

Njoya League

Support your box #2

Competition 2021



Buddy Team

General rules

We hope you will have fun with your online competition workouts. Each week you will receive on Thursday the workout for that week. You can go after it as many times as you want, but the final score needs to be submitted before Wednesday 23:59.

Filming your workouts is not required, but of course when you do film them and you want to share a part of it online make sure you tag us (@njoyaleague / #supportyourbox) and we will re-post it on our channel!

Make sure you respect the rules from your gym/box when performing your workouts, they are all designed so you can do them also outside, in case the 1.5-meter rule is difficult to uphold inside.

Division

For this online competition we have 4 divisions; Prep / Main / Master / Top, each team member has to do the workouts in the same division.

Category / Team composition

- Female Buddy Team = 2 female athletes*
- Male Buddy Team = 2 male athletes*
- Mix Buddy Team = 1 female + 1 male athlete*

Because we understand that sometimes people can drop out due to illness, work or other sudden events you are allowed to request a buddy change if you have found somebody who can continue with you.

Flow & Movement Standards

Each workout has a so called “flow” where it’s written clearly how the workout should be performed, where you start, which order of movements, when there is a tie break, etc. Also each workout has their movement standards, here we explain by text & video’s how you should perform the movement and which standards to uphold.

Make sure you review everything before you start so that if you have any questions or uncertainties you can contact us beforehand.

Equipment & space

*Workout space needed per person: 5*2m²*

Equipment needed:

- 2 DB or KB (see weight per division/workout)
- Jump rope
- Floor mat
- Measure tape
- Stopwatch / Timer

Submit your scores & ranking

When your team has done the workout and have set the best score you can, then you fill in the online scoresheet. Our scoring team will upload the Sub-Ranking each following weekend, so that you are extra motivated to give it your all in the next workout.

**Njoya the workouts,
push your limits,
and be safe!**

Workout 1 ~ NJOY THE BELL ~

NEEDED EQUIPMENT:

2 x 2 Kettlebells or Dumbbells - 2 x 5 meter mark lines

15 min SYNC AMRAP

12 KB/DB Deadlifts

2 x 5 meter Farmers Walk

9 KB/DB Hang clean

2 x 5 meter Front Rack Walk

6 KB/DB Push Press

2 x 5 meter 1 arm Overhead Walk R/L

Weights per division:

Prep Male KB 12 kg OR DB 12,5 kg

Prep Female KB 8 kg OR DB 7,5 kg

Main/Master Male KB 16 kg OR DB 15 kg

Main/Master Female KB 12 kg OR DB 12,5 kg

Top Male KB 20 kg OR DB 22,5 kg

Top Female KB 16 kg OR DB 15 kg

Notes:

- You do this workout as a team, EVERYTHING is synchronized.
- Make sure you measure and mark the two 5 meter lines before you start, it's not allowed to do one time 10 meter, you have to make the turn after 5 meters.
- During the whole workout you both use 2 Kettlebells or 2 Dumbbells.

Clock:

Make sure you set your clock on running up (ascending).

Tie break:

The tie-break is noted after the Overhead Walk.

Score:

Each movement that you finish the set reps of, has its own score which is written on the score form under each box (in grey), please add those numbers together for your final score.

Use our score form and make sure you save it, or at least take a photo from it directly. We might ask you for it. After receiving an email from scoring@njoyaleague.nl you'll have 24 hours to submit your form. If it's not delivered on time you will receive zero points.

Flow of the workout (only written instructions, no video):

- The workout starts with both athletes standing tall with the KB's/DB's on the floor.
- When the beep sounds you both pick up the KB's/DB's and perform 12 Deadlifts, then you keep the KB's/DB's hanging beside your body and walk the 2x5 meters.
- Once you finish the walk you perform 9 Hang Cleans, then you bring the KB's/DB's to a front rack position and you walk again the 2x5 meters.
- Once you finish the walk you perform 6 Push Presses, then you bring your **right** arm and 1 KB/DB overhead, while your **left** arm maintains in a front rack position. Then you walk one time 5 meters, once you've passed the line you switch arms, turn around and walk 5 meters back.
- At this point you both have finished 1 round. Note the tie-break time and go for the next round. Make as many rounds as you can during the 15 minutes.

Movement Standards workout 1 - SEE ALSO THE VIDEO:

2 KettleBell / Dumbbell SYNC Deadlifts

- The first rep starts with the athlete standing in between of the KB's/DB's and lifting them up from the floor.
- For a rep to count, the KB's/DB's have to be alongside your legs with knees and hips fully extended.
- The Bell's of the KettleBell's / 1 side of the Dumbbell's need to touch the ground between each rep.
- The SYNCHRONIZED moment is when the KB's/DB's are on top of the deadlift, so you have to wait for your buddy until you both reach the top of the deadlift.

2 KettleBell / Dumbbell SYNC Farmers Walk

- The KB's/DB's hangs next to the body, with the arms fully extended during the whole walk.
- The SYNCHRONIZED moment is when you reach the 5 meter mark, so you have to wait there, before you can turn for the next 5 meters.

2 KettleBell / Dumbbell SYNC Hang Clean

- It starts with the KB's/DB's on the floor, the athletes pick up both KB's/DB's until you stand up straight, with legs and hips extended. From there the rep can start.
- Then you will bring the KB's/DB's from below the hips, up to the shoulders. You may do this with a muscle clean, power clean or squat clean.
- For a rep to count the bell of the KB's / 1 part of the DB's, have to be on the shoulders, with the legs and hips fully extended.
- Everytime a new rep starts, the KB's/DB's have to be below the hips and the arm must be fully extended.
- The SYNCHRONIZED moment is when the KB's/DB's are on the shoulders, so you have to wait for your buddy, until you both have the KB's/DB's on your shoulders.

2 KettleBell / Dumbbell SYNC Front Rack Walk

- The athletes pick up both KB's/DB's and bring them to their shoulders in a front rack position.
- Front Rack = KB's/DB's are touching the top/front of the shoulders at all times, while elbows are pointing forward.
- The KB's/DB's must be in front rack position during the whole walk.
- The SYNCHRONIZED moment is when you reach the 5 meter mark, so you have to wait for your buddy, before you can turn for the next 5 meters.

2 KettleBell / Dumbbell SYNC Push Press

- The first rep starts with the athlete picking up the KB's/DB's from the floor and brings them to the shoulder, then the athlete pushes it overhead with a push press or strict press. Note: NO jerk allowed!
- For a rep to count the KB's/DB's must come to a full lock out overhead, with hips, knees and arms fully extended, and in one line with the body (arm is next to the ear)
- The SYNCHRONIZED moment is when the KB's/DB's are overhead, so you have to wait for your buddy until you both reach the overhead position, before you can bring them down again.

2 KettleBell / Dumbbell SYNC Overhead Walk

- The athletes pick up both KB's/DB's and bring the right arm with 1 KB/DB overhead and your left arm with 1 KB/DB in front rack position.
- Overhead = KB/DB is held overhead in a full lock out position, with the arm next to the ear
- Front Rack = KB/DB is touching the top/front of the shoulder at all times and elbow is pointing forward.
- At the 5 meter mark, athletes MUST SWITCH ARMS, so in the second 5 meter walk, the right arm has the KB/DB in front rack position and the left arm has the KB/DB in overhead position.
- The SYNCHRONIZED moment is when you reach the 5 meter mark, so you have to wait for your buddy across the 5 meter mark, before you can turn for the next 5 meters.