

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 2 ~ You go - I go ~

NEEDED EQUIPMENT:

2 Kettlebells or Dumbbells - jump rope - body mark lines

2 ROUNDS FOR TIME (no time cap)

E2MOM: 10x5m Shuttle sprints

25 KB/DB Burpee + Snatch (use 2 KB/DB)

50 KB/DB Goblet squat (use 1 DB/KB)

75 KB/DB Renegade Rows (use 2 KB/DB)

300 Single Unders / 100 Double Unders

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 but only 1 athlete is working at the time, how you divide the work is up to you.
- You also have to set a timer for every 2 minutes (besides your running clock), because every 2 minutes starts with 1 athlete performing the shuttle sprints.
- 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.
- Make sure you measure and mark your feet and hand position lines for the Renegade Rows (see instructions in Movement Standards).
- You could use only one set of KB/DB for both athletes, but keep the corona rules in mind and use two sets to be extra safe if needed or requested by your gym.
- You can choose as a team if you want to do SU or DU, but once the workout is started you have to stick to your choice.

Clock:

You must set your clock on running up (ascending) plus a 2 minute timer.

Tie break:

The TIE-BREAK is after you finished the complete first round (after the 300 SU / 100 DU).

Score:

When you have finished the workout you note the TOTAL TIME, there is no time cap!

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 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 one athlete performing 10 Shuttle Sprints (so 5 times back-and forward).
- Once you're done, one athlete starts with the KB/DB Burpee + Snatch. Switch when needed. Keep going till you hit the next 2-minute mark OR you have finished all 25 reps.
- Then you perform 50 KB/DB Goblet Squats (1 KB/DB only). Switch when needed. Keep going till you hit the next 2-minute mark OR you have finished all 50 reps.
- Then you perform 75 KB/DB Renegade Rows (each arm counts as a rep). Again, switch when needed. Keep going till you hit the next 2-minute mark OR you have finished all 75 reps.
- Then you perform 100 Double Unders OR 300 Single Unders. Switch when needed. Keep going till you hit the next 2-minute mark OR you have finished all 100 DU OR 300 SU.
- At this point, you have finished round 1. Note the tie-break time and continue with round 2.

Movement Standards workout 2 - SEE ALSO THE VIDEO:

Shuttle Sprints

- It starts with the athlete standing with both feet behind the line, when the beep sounds the athlete sprints towards and over the 5 meter line.
- Both feet have to be behind the 5 meter line and one hand has to touch the floor before the athlete turns and can run back.

KB/DB Burpee + Snatch (2 kettlebells or 2 dumbbells)

- It starts with the athlete standing tall between the KB's/DB's. The athlete goes down to the floor until the chest & hips touch the floor. You may do this jumping or stepping back.
- Then the athlete jumps or stands up (any style allowed), grabs both KB's/DB's and performs a Power Snatch.
- 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 (arms are next to the ear). Make sure this movement is performed in one smooth motion, from ground to overhead. Clean & Press, Push press or Push jerk are not allowed.
- Then the athlete brings the KB/DB back to the floor and continues with the next repetition.

KB/DB Goblet Squat (1 kettlebell or 1 dumbbell)

- The first rep starts when an athlete picks up the KB/DB from the floor.
- Stand up straight, holding the KB/DB in front of your chest with both hands.
- Then move into the bottom of a front squat. The hip crease must clearly pass the knees in the bottom position (hips below knees).
- The athlete stands back up, with the hips and knees fully extended and the shoulders above the hips (stand tall & straight).
- For a rep to count, the KB/DB has to be in touch with your chest throughout the whole movement.

KB/DB Renegade Row (two kettlebells or dumbbells)

Before you start, both athletes have to mark 2 lines:

- Place the Kettlebells/Dumbbells on the floor, positioned so that, when you set up in a plank position, the KB'/DB's are roughly shoulder-distance apart and the handles of the KB's/DB's are parallel to one another.
- Get some tape and mark your 1st line: behind the KB's/DBs and underneath the chest.
- Get into a plank position with the KB/DB in each hand. Make sure your shoulders are directly over your wrists and over the 1st marked line. Your body should form a straight line from your heels to your shoulders. Get your tape and mark the 2nd line: just in front your toes, underneath your shins.

Renegade Row (2 Kettlebells or 2 Dumbbells)

- Row the KB/DB up towards your rib cage until your elbow is pointing upwards.
- For a rep to count, your wrist (when holding the KB) or the DB has to touch the ribcage. This is one repetition.
- Lower the KB/DB to the floor returning to the starting position. Then repeat the movement with the opposite arm. It's mandatory to switch arms.
- NOTE: The KB's/DB's have to be in front of the 1st mark tape AND your feet have to be behind the 2nd mark tape, throughout the whole movement.

Jump rope (300 SU or 100 DU)

Single Unders:

- It starts with the athlete picking up the rope from the floor.
- For a rep to count the rope must spin forward and the rope has to pass once under the feet before landing. Whenever the athlete lands on the rope it's a no-rep and you have to repeat that rep, also when it's the last one.
- NO speed steps are allowed! Both feet have to get off the floor at the same time.

Double Unders:

- It starts with the athlete picking up the rope from the floor.
- For a rep to count the rope must spin forward and the rope has to pass twice under the feet before landing. Whenever the athlete lands on the rope it's a no-rep and you have to repeat that rep, also when it's the last one.