

# CAPITAL BASH

## QUALIFIER 25.2

### 25.2

#### 3' on : 1' off x 5 Sets

21/16 Calories on the Rower  
10 Dual Dumbbell Front Rack Box Step Overs  
AMRAP Clean & Jerks in remaining time

Clean & Jerk weights:

- Set 1: 70/50kg
- Set 2: 80/60kg
- Set 3: 90/65kg
- Set 4: 100/70kg
- Set 5: 110/75kg

#### Equipment

- ♂ 2x22.5kg Dumbbells / ♀ 2x15kg Dumbbells
- 1 Concept 2 Rower
- 1 Barbell
- 1 Box ♂ 60cm (24") / ♀ 50cm (20")
- Regular Bumper Plates

#### 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
- The screen of the Rower must be seen clearly or the Rower must be connected to an app to see the calories rowed each set
- The barbell must be adjusted by the athlete themselves. There is no help 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 Rower (feet may be strapped already), but the handles remain untouched.
- The athlete picks-up the handles and start rowing for 21 (male) or 16 (female) calories.
- Then perform 10 box step overs with 2 dumbbells in front rack in as many sets as needed
- Then complete as many clean & jerks as possible in the remaining time.
- At the 3:00 mark the athlete has 1 minute to rest and add weights to the barbell
- After 1 minute rest, the athletes restart the sequence.
- Repeat this sequence for a total of 5 sets.
- Your score will be the total of Clean & Jerks performed in 5 sets.

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## MOVEMENT STANDARDS

### Rowing

- The calories rowed displayed on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower.
- Athletes must remain seated on the rowing machine until the specified distance is reached.
- No aids such as gymnastic grips or pulling aids are allowed for rowing.
- The display must be reset before a new set starts.

### Dual Dumbbell Front Rack Box Step Overs

- For every repetition of the dumbbell box step overs, the athlete starts with both feet on the ground, facing the box, standing tall and the dumbbells on the shoulders.
- The rear head of the dumbbell must be clearly over or slightly behind the center of the athlete's body when viewed from profile.
- The hands must remain in a full grip on the dumbbells while performing the box step overs.
- The athlete must step to the top of the box with both feet.
- Only the athlete's feet may make contact with the box.
- The rep is credited when both of the athlete's feet are on the ground on the opposite side of the box where the athlete started the rep and the dumbbells at the shoulders.
- There is no need for the hips and knees fully extended on the top of the box.
- The dumbbells may not touch each other.
- The height of the box for male is 60cm / 24 inches, for females 50cm / 20 inches.

### Clean & Jerks

- Start each rep with the barbell on the ground. Touch and go is permitted.
- No bouncing or dropping and catching the barbell on the rebound.
- If dropped, the barbell must settle on the ground before the start of the next rep.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed
- The lift must have two distinct phases: the clean and the jerk.
- Snatching is not permitted.
- The barbell must make contact with the shoulders.
- It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.
- The rep is credited when:
  - The barbell is locked out overhead, and arms, hips, and legs are extended, feet side by side.
  - The bar is over or slightly behind the center of the body, with feet in line.
- A press, push press, push jerk, or split jerk is permitted as long as the required finish position is achieved.

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Score: Total Reps of Clean & Jerks

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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.