

2022 EURO FINAL ROUND TEST ANNOUNCEMENTS

TEST 1 ENDURANCE

00:00-23:00

For Time:

6000/5000 meter Row

Time Cap: 23 minutes

TEST 1 FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS

On the start signal, athletes will mount their rowers. Men will row 6000 meters for time. Women will row 5000 meters for time.

TEST 1 MOVEMENT STANDARDS

For complete movement standards please see the entries titled "Row ID 9.03" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> which requires the athlete to row the specified amount without assistance of others or other equipment and without interfering with others.

TEST 1 SPECIAL REGULATIONS

- None at this time

REST 23:00 TO 32:00

TEST 2 STRENGTH

FROM 32:00-38:00

For Time:

10 Squat Snatch 60/40Kg

Overhead Walking Lunge 3 meters 80/55Kg

8 Squat Snatch 80/55Kg

Overhead Walking Lunge 3 meters 100/70Kg

6 Squat Snatch 100/70Kg

TEST 2 FLOW, MOVEMENT STANDARDS, AND SPECIAL REGULATIONS

TEST 2 FLOW

On the start signal, the athlete will pick up their barbell and perform 10 squat snatches at their first weight. The athlete will then change the weight on their barbell to the second weight and perform overhead walking lunges with their barbell to the next section. In the next section, the athlete will perform 8 squat snatches at their second weight. They will then change their weight to their final weight and perform overhead walking lunges to the next section. In the final section, the athlete will perform 6 squat snatches at the final weight before running across the line to stop their time.

TEST 2 MOVEMENT STANDARDS

For complete movement standards please see "Squat Snatch ID 4.03" and "Walking Lunge ID 15.06 V. 06 Overhead" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

TEST 2 SPECIAL REGULATIONS

- Athletes must change the weight on their own barbells after completing their squat snatches each round.
- While athletes can put the bar in the back rack to initially get the bar into their preferred overhead position, once they start lunging athletes may not place the barbell on the back of their necks to rest during the overhead walking lunge.

REST 38:00-46:00

TEST 3 BODYWEIGHT

46:00-1:00:00

Every 2 minutes for 12 minutes in a “Death by” Format

1 Ring Muscle-up + 1 Ring Dip*

9 Burpee Box Jump Overs 60/50cm

30 Double Unders

*add 1 ring muscle up + 1 ring dip at the start of every 2 minute round.

Then starting at minute 12:

Perform as many repetitions as possible in 2 minutes of:

7 Ring Muscle-ups + 7 Ring Dips

9 Burpee Box Jump Overs 60/50cm

30 Double Unders

Max Ring Muscle-ups in the remaining time

Time Cap: 14:00 minutes

TEST 3 FLOW

On the go signal, athletes will have two minutes to perform 1 Muscle Up + 1 Ring Dip, 9 Burpee Box Jump Overs, and 30 Double Unders. If athletes finish before the two minute mark, they may rest with the remaining time. Athletes will repeat this pattern every 2 minutes, increasing the number of Muscle Ups and the number of ring dips by 1 each round until the athlete cannot complete the work in the 2 minute window. If the athlete does not complete the prescribed work in the 2 minute window, their test will terminate, and their score will be the total number of repetitions completed. If the athlete makes it through until minute 12, at minute 12 they will start a final 2 minute amrap of 7 ring muscle ups and 7 ring dips, 9 burpee box jump overs, and 30 double unders, plus as many muscle ups as possible in the remaining time.

TEST 3 MOVEMENT STANDARDS:

For complete movement standards please see the entries for “Ring Muscle Up ID 8.02,” “Dip ID 8.03,” “Burpee Over Object ID 10.01,” “Double Under ID 10.07” in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/movement-standards/> .

TEST 3 SPECIAL REGULATIONS

- For the Muscle up and Ring Dip combination, the repetitions will be performed as 1 muscle Up + 1 ring dip in the first round, 2 muscle Ups + 2 ring dips in the second round, 3 muscle ups + 3 ring dips the third round, etc.
- The ring dip to press out of the last muscle up repetition in each set, does NOT count toward the total number of required ring dips each round.
- The muscle ups and ring dips do not need to be unbroken.
- The rope must spin forward on double unders.
- The burpees may be performed laterally to the box.

