

# 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 hours.*

*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\*2m<sup>2</sup>*

*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 3a & 3b ~ Do you trust your “gut” feeling? ~**

### **NEEDED EQUIPMENT:**

1 Kettlebell or Dumbbell

### **FOR REPS**

#### **Athlete 1**

**A. TABATA PARTY - 8x 20s work, 10s rest**

**Max reps Burpees over KB/DB**

1 MINUTE REST

**B. 2 AMRAP Single Arm Thrusters**

#### **Athlete 2**

**A. TABATA PARTY - 8x 20s work, 10s rest**

**Max reps Single Arm Thrusters**

1 MINUTE REST

**B. 2 AMRAP Burpees over KB/DB**

### **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:**

- Before the workout starts you need to discuss who does which order of the workout. 1 athlete has to do the Tabata with the Burpees and the 2 minute AMRAP with the Thrusters. The other athlete has to do the Tabata with the Thrusters and the 2 minute AMRAP with the Burpees.
- Athlete 1 starts with the Tabata. When that is finished there is a 1 minute mandatory rest, then you directly continue with the 2 min AMRAP.
- It's not needed for athlete 2 to start directly after athlete 1 finished, as long as it's done within the same hour timeframe. This way you can support / judge each other.

### **Tie break:**

The tie-break is noted in REPS after the 1 minute mark of the 2 minute AMRAP.

### **Clock:**

Make sure you have 3 timers ready:

- one for 8 series of 20 sec work / 10 sec rest;
- one for 1 minute;
- one for 2 minutes, so that there is no accidental extra rest.

**Score:**

Score 3a = you add from both athletes their total reps together, this part will have its own ranking (A).

Score 3b = you add from both athletes their total reps together, this part will have its own ranking (B).

Total Ranking = ranking score A + B

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](mailto: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 :**

- The workout starts with athlete 1 standing tall with the KB/DB in front of him/her on the floor.
- When the beep sounds the athlete starts with a Burpee and then jumps over the KB/DB, he/she performs as many reps as he/she can in the 20 seconds.
- When the beep sounds the athlete takes 10 seconds rest, and so on.
- When the 8 rounds are done, the athlete takes 1 minute mandatory rest.
- Then athlete 1 will continue with the 2 minute AMRAP of Single Arm Thrusters, where he/she performs as many reps as he/she can.
- At the 1 minute mark the judge will note the reps done at that moment.
- When athlete 2 is ready to go, he/she will start with the KB/DB in front of him/her on the floor.
- When the beep sounds the athlete picks up the KB/DB into the front rack position and performs as many Single Arm Thrusters as he/she can in 20 seconds.
- When the beep sounds the athlete takes 10 seconds rest, and so on.
- When the 8 rounds are done, the athlete takes 1 minute mandatory rest.
- Then athlete 2 will continue with the 2 minute AMRAP of Burpees over the KB/DB, where he/she performs as many reps as he/she can.
- At the 1 minute mark the judge will note down the reps done at that moment.

**Movement Standards workout 3 (see also video):****Burpee over the Kettlebell or Dumbbell**

- It starts with the athlete standing tall. The athlete goes down to the floor until the chest & hips touch the floor. You may do this jumping or stepping back.
- The athlete then moves back up (jumping or stepping), and finishes the movement with a jump OVER the KB or DB. It's not allowed to touch the KB/DB during the jump.
- You can do the burpee as you like, facing or sideways the KB/DB, but the jump over the KB/DB always has to be done with a two feet takeoff.

### **KettleBell / Dumbbell Thrusters (Single Arm hold only!)**

- The first rep starts with the athlete picking up the KB/DB from the floor with one hand. The hip crease must clearly pass the knees in the bottom position (hips below knees). A full squat clean into the thruster is allowed.
- Then the athlete brings the KB/DB to an overhead position in one smooth motion. The KB/DB must come to a full lockout overhead with the hips, knees and arm fully extended, and the arm with the KB/DB next to the ear.
- Then the athlete brings the KB/DB down to the shoulder in a front rack position and continues with the next repetition.
- Make sure this movement is performed in one smooth motion from shoulder to overhead. Clean & Press, Push press or Push jerk are not allowed.
- Between reps, it is allowed to switch hands. It is not allowed to perform or support the KB/DB with 2 hands, during the repetition.