



# CONTINENTAL CUP FINALS (IND) TEST 1 + 2

**NAME:**

**FROM 0:00 - 24:00**

*Every 6 minutes for 4 rounds: 1 000 m Row + 5 unbroken Thrusters*

## TEST 1

1 000 m	<b>ROW</b>	
1 000 m	<b>ROW</b>	
1 000 m	<b>ROW</b>	
1 000 m	<b>ROW</b>	
<b>TOTAL TIME</b>		

## TEST 2

	ATTEMPT 1	ATTEMPT 2
<b>5 THRUSTERS</b>		
<b>5 THRUSTERS</b>		
<b>5 THRUSTERS</b>		
<b>5 THRUSTERS</b>		
<b>TOTAL WEIGHT</b>		

*(Only one successful set in each round counts towards the total.)*

**SIGNATURE ATHLETE**

**SIGNATURE TO**



# CONTINENTAL CUP FINALS (IND) TEST 3 + 4

**NAME:**

**FROM 40:00 - 56:00**

*Every 6 minutes for 4 rounds: 1 000 m Row + 5 unbroken Thrusters*

## AMRAP 1 (40-44 min)

AMRAP 1 (40-44 min)	
<b>BURPEE BOX JUMP OVERS</b>	
<b>TOTAL REPS</b>	

## AMRAP 2 (44-48 min)

AMRAP 2 (44-48 min)							
<b>5 HSPU</b>							
	5	12	19	26	33		
<b>1 HSW (9 m)</b>							
	6	13	20	27	34		
<b>1 L-SIT (10 s)</b>							
	7	14	21	28	35		
<b>TOTAL REPS</b>							

## AMRAP 3 (48-52 min)

AMRAP 3 (48-52 min)	
<b>BURPEE BOX JUMP OVERS</b>	
<b>TOTAL REPS</b>	

## AMRAP 4 (52-56 min)

AMRAP 4 (52-56 min)							
<b>5 HSPU</b>							
	5	12	19	26	33		
<b>1 HSW (9 m)</b>							
	6	13	20	27	34		
<b>1 L-SIT (10 s)</b>							
	7	14	21	28	35		
<b>TOTAL REPS</b>							

Score Test 3:

**TOTAL 1 + 3**

Score Test 4:

**TOTAL 2 + 4**

**SIGNATURE ATHLETE**

**SIGNATURE TO**



# CONTINENTAL CUP FINALS (IND) TEST 5 + 6

**NAME:**

**FROM 1:10:00 - 1:20:00**

## TEST 5

*1 min AMRAP*

<b>GROUND TO OVERHEAD</b> 55/40 KG	
<b>TOTAL REPS</b>	

## TEST 6

*9 min AMRAP*

<b>5</b>	<b>POWER CLEAN</b> 55/40 KG						
		5	70	135	200	265	330
<b>10</b>	<b>WALLBALLS</b> 14/9 KG						
		15	80	145	210	275	340
<b>50</b>	<b>DOUBLE UNDERS</b>						
		65	130	195	260	325	390
<b>TOTAL REPS</b>							

**SIGNATURE ATHLETE**

**SIGNATURE TO**