



MASTERS WORLD CUP FINAL 2020

Name: _____

TEST 1 – ENDURANCE

0:00-21:00 on clock

7 Rounds

On a 2:30 clock:

- 4 x 15m shuttle run
- 10 burpees to 3" plate
- 4 x 15m shuttle run
- Max meters row

SCORING

Score: Total Number of **meters**
rowed from all 7 rounds

AFTER TEST COMPLETE

Rest exactly 14 minutes until
clock reaches 35 minutes

Rest 30 secs between rounds

<u>Rd</u>	<u>Shuttle</u>	<u>Burpees</u>	<u>Shuttle</u>	<u>Row (meters)</u>
1	1 2 3 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4	
2	1 2 3 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4	
3	1 2 3 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4	
4	1 2 3 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4	
5	1 2 3 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4	
6	1 2 3 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4	
7	1 2 3 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4	

TEST 1 Score A: Total Meters Rowed _____

Judge Signature: _____

Athlete Signature: _____



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TEST 2 - STRENGTH

15 mins on the clock

Find 3 rep max Shoulder to Overhead
(any way)

Find 3 rep max **overhand grip** deadlift

SCORING

Score: Total weight lifted of both max lifts

AFTER TEST COMPLETE

Rest exactly 10 minutes until clock reaches 1:00:00

<u>Shoulder to Overhead</u>		<u>Deadlift</u>	
<u>Weight</u>	<u>Complete?</u>	<u>Weight</u>	<u>Complete?</u>
	Y N		Y N
	Y N		Y N
	Y N		Y N
	Y N		Y N
	Y N		Y N
	Y N		Y N
	Y N		Y N
	Y N		Y N
	Y N		Y N
	Y N		Y N
	Y N		Y N

TEST 2

Total Weight of Max Lifts _____

Judge Signature: _____

Athlete Signature: _____



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TEST 3 - POWER

For Time – 2:30 min cap

30 Thrusters

300/250m Row

SCALINGS

30-44

40/30kg / 90/65lbs

45-54

35/25kg / 80/55lbs

55+

30/20kg / 65/45lbs

AFTER TEST COMPLETE

Rest until clock reaches 1:10:00
(or 70 minutes)

<u>TEST 3</u>	<u>Reps</u>	<u>Total Reps</u>
Thrusters	1 2 3 4 5 6 7 8 9 10	30
	11 12 13 14 15 16 17 18 19 20	
	21 22 23 24 25 26 27 28 29 30	
Row	300/250m	330 / 280

**** IF NOT COMPLETE IN TIME CAP, RECORD METERS ROWED AT END
OF TIME ****

TEST 3

Total Time OR Reps Completed _____

Judge Signature: _____

Athlete Signature: _____



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TEST 4 - MIXED

- 10 min AMRAP**
- 10 Pull Ups
 - 10 Handstand Push Ups
 - 10 Kettlebell Deadlifts
 - 30 Double Unders
 - 20 Pull Ups
 - 20 Handstand Push Ups
 - 20 Kettlebell Deadlifts
 - 60 Double Unders
 - 30 Pull Ups
 - 30 Handstand Push Ups
 - 30 Kettlebell Deadlifts
 - 90 Double Unders
 - 40 Pull Ups
 - 40 Handstand Push Ups
 - 40 Kettlebell Deadlifts
 - 120 Double Unders
 - 50 Pull Ups
 - 50 Handstand Push Ups
 - 50 Kettlebell Deadlifts
 - 150 Double Unders

	<u>Reps</u>										<u>Total</u>										
Pull	1	2	3	4	5	6	7	8	9	10	10										
Push	1	2	3	4	5	6	7	8	9	10	20										
DL	1	2	3	4	5	6	7	8	9	10	30										
DU	5	10	15	20	25	30	60														
Pull	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	80
Push	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	100
DL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	120
DU	5	10	15	20	25	30	35	40	45	50	55	60	180								
Pull	5	10	15	20	25	30	210														
Push	5	10	15	20	25	30	240														
DL	5	10	15	20	25	30	270														
DU	10	20	30	40	50	60	70	80	90	360											
Pull	5	10	15	20	25	30	35	40	400												
Push	5	10	15	20	25	30	35	40	440												
DL	5	10	15	20	25	30	35	40	480												
DU	10	20	30	40	50	60	70	80	90	100	110	120	600								
Pull	5	10	15	20	25	30	35	40	45	50	650										
Push	5	10	15	20	25	30	35	40	45	50	700										
DL	5	10	15	20	25	30	35	40	45	50	750										
DU	15	30	45	60	75	90	105	120	135	150	900										

30-44 Years

- HSPU – Head to Ground
- KB – 32/24kg each hand

45 Years +

- HSPU – Head to 3" riser
- KB – 24/16kg each hand

TEST 4

Total Reps Completed _____

Judge Signature: _____

Athlete Signature: _____