



*WORKOUT*



**BEAT THE**  
**ATHLETE**

## ***INTRODUCTION***

Hello there contender! So you think you can beat our athlete? Before you show us, please read this document. In this document we will announce the workout, the standards and the flow of the workout. Please study these standards well so you can perform the workout correctly according to the given standards.

For readability of this document we use the words “she” and “her”. You may also read “he” and “his”.

## ***WORKOUTS***

All athletes have to complete the workout within the given deadline. Scores submitted after the deadline will not be accepted.

## ***FINAL SCORING IS A TIE***

There is a tiebreaker after completing every full round, so after the round of 30 and 20 reps. When there is a tie between two athletes, we'll check the tiebreak time after 20 reps.

In the extraordinary case there is still a tie, we'll check the tiebreak time after the round of 30 reps.

## ***FILMING***

Athletes aiming to beat the athlete have to submit a video of their workout by entering their score via [www.beattheathlete.com/enter-score](http://www.beattheathlete.com/enter-score) Make sure you film the workout so all standards are visible.

Videos of winning athletes will be viewed by BEAT THE ATHLETE as part of the review process. If the video shows any faults, the score may be penalized or rejected.

BEAT THE ATHLETE strongly advises athletes to use a judge!

## ***QUESTIONS***

If there are any questions after reading this document, please feel free to contact us via [info@beattheathlete.com](mailto:info@beattheathlete.com). Questions or comments concerning the standards via social media or after the expiration of the qualifiers about the regulations are invalid and will not be dealt with. You can also find more information on our website.



# *THE WORKOUT*

FOR TIME (CAP 15')

30-20-10

KETTLEBELL HANG SNATCH 24/16KG

PULL UPS

DEADLIFTS 80/55KG

## *INSTRUCTIONS*

Start the video with stating your full name. Then film the weight of the kettlebell, barbell and plates used.

The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (00:00-> 15:00) must be visible during the whole workout. (WodProof is allowed)

The athlete must be in the frame during the whole workout.

Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count.

## *FLOW OF THE WORKOUT*

On the count of 3, 2, 1, GO the athlete may pick up the kettlebell and start the first round of 30 reps. These reps don't have to be alternating. After finishing the kettlebell snatches, the athlete may proceed to the bar for 30 pull ups and after that the athlete proceeds to the barbell for their 30 deadlifts. The athlete repeats this round for 20 and 10 reps. Once the last rep has been made, the time stops.

**Your score on this workout is the time after completing all 180 reps or the amount of reps completed within the timecap.**



# MOVEMENT STANDARDS

## **Dumbbell Hang Snatch**

The athlete brings the kettlebell to the hang position, with the kettlebell behind the vertical line of the kneecap.

The athlete snatches the kettlebell in one smooth movement to an overhead position resulting in full extension and alignment in knees, hips and elbows with the kettlebell resting on the back of the hand/wrist and straight above the center of the body..

The non-lifting arm can not touch the dumbbell or support the body.

The kettlebell doesn't have to alternate arms after completing the rep.

## **Pull ups**

Start with a dead hang on the rig (straight arms).

Feet must start behind the vertical plane of the bar.

Pull up with your chin above the horizontal plane of the bar.

Kipping, butterfly and strict pull ups are allowed are allowed. Only a pronated grip is allowed.

## **Deadlifts**

Athlete stands behind the bar.

Pick up the bar and stand straight.

Hips and knees are fully locked out.

Shoulders are behind the bar.

Conventional deadlift only!

## **General Rules**

Gymnastic grips are allowed.

Tape on the rig is allowed.

It's not allowed to use tape AND grips.

Weightlifting belt and shoes are allowed.

Weightlifting straps aren't allowed.

Wrist wraps are allowed

Clips are mandatory on the barbell for safety reasons.



# SCORE CARD

## EVENT 1 FOR TIME (CAP 15')

	30	20	10
KB HANG SNATCH	30	110	160
PULL UPS	60	130	170
DEADLIFTS	90	150	180
(TIEBREAK) TIME	Tiebreak time	Tiebreak time	Final score

	MALE	FEMALE
KETTLEBELL	24KG	16KG
DEADLIFTS	80KG	55KG

\_\_\_\_\_  
Name Judge

\_\_\_\_\_  
Name athlete

\_\_\_\_\_  
Signature Judge

\_\_\_\_\_  
Signature athlete

