Go is performed as follows, athlete 1 performs 2 box jumps, then athlete 2 performs 2 box jumps, etc. This is mandatory.
- For both the Buddy Mix and Fantastic 4 teams, you work with the female height of the box.

BB Shoulder 2 Overhead

- The movement starts with the barbell on the shoulder.
- You push the barbell up to an overhead position.
- For a rep to count the arms have to be fully locked out (elbow straight) and in one line with the body (arms are next to the ear). So your knees, hips and arms are fully extended, and the barbell is directly above the heels.
- Strict press, a push press or a push jerk are permitted.
- Only when the judge gives the signal for a rep to count, bring it back to your shoulders to go into your next rep.
- You are NOT allowed to drop the barbell from any level. If you do, it's a no-rep, also when it's the last rep!
- Fantastic 4 team: the SYNCHRONIZED part is when both athletes have the barbell overhead in full lockout. So when 1 athlete is not there yet, the other athlete has to wait until both athletes have reached the full lock out overhead position. Only then you can continue with the next rep.

Workout 1 ~ How far can you go TOP DIVISION

CAP 8 MIN

BUDDY TEAMS

A) 2 x 1 minute for distance

- 1 athlete row

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20 PAIR Box Jump overs (2p.)

20 SYNC BB SH 2 OH (2p.)

PAIR = You go I go set up (mandatory switch each 2 box jumps)

Female: Barbell 35kg + 20 inch box

Male: Barbell 50kg + 24 inch box

Mixed/F4: Barbell 35 / Barbell 50kg + 20 inch box

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- *After the minute it's obligated to switch the task, so the other two athletes will SYNC run and the other two athletes will row/bike.*
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MOVEMENT STANDARDS TOP DIVISION:

Shuttle Sprint Run

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