

2023 Euro Pairs Test Announcements

Note: For this competition the following bullet point in the definition of "Standing Tall" will not be enforced:

- Inside of heels no wider than outer plane of the shoulders.

Test 1 Endurance

From 00:00-15:00

For Time:

1000/800m Bike Erg (Each)

750/500m Row (Each)

Run 750m Run (Together)

Time Cap: 15 minutes

Test 1 Flow, Movement Standards, and Special Regulations

On the start signal, one athlete will mount the bike and one will mount the rower. They will each bike or row their allotted meters individually. Then they will switch places. When both athletes have finished both a bike and row segment, they will run together as a team for 750 meters. Athletes will run across the line to stop their time.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Bike Erg ID 9.06," "Row ID 9.03," and "Run ID 9.01" in the International Functional Fitness Federation's Movement Standards Document located at [📄 Movement standards](#).

Test 1 Special Regulations

- None at this time

Rest 15:00 to 30:00

Test 2 Strength

From 30:00-35:00

In 5 minutes, both athletes will establish their 1 rep max Thruster from the ground.

Test 2 Flow, Movement Standards, and Special Regulations

Test 2 Flow

On the start signal, athletes will have 5 minutes to set their 1 rep max thruster, from the ground. Athletes can take as many attempts as they want, and increase and decrease their weight as needed. Pairs will have 2 barbells but will not have two complete sets of plates and must share plates with each other. Athletes may load and unload the bars simultaneously but must lift one at a time. The score of the test will be the combined total of the male and the female athlete's heaviest lift.

Test 2 Movement Standards

For complete movement standards please see "Thruster ID 5.06" in the International Functional Fitness Federation's Movement Standards Document located at [\(D\) Movement standards](#) .

Test 2 Special Regulations

- Pairs may assist each other in changing the weight, but may not receive assistance from anyone else.
- The Thruster will come from the floor.
- Bars may start loaded
- "Thruster Jerks" are not allowed.
- A Squat Clean Thruster is acceptable.
- The bar must be dropped in front of the athlete to count.
- The athletes feet do not have to stay stationary in the thruster. The athlete may take a step forward as long as they do not rebend the knees and assist in the press out by doing so.
- The athlete may perform their thruster with any width stance they want. Athletes may squat with the feet outside of shoulder width and do not have to return the feet to within shoulder width at the end of the rep.
- In order for a lift to count, the athlete must have pulled the bar off the ground before the lifting clock expires. An athlete can continue to complete the lift past the expiration of the lifting clock as long as the bar was off the ground before time ran out.
- Athletes will have a male and female barbell, but should expect that they will have to share plates with their partner and will not have two full sets of weight plates to work with.
- Athletes may load and unload their barbells at the same time. However, only one lift can happen at a time. Athletes may not lift in synchronization.

Rest 35:00-40:00

Test 3 Bodyweight

From 40:00-46:00

For Time:

50 Strict Pull-ups (Switch Athletes Every 10 Reps)

100 Push Ups (Split as Desired)

150 Air Squats (Split As Desired)

Time Cap: 6:00 minutes

Test 3 Flow

On the go signal, athletes will perform 50 strict pull-up, followed by 100 push-ups, and finally by 150 air squats. They can split the repetitions however they want.

Test 3 Movement Standards:

For complete movement standards please see the entries for "Pull-up ID 7.04 Variation Strict V.12," "Push-up ID 15.01," and "Air Squat ID 1.01 in the International Functional Fitness Federation's Movement Standards Document located at: [Movement standards](#) .

Test 3 Special Regulations

- Athletes must split the pull-ups into sets of 10, alternating athletes every 10 reps. The repetitions do not have to be unbroken, but the athletes must complete their 10 repetitions before switching out with their partner. Either athlete may start first.
- Athletes can split the repetitions on push-ups and air squats however they want.
- Athletes legs and knees will not be allowed to make contact with the ground on the push-ups.