REST 1:00:00-1:10:00

TEST 4 SKILL

1:10:00-1:16:00

On a 6 minute running clock:

Buy in: Perform a 30 second unbroken Handstand Hold in 1 x 1 meter square (2 minute time cap to complete this Buy-In)

Then in the remaining time complete as many repetitions as possible of:

4 Freestanding Handstand Push-ups (with walk between reps)

1 Right Arm Dumbbell Get Up 40/22.5 Kg

1 Left Arm Dumbbell Get Up 40/22.5 Kg

4 Freestanding Handstand Push-ups (with walk between reps)

2 Right Arm Dumbbell Get Up 40/22.5 Kg

2 Left Arm Dumbbell Get Up 40/22.5 Kg

4 Freestanding Handstand Push-ups (with walk between reps)

3 Right Arm Dumbbell Get Up 40/22.5 Kg

3 Left Arm Dumbbell Get Up 40/22.5 Kg

Continue in this pattern adding 1 Dumbbell Get Up each arm each round

TEST 4 FLOW

On the start signal the athlete must hold a handstand in a 1 x 1 meter square for 30 seconds without coming down. As soon as the athlete completes 30 seconds unbroken they may start the amrap portion of the workout. If the athlete is not able to hold for 30 seconds unbroken by the 2 minute mark, they will progress to the amrap portion of the workout without completing the buy-in. During the amrap, the athlete will perform 4 Freestanding Handstand Push-ups followed by 1 Dumbbell Get-up each arm. After the Dumbbell Get-ups, the athlete will return to the freestanding handstand pushups and complete 4 more reps followed up 2 each arm of the Dumbbell Get-ups. Athletes will continue in this pattern until time runs out, adding 1 Dumbbell Get-up each arm each round.

TEST 4 MOVEMENT STANDARDS

For complete movement standards please see the entries for “Handstand Hold ID 12.04 Variation 15.1 Movement Allowed “Freestanding Handstand Push-up ID 12.02” “Handstand Walk ID 12.03” and “Kettlebell get-up ID 6.05” in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

TEST 4 SPECIAL REGULATIONS

- For the Handstand Hold buy-in, once an athlete completes their 30 second hold unbroken, they may immediately begin working on repetition accumulation in the amrap.
- If the athlete cannot complete a 30 second unbroken handstand hold by the 2:00 minute mark, the athlete will cease working on their handstand hold and start working on repetition accumulation in the amrap.
- Athletes may move around during their handstand hold as long as they stay within the designated box.
- The Freestanding Handstand Push-up and Handstand Walk standards will be combined and the following standard will be used for judging the freestanding handstand push-ups: Athletes will start in the bottom position of the handstand push with their hands on the line and their head on the mat. Athletes will then push up into the top of the handstand push-up and handstand walk to the next line. When their hands reach the line they will descend into the bottom of the handstand push-up and may either push-up directly into the next rep, or after showing control in the tripod position break before beginning the next repetition.
- The implement used for the Get-Ups will be a single dumbbell. The Get-Ups will start and end in a standing, overhead lockout position.
- Athletes must complete all their Get-Ups on one arm before switching to the other arm. Athletes must start each round with the right arm.

REST 1:16:00 TO 1:25:00

TEST 5 MIXED

1:25:00 TO 1:40:00

For Time:

50 Calorie Ski Erg

40 Wall Balls (12/9Kg, 3 meter target)

60 Double Dumbbell Hang Clean (22.5/15Kg per hand)

40 Wall Balls (12/9Kg, 3 meter target)

50 Calorie Ski Erg

Time Cap: 15 minutes

TEST 5 FLOW

At the start signal, athletes will approach the ski-erg and ski 50 calories. After finishing their calories, they will proceed to their Wall Ball and perform 40 Wall Balls. After finishing their wall ball, athletes will proceed to their dumbbells and perform 60 hang cleans. After completing their 60 hang cleans, athletes will begin moving backwards through the chipper, completing 40 wall balls, and a 50 cal ski before crossing the finish line to stop the time.

TEST 5 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Ski ID 9.07," "Wall Ball ID 15.04", and "Hang Clean, Anyhow ID 3.04" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

TEST 5 SPECIAL REGULATIONS

- None at this time

REST 1:40:00 TO 1:50:00

TEST 6 POWER

1:50:00-1:55:00

For Time

32 Box Jump Over 60/50cm

24 Dumbbell Thrusters (22.5/15 kg each hand)

16 Bar Muscle Ups

Time Cap: 5 minutes

TEST 6 FLOW

At the start signal the athlete will perform 32 Box Jump Overs, followed by 24 dumbbell thrusters, followed by 16 bar muscle ups. Athletes will run across the finish line to stop their time.

TEST 6 MOVEMENT STANDARDS

For complete movement standards please see the entries for "Box Jump Over ID 10.05," "Thruster ID 5.06" and "Bar Muscle-up ID 7.07" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

TEST 6 SPECIAL REGULATIONS

- Athletes must step down from their box jump overs. Jumping off the box and/or rebounding jumps are not allowed.
- Athletes may squat clean the first rep of any thruster set.