

# CAPITAL BASH

## QUALIFIER 25.1

**25.1**

### **5 Rounds for Time**

20 Dual Dumbbell Bench Press  
20 Toes-to-Bars  
5 Wall Walks

**Timecap 15 Minutes**

#### **Equipment**

- ♂ 2x22.5kg Dumbbells / ♀ 2x15kg Dumbbells
- 1 Flat Bench
- 1 Pull-Up Rack
- 1 Wall
- Tape to mark the floor

#### **NOTES**

- There is no specific floor plan for this workout, but make sure to film and position the equipment so that you are always clearly visible.
- A stopwatch / clock must be visible all the time.
- You can use an app or a real timer in the background
- You may use taped bars or gymnastics grip, but you are not allowed to use both at the same time.
- Any types of gymnastics grips are allowed
- Weightlifting straps are not allowed

#### **VIDEO SUBMISSION STANDARDS**

- Film all measurements, weights, equipment used so that it can be seen clearly
- Use a camera placement, where all the movement standards can be seen clearly on the video
- Videos must be uncut and unedited to accurately display performance
- A clock or timer must be visible throughout the test (apps like WODProof are allowed)
- Videos shot with a fisheye lens or similar lens may be rejected
- Athlete must be presented at the beginning of the video

*Check score and video submission rules at the end for details*

#### **FLOW**

At the call 3-2-1 Go

- The athlete starts standing tall or already sitting on the bench
- The athlete picks-up the dumbbells and brings them to the starting position for the dumbbell bench press
- Then perform 20 dumbbells in as many sets as needed
- Then complete 20 toes-to-bars
- Next complete 5 wall walks
- Repeat this sequence for a total of 5 rounds
- The time stops with chest, thighs and feet on the ground and hands on the line after the last wall walk.
- Your score is the total time it takes for 5 rounds. If you cannot complete the workout within the 15 minute timecap, add 1 second for each rep missing to the 15 minutes (example: if 4 wall walks are missing in the final round, your score is 15:04)

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## MOVEMENT STANDARDS

### Dumbbell Bench Press

- Athletes lies on the bench with both feet on the ground, holding the dumbbells at full extension above the chest.
- Dumbbells are lowered under control until they touch the chest.
- Both dumbbells must touch the chest at the same time.
  - Only 1 head per dumbbell has to touch the chest.
- The reps is credited when the dumbbells are brought back to full extension of the arms.
- Hips and shoulders must remain in contact with the bench throughout the movement; arching is permitted as long as this contact is maintained.
- Full lockout at the top at the beginning and the end and controlled contact at the bottom are required for each repetition to be credited.

### Toes-to-Bars

- Athletes begin by hanging from the pull-up bar with arms extended
- The heels must be brought back behind the bar at the beginning of every rep.
- Overhand, underhand or mixed grips are all permitted
- The rep is credited when both feet contact the bar between the hands at the same time
- Any part of the feet may make contact with the bar
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves) is permitted, but taping the bar AND wearing hand protection is not.

### Wall Walks

- Mark a tape line to designate the start / finish line (Tapeline 1). Measure from the wall to the edge of the tape that is CLOSEST to the wall. For female, the distance from the wall to the edge of the tape is 140cm. For male, the distance from the wall to the edge of the tape is 155cm. This line will be the start and finish line for each repetition.
- Mark a second line with tape (Tapeline 2). Measure 25cm from the wall to the edge of the tape that is FURTHEST to the wall. This tape line must be no wider than 75cm.
- Every rep begins and ends with the athlete lying down, with chest, feet and thighs touching the ground.
- At the start and finish of each rep, both hands must touch Tapeline 1 (fingers touching is OK).
- Both hands must remain on the tape until both feet are off the ground and did touch the wall.
- At the top of the movement, both hands must touch Tapeline 2 before the athlete may descend.
- Any part of the hand may touch the tape line.
- On the descend, the feet must remain off the ground and on the wall until both hands are touching the finish line.
- The rep is credited when the athlete returns to the starting position, with both hands touching Tapeline 1 and chest, thighs and feet touching the ground
- Any part of the hand may make contact with the tape line.

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20 Dumbbell Bench Press	20
20 Toes-to-Bars	40
5 Wall Walks	45
20 Dumbbell Bench Press	65
20 Toes-to-Bars	85
5 Wall Walks	90
20 Dumbbell Bench Press	110
20 Toes-to-Bars	130
5 Wall Walks	135
20 Dumbbell Bench Press	155
20 Toes-to-Bars	175
5 Wall Walks	180
20 Dumbbell Bench Press	200
20 Toes-to-Bars	220
5 Wall Walks	225

Score: Total Time

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## Score and video submission

Teams who wish to qualify for and compete at the finals of Capital Bash 2025 must upload a video link along with the workout score submission, whether they train in an affiliate or not. We will evaluate your video if your score is potentially in the top rankings of the Leaderboard. The Capital Bash team reserves the right to correct the scores if needed.

Make sure your video is valid! Our recommendations to do so:

- Use an app with an integrated timer to record your workouts, such as "WodProof".
- Read the workout flow and movement standards carefully and make sure you fully understand them.
- We recommend the use of a judge. Judging is not just counting reps. It is your judge's responsibility to inform you if you do not meet the movement standards and no-rep you.
- Take into account that we might review your videos.
- All videos must be uncut and unedited.
- At the beginning of each video, specify your team name, the workout you are doing, the equipment, and the weights used during the workout (by showing them in the video). It is your responsibility to position the camera correctly. This means the timer, athletes, equipment, and movements must be clearly visible. Additionally, it must be possible to evaluate if the movement standards have been met.

We will be extremely rigorous in reviewing the videos and we expect athletes to uphold the highest standards in performing movements. There are four possible outcomes in the judging and scoring of online video submissions:

### Good Video

The athlete meets the required movement standards on all repetitions in the workout, and the score they posted is correct. Their score will be accepted.

### Valid with Minor Penalty

Over the course of the video, the athlete demonstrates a small number of "no-reps" (not more than or equal to 5% of the total rep count) that resulted in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made of the athlete's final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

### Valid with Major Penalty

Over the course of the video, the athlete demonstrates a significant number of "no-reps" (all above 5% and lower or equal to 20% of the total rep count) that resulted in a faster time or higher score for a given workout. In this case, a major penalty will be applied, and the score may be modified by subtracting 15% from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly. A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

### Invalid

Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are "no-reps" or the video does not contain the criteria listed in the video submission standards. The athlete's and team's score will be rejected. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout. It is the athlete's responsibility to submit a new video and score as soon as possible. No late submissions will be accepted.