Rest 46:00-51:00

Test 4 Mixed Relay 1

51:00-58:00

4 rounds for time:

8 Synchronized Bar Muscle Ups

5 meter Handstand Walk (Each)

8 Right Leg Synchronized Pistols

8 Left Leg Synchronized Pistols

5 meter Handstand Walk (Each)

Time Cap: 7 minutes

Test 4 Flow

On the start signal, the pair will perform 8 synchronized bar muscle ups. Then the first athlete will handstand walk for 5 meters. When they finish their handstand walk, the other athlete will handstand walk for 5 meters. Then both athletes will perform 8 synchronized right leg pistols, followed by 8 synchronized left leg pistols. Then the athletes will handstand walk back in the same manner as the first handstand walk. Athletes will continue in this pattern until they have completed 4 rounds.

Test 4 Movement Standards

For complete movement standards please see the entries for "Bar Muscle Up ID 7.07," "Handstand Walk ID 12.03," and "Pistols ID 1.06" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#) .

Test 4 Special Regulations

- Pistols do not have to be unbroken, but athletes must perform all the right leg pistols before switching to their left leg.
- Please note that the synchronization requirements are now specifically noted in the movement standards document

Rest 58:00 to 1:05:00

Test 5 Team Strategy

From 1:05:00 to 1:15:00

For Time:

20 Wall Balls (Each; 9/6kg)

10 Synchronized Deadlift (100/75kg)

15 Toes to Bar (Each)

10 Synchronized Deadlift (100/75kg)

10 Box Jumps (Each, 60/50cm)

10 Synchronized Deadlift (100/75kg)

5 Devil's Press (Each, 22.5/15Kg)

10 Synchronized Deadlift (100/75kg)

3 Rope Climbs (Each, 4.5m)

Time Cap: 10 minutes

Test 5 Flow

At the start signal, athlete one will perform 20 wall balls, when they finish athlete two will perform 20 wall balls. Then both athletes will do 10 synchronized deadlifts together. They will then move to the toes to bar, where one athlete will do 15 toes to bar, followed by the other athlete. Then they will perform 10 more synchronized deadlifts together. They will then perform 10 box jumps each, with one athlete performing all 10 before the other begins; followed by 10 more synchronized deadlifts. Each athlete will then perform 5 Devil's Press each, followed by their final set of 10 synchronized deadlifts. To finish each athlete will perform 3 rope climbs, one athlete doing all 3 reps followed by the other athlete. They will then run across the line to stop their time.

Test 5 Movement Standards

For complete movement standards please see the entries for "Wall Ball ID 15.04," "Deadlift ID 2.01," and "Toes to Bar ID 7.01," "Box Jump ID 10.04," "Devil's Press ID 15.07," and "Rope Climb ID 11.01," in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#)

Test 5 Special Regulations

- Athletes will perform their individual movement in a waterfall fashion, with one athlete performing all their repetitions before the other may begin.
- Athletes will perform their synchronized movements together at the same time.
- The pair may switch which athlete starts on a particular movement throughout the workout and does not have to have the same athlete starting first on every single movement. However, you must complete all your repetitions before switching athletes.
- Athletes must step down their box jumps. No rebounding is allowed.

Rest 1:15:00 to 1:25:00

Test 6 Mixed Relay 2

1:25:00-1:30:00

For Time

50 Double Unders

10 meter Run

9 Cleans 60/40kg

7 Snatches 60/40kg

5 Bar Facing Burpees

10 meter Run

Time Cap: 5 minutes

Test 6 Flow

At the start signal the athlete, athlete one will perform the entire test. When athlete one completes their final 10 meter run, they will tag their partner who will then begin work and complete the entire test individually. When athlete 2 has finished the test, both athletes will run across the line together to stop their time.

Test 6 Movement Standards

For complete movement standards please see the entries for "Double Under ID 10.07," "Clean, Anyhow ID 3.01" and "Snatch, Anyhow ID 4.01" and "Object Facing Burpee Over Object ID 10.02," and "Shuttle Run ID 9.02" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#)

Test 6 Special Regulations

- Tagging instructions will be provided during the athlete briefing