

2023 iF3 Asian Championships Pairs Test Announcements

Endurance

6 Rounds For Max Total Repetitions (3 rounds per athlete):

On a 3 Minute Clock:

400 meter Treadmill Run

Max Double Unders in the remaining time

Test 1 Flow

On the start signal, the Male athlete will start round 1. The male athlete will have 3 minutes to run 400 meters and perform as many double unders as possible in the remaining time. At the 3 minute mark, the Female athlete will start round 2 and complete her 400 meter run and as many double unders as she can. The athletes will continue alternating rounds every 3 minutes until each athlete has completed 3 rounds. The score for this test is the total number of double unders for both athletes across all 6 rounds.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," and "Double Under ID 10.07" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>.

Test 1 Special Regulations.

- The rope must spin forward on double unders.
- The athlete may not hold the handles of the treadmill unless mounting or dismounting the treadmill.

Test 2 Strength and Test 3 Bodyweight

Strength

For Time: (Both Athletes working at the same time)

Female Athlete Performs 10 Clean and Jerks (155lbs) (70kg)

Male Athlete Performs 10 Clean and Jerks (225lbs) (100kg)

Time Cap: 5 minutes

Note: Pounds plates will be used for this competition. Kilogram conversions are being provided in the test announcements for approximate athlete reference only and do not reflect extra conversions.

ONCE THE 5 MINUTE TIME CAP EXPIRES, ATHLETES WILL REST 2 MINUTES BEFORE BEGINNING THE BODYWEIGHT TEST

Bodyweight

For Time:

Female Athlete Performs

15 Shuttle Runs

12 Wall Walks

9 Rope Climbs (3.3m)

Then Male Athlete Performs

12 Rope Climbs (3.3m)

15 Wall Walks

18 Shuttle Runs (1 Shuttle Run is 10m)

Time Cap: 15 Minutes (Total Time Cap for Strength and Bodyweight Combined: 22 Minutes)

Test 2 Strength Flow, Movement Standards, and Special Regulations

Test 2 Strength Flow

On the start signal, both athletes will approach their barbells and perform 10 clean and jerks. Time will stop after the slower athlete finishes their last rep and runs across the finish line.

Test 2 Movement Standards

For complete movement standards please see "Clean and Jerk ID 4.08" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

Test 2 Special Regulations

- The athletes do not have to perform their repetitions in synchronization. They may perform at their own pace. However, time will not stop until the slower athlete crosses the finish line after finishing their repetitions.
- Athletes will receive a "no rep" if they drop the bar behind them, even if the lift was otherwise successfully completed.

Test 3 Bodyweight

Test 3 Flow

On the start signal, the female athletes will perform 15 shuttle runs, 12 wall walks, followed by 9 rope climbs. After their last rope climb, the male athlete will begin and will perform 12 rope climbs, 15 wall walks, and 18 shuttle runs. Time will stop when the male athlete crosses the finish line on his final shuttle run.

Test 3 Movement Standards:

For complete movement standards please see the entries for "Wall Walk ID 12.06" "Rope Climb ID 11.01," and "Shuttle Run 9.02" in the International Functional Fitness Federation's Movement Standards Document located at: <https://functionalfitness.sport/sport/movement-standards/>

Test 3 Special Regulations

- Both Feet and 1 hand must make contact beyond the line on each shuttle run except the final shuttle run of each set where the athlete can just run across the line with no contact requirements.

Test 4 Team Strategy

For Time:

50 Chest to Bar Pull-ups

50 meter Handstand Walk

50 Alternating Pistols

50 Deadlifts (175lbs) (80kg)

*Each Athlete will perform 2 of the movements. The team will select which athlete will perform which movement.

Time Cap: 15 Minutes

Test 4 Flow

On the start signal, one athlete will perform 50 Chest to Bar Pull-ups. Then one athlete will perform 50 meters of handstand walking. Then one athlete will perform 50 alternating pistols. Then one athlete will perform 50 deadlifts. Each athlete will pick 2 of the movements to perform. The athlete must perform all 50 repetitions of the movements they select, and they cannot swap out with their partner once they begin the repetitions. The team can select which athletes will perform which movements.

Test 4 Movement Standards

For complete movement standards please see the entries for "Chest to Bar Pull-up ID 7.05," and "Handstand Walk ID 12.03," and "Pistol ID. 1.06," and "Deadlift ID 2.01" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

Test 4 Special Regulations

- Each athlete will perform all 50 repetitions of 2 of the movements in the test. The team can choose which athlete will perform each movement.
- Once an athlete begins the repetitions of a movement they cannot swap out with their partner.
- Athletes must alternate legs on the pistols.

Test 5 Mixed Relay 1 and Test 6 Mixed Relay 2

Test 5 Mixed Relay 1

For Time:

Female Athlete Rows 30 Calories

Both Athletes Perform 20 Synchronized Bar Facing Burpees

Female Athlete Performs a 10 meter Front Rack Walking Lunge (85lbs) (40kg)

Male Athlete Rows 40 Calories

Both Athletes Performs 20 synchronized Bar Facing Burpees

Male Athlete Performs a 10 meter Overhead Walking Lunge (125lbs) (55kg)

Time Cap: 10 Minutes

ONCE THE 10 MINUTE TIME CAP EXPIRES, ATHLETES WILL HAVE 2 MINUTES REST BEFORE BEGINNING MIXED RELAY 2

Test 6 Mixed Relay 2

For time

Male Athlete will perform

16 Power Snatches (125lbs) (55kg)

16 Calorie SkiErg

Female athlete will perform

16 Power Snatch (85lbs) (40kg)

16 Calorie SkiErg

Time Cap: 5 Minutes (Total Time of Test 5 and 6 Combined is 17 Minutes)

Test 5 Flow

At the start signal the female athlete will row 30 calories, then both athletes will perform 20 synchronized bar facing burpees, then the female athlete will perform a 10 meter front walking lunge. The male athlete then begins his 40 calorie row. Then both athletes will perform 20 synchronized bar facing burpees. Finally the male athlete will perform a 10 meter overhead walking lunge. After the male athlete finishes his lunges, he will cross the line to stop the time. When the time cap hits the athletes will have 2 minutes to rest before starting Mixed Relay 2.

Test 5 Movement Standards

For complete movement standards please see the entries for "Row ID 9.03," and "Object Facing Burpee Over Object ID 10.02," and "Walking Lunger ID 15.06 V.02 Front Rack and V.06 Overhead" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/> .

Test 5 Special Regulations

- The male athlete may start his row while the female athlete changes the weight on the bar to his weight.

Test 6 Mixed Relay 2

Test 6 Flow

At the start signal the male athlete will head to his barbell and perform 16 Power Snatches followed by 16 Calories on the SkiErg. Then the female athlete will perform 16 Power Snatches followed by 16 Calories on the SkiErg before running across the finish line to stop the team's time.

Test 6 Movement Standards

For complete movement standards please see the entries for "Power Snatch ID 4.02" and "Ski ID 9.07" in the International Functional Fitness Federation's Movement Standards Document located at <https://functionalfitness.sport/sport/movement-standards/>

Test 6 Special Regulations

- The Athlete must stay on the SkiErg platform until all calories are completed.
- The athletes may work together to change the weight on the bar from the male to female weight.
- Athletes will receive a "no rep" if they drop the barbell behind them even if the repetition was otherwise completed correctly.