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## Battle The Beach – Kick Off 2020

### Workout Description Qualification Workout 2

Complete as many rounds and repetitions as possible in 9 minutes

AMRAP 9

32 double under

12 | 9 toes to bar (M | F)

9 double kettlebell deadlift

6 double kettlebell hang clean

3 double kettlebell shoulder to overhead

Weight: Male: 2x 24 kg  
Female: 2x 16 kg

#### Notes

This workout begins with the athlete standing upright on the floor with the rope in his hands.

After the call of “3, 2, 1... go”, athletes may start with the first set of double under, toes to bar, double kettlebell deadlifts, double kettlebell hang cleans and double kettlebell shoulder to overhead. The kettlebells can be held in the hands and have not to be brought to ground when switching from the deadlift to the hang clean or from hang clean to the shoulder to overhead.

After the given number of repetitions for every movement is completed, that means the last repetition of double kettlebell shoulder to overhead, athletes may start with the next set of double under until the timer hits the 09:00 min mark.

The teams score will be the sum of each team member’s total number of repetitions completed in 9 minutes.



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Example:

score team member 1 = 300 repetitions

score team member 2 = 236 repetitions

→ team score = 536 repetitions

Athletes do not need a judge.

A “NO Rep!” identified during validation of the uploaded video(s) will automatically lead to a -5 repetition penalty. There are only 5 “NO Reps!” allowed per team member during one qualification workout (max. -50 repetitions per team). A 6th “NO Rep!” for one team member leads to the full disqualification of the team in the qualification workout.

## **Movement Standards**

### double under

This is the standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

### toes to bar

In the toes to bar, the athlete must go from a full hang to having the toes touch the pull up bar. At the start of each rep, the arms must be fully extended with the feet off the ground and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split grip are all permitted.

Both feet must come into contact with the bar at the same time, inside the hands. Athletes may wrap tape around the pull up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection

### double kettlebell deadlift

This is a traditional deadlift with a kettlebell in every hand outside the knees. Sumo deadlifts are not allowed. Starting with the kettlebells on the floor, the athlete lifts the kettlebells until the hips and knees reach full extension and the head and shoulders are in a straight line with the body and kettlebells. The arms must be straight throughout. No bouncing.



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### double kettlebell hang clean

For the first repetition the athlete has to lift the kettlebells off the ground but does not have to stand fully upright before bringing the kettlebells to the shoulders. A lift of the ground into a swing is acceptable. If the athlete will go on with the hang cleans after the last deadlift, the last deadlift of a round is an acceptable way of lifting the kettlebells off the floor. In the bottom position the kettlebells have to be held clearly visible between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the kettlebells come up and make contact with the shoulder.

### double kettlebell shoulder to overhead

In the starting position, athletes hold both kettlebells in a front rack position. Kettlebells may not stand on the shoulder in any way. Once in the front rack position, the athlete may get the kettlebells overhead any way he or she chooses. Shoulder press, push press, push jerk and split jerk are all permitted. At the top, the arms, hips and knees must be fully locked out with the kettlebells clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. If a split jerk is performed, both feet must return and be in line under the athlete's body while the kettlebells are locked out overhead.

### **Video Submission Standards**

Prior to starting, film the equipment so the weight of the kettlebells can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout.

Shoot the video from an angle so all exercises can be clearly seen. The fulfillment of the movement standards must be clearly visible for every movement. This is absolutely important for the toes to bar and deadlifts. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Upload the video to any portal and set the video link in the given field of the "competition corner" score submission system. You can perform with two team members in one video as long as the movement standards and the time (score) are clearly visible for every individual team member. You can also perform in two different videos and set two video links to the score submission system.

We thank CrossFit HQ for the detailed description of the movements during the last couple of Opens.