



CONTINENTAL CUP FINALS (TEAMS) TEST 1

NAME:

FROM 0:00 - 17:00

4 x 1 000 m Row

FOR TIME (TC 17 MIN)

1 000 m	MALE 1	
1 000 m	MALE 2	
1 000 m	FEMALE 1	
1 000 m	FEMALE 2	
TOTAL TIME		

SIGNATURE ATHLETE

SIGNATURE TO



CONTINENTAL CUP FINALS (TEAMS) TEST 2

NAME:

FROM 30:00 - 40:00

30 overhead squats

FOR TIME (TC 10 MIN)

MALE PAIR	15	OVERHEAD SQUATS 95 KG	
FEMALE PAIR	15	OVERHEAD SQUATS 70 KG	
			TIME

SIGNATURE ATHLETE

SIGNATURE TO



CONTINENTAL CUP FINALS (TEAMS) TEST 3

NAME:

FROM 50:00 - 1:10:00

FOR TIME (TC 20 MIN)

30	STRICT RING MUSCLE UPS								
50	STRICT DEFICIT HSPU								
70	STRICT PULLUPS								
								TIME	

(Each square represents ten reps)

SIGNATURE ATHLETE

SIGNATURE TO



CONTINENTAL CUP FINALS (TEAMS) TEST 4

NAME:

FROM 1:20:00 - 1:28:00

1 min AMRAP x 8

ATHLETE 1

ATHLETE 2

DOUBLE UNDERS	
POWER SNATCH 30 KG	
DOUBLE UNDERS	
POWER SNATCH 30 KG	
DOUBLE UNDERS	
POWER SNATCH 30 KG	
DOUBLE UNDERS	
POWER SNATCH 30 KG	
TOTAL REPS	

POWER SNATCH 30 KG	
DOUBLE UNDERS	
POWER SNATCH 30 KG	
DOUBLE UNDERS	
POWER SNATCH 30 KG	
DOUBLE UNDERS	
POWER SNATCH 30 KG	
DOUBLE UNDERS	
TOTAL REPS	

Score Test 4:

TOTAL REPS BOTH ATHLETES

SIGNATURE ATHLETE

SIGNATURE TO



CONTINENTAL CUP FINALS (TEAMS) TEST 5

NAME:

FROM 1:30:00 - 1:38:00

1 min AMRAP x 8

ATHLETE 1

ATHLETE 2

DOUBLE UNDERS	
POWER SNATCH 45 KG	
DOUBLE UNDERS	
POWER SNATCH 45 KG	
DOUBLE UNDERS	
POWER SNATCH 45 KG	
DOUBLE UNDERS	
POWER SNATCH 45 KG	
TOTAL REPS	

POWER SNATCH 45 KG	
DOUBLE UNDERS	
POWER SNATCH 45 KG	
DOUBLE UNDERS	
POWER SNATCH 45 KG	
DOUBLE UNDERS	
POWER SNATCH 45 KG	
DOUBLE UNDERS	
TOTAL REPS	

Score Test 4:

TOTAL REPS BOTH ATHLETES

SIGNATURE ATHLETE

SIGNATURE TO



CONTINENTAL CUP FINALS (TEAMS) TEST 6

NAME:

FROM 1:45:00 - 1:55:00

4 x 500 m Row

FOR TIME (TC 10 MIN)

500 m	FEMALE 1	
500 m	FEMALE 2	
500 m	MALE 1	
500 m	MALE 2	
TOTAL TIME		

SIGNATURE ATHLETE

SIGNATURE TO