

# **2020 CONTINENTAL CUP PRELIMINARY INDIVIDUAL TEST ANNOUNCEMENTS**

# TEST 1 ENDURANCE

0:00-12:00

For time:

150 Double Unders

Row 750 meters

150 Double Unders

Row 750 meters

150 Double Unders

12 minute time cap

*Rest 12:00-25:00*

## **TEST 2 STRENGTH**

25:00-32:00

For Time:

21 Thruster (60/45 kg) (135lbs/100lbs)

15 Thruster (70kg/55kg) (155lbs/120lbs)

9 Thruster (80kg/60kg) (175lbs/130lbs)

7 minute cap

*Rest 32:00-40:00*

## **TEST 3 BODYWEIGHT**

40:00-45:00

For time:

75 Toes to Bar

5 minute time cap

*Rest 45:00-1:00:00*

## **TEST 4 SKILL**

1:00:00-1:08:00

For time:

10-8-6-4-2 Strict Deficit Handstand Push-Ups (15cm/10cm) (6"/4")

20 pistols after each set of Handstand Push-Ups (100 Pistols Total)

8 minute time cap

*Rest 1:08:00-1:15:00*

## **TEST 5 MIXED**

1:15:00-1:30:00

For time:

Row 80 Calories

80 Kettlebell Swings (32/24kg) (70/53 lbs)

80 Burpees Over Erg

15 minute time cap

*Rest 1:30:00-1:45:00*

## **TEST 6 POWER**

1:45:00-1:48:00

For time:

25 Ground to Overhead (60/45kg) (135lbs/100lbs)

3 minute time cap

# **FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS FOR ALL TESTS**

## **TEST 1 ENDURANCE**

0:00-12:00

For time:

150 Double Unders

Row 750 meters

150 Double Unders

Row 750 meters

150 Double Unders

12 minute time cap

*Rest 12:00-25:00*

## **TEST 1 FLOW**

At the start signal, athletes will pick up their jump rope and perform 150 Double Unders. Athletes will then advance to their rowers and row 750 meters. After completing 750 meters athletes will dismount the rower for another 150 double unders. Athletes will then head back to the rower for 750 more meters on the rower and one final set of 150 double unders. Time is called after the last double under is completed.

Score = Total Time

## **TEST 1 MOVEMENT STANDARDS**

For complete movement standards please see the entries titled "Rowing" and "Jump Rope - Double Under" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. Rowing requires athlete to row the specified distance without assistance of others and remain seated while rowing and until the specified distance has been reached.

For Double Unders, the rope must pass under the athletes' feet twice for every one jump.

## TEST 1 SPECIAL REGULATIONS

- Athletes must use a Concept2 Rowing Machine for this test.
- The rope must spin forward on double unders.
- The rower must be reset to zero at the start of each 750 meter row. The Technical Official may reset the rower for the athlete.

## TEST 2 STRENGTH

25:00-32:00

For Time:

21 Thruster (60/45 kg) (135lbs/100lbs)

15 Thruster (70kg/55kg) (155lbs/120lbs)

9 Thruster (80kg/60kg) (175lbs/130lbs)

7 minute cap

*Rest 32:00-40:00*

## TEST 2 FLOW

On the start signal, athletes will grab their barbell and perform 21 thrusters at the specified weight. After the 21st thruster athletes must change the weight on their bar to their second weight, and will complete 15 thrusters at their second weight. After the completion of their 15th thruster, athletes will increase their weight once more and complete 9 thrusters at their final weight.

## TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Thrusters" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standard is outlined below:

For the Thruster, the athlete supports a barbell or other object in the front-rack position, descends to the bottom-of-squat position with the crease of the hip below the knee, then elevates the object to a position directly overhead while standing to full vertical extension of the body (hip, knee, and elbow extension). A jerk-type press (i.e., dropping under the object during the elevation phase) is not allowed.

## TEST 2 SPECIAL REGULATIONS

- Athletes may only use one bar for this test.
- Athletes must change their own weight for this test and cannot receive assistance.
- Clips must be on the bar for every repetition.

## TEST 3 BODYWEIGHT

40:00-45:00

For time:

75 Toes to Bar

5 minute time cap

*Rest 45:00-1:00:00*

## TEST 3 FLOW

On the start signal the athlete will mount the pull-up bar and perform 75 toes to bar.

Score: Total Time

## TEST 3 MOVEMENT STANDARDS

For complete movement standards please see the entry for “Toes to Bar” in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/2019-movement-standards/>. For convenience the following abbreviated standards are outlined below:

For Toes To Bar

- There must be full extension of the hips at the bottom of the repetition (heels break the vertical plane of the bar);
- Feet touch the bar simultaneously within the width of the hands at the top of each repetition

## TEST 3 SPECIAL REGULATIONS

- None

## TEST 4 SKILL

1:00:00-1:08:00

For time:

10-8-6-4-2 Strict Deficit Handstand Push-Ups (15cm/10cm) (6"/4")

20 alternating pistols after each set of Handstand Push-Ups (100 Pistols Total)

8 minute time cap

*Rest 1:08:00-1:15:00*

## TEST 4 FLOW

On the start signal, athletes will kick up to a handstand and perform 10 strict deficit handstand pushups. After the last handstand pushup, athletes will perform 20 pistols, alternating legs. Athletes will then return to the wall for 8 more strict handstand pushups followed by 20 more alternating pistols. Athletes will continue in this pattern until rounds of 6, 4 and 2 strict handstand pushups have been completed. There will be a set of 20 alternating pistols after each set of handstand pushups. Time is called after the last pistol is completed.

The score for this workout is the total time.

## TEST 4 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Strict Handstand Push-Up" and "Pistol" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standards are outlined below:

For the Strict Handstand Pushup, the athlete must start in full vertical extension with locked out elbows and knees and open hip and shoulder angles. The athletes head must contact the mat at the bottom of the handstand pushup and the athlete must return to the fully extended start position without breaking the hip or knee angle during the ascent. Both heels must be in contact with the wall at the top of the movement before the rep can be considered complete.

For Pistols the athlete must keep one foot elevated off the ground and in front of the athlete throughout the movement. The hands may be used to hold the non-supporting leg. The crease of the hips must descend past the knee at the bottom of the repetition. Before the non-supporting leg can be placed back on the ground, the supporting knee and hip must reach full extension. Athletes must alternate legs.

## TEST 4 SPECIAL REGULATIONS

- Athletes must alternate legs on the pistols.

## TEST 5 MIXED

1:15:00-1:30:00

For time:

Row 80 Calories

80 Kettlebell Swings (32/24kg) (70/53 lbs)

80 Burpees Over Erg

15 minute time cap

*Rest 1:30:00-1:45:00*

## TEST 5 FLOW

On the Start signal athletes will row 80 calories on their rower. After reaching 80 calories, athletes will dismount the rower and begin 80 kettlebell swings. After completion of their 80th swing, athletes will begin 80 lateral burpees over the erg.

The score for this test is the total time.

## TEST 5 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Rowing," "Kettlebell Swings," and "Lateral Onto /Over Object Burpees" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standards are outlined below:

Rowing requires athlete to row the specified distance without assistance of others and remain seated while rowing and until the specified distance has been reached.

For the Burpee, the athlete must descend to a prone position and make chest contact with the ground at the bottom of the repetition. The jump over the rower must be initiated by both feet simultaneously.

For the Kettlebell Swing the bottom of the kettlebell must break the horizontal plane at the top of the athlete's head at the highest point of the swing for the repetition to count. At the bottom of the repetition the bell of the kettlebell must break the front plane of the athletes thighs.

## TEST 5 SPECIAL REGULATIONS

- Athletes must use a Concept2 Rowing Machine for this test.
- Athletes may not leave the rower until the requisite calories have been reached. This means you must remain seated on the rower until the work has been completed.
- During the burpee, contact with the rower by the feet on the jump over is ok and will not result in a no rep.

## TEST 6 POWER

1:45:00-1:48:00

For time:

25 Ground to Overhead (60/45kg) (135lbs/100lbs)

3 minute time cap

## TEST 6 FLOW

On the Start signal, athletes will complete 25 ground to overhead anyhow for time.

## TEST 6 MOVEMENT STANDARDS:

For complete movement standards please see the entries for "Ground to Overhead" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/wp-content/uploads/2020/07/2019-iF3-Movement-Standards.pdf>. For convenience the following abbreviated standards are outlined below:

For the "Ground to Overhead," any style of clean and jerk or any style of snatch may be used, but the athlete must take the bar from the ground to start and finish overhead. At the top of the repetition the knees and hips must be fully extended with the elbows locked out and the bar overhead in vertical alignment with the shoulders, hips, knees, and ankles.

## TEST 6 SPECIAL REGULATIONS

- Any style of clean or any style of snatch may be used on this test as long as the barbell starts on the ground for each repetition and ends in the correct locked out position overhead.