

# 2024 Euros Final Round Test Announcements

## Test 1 Endurance

From 00:00-19:00

Accumulate As Many Repetitions As Possible In 5 Rounds of 3 Minutes Each:

1200/1000 meter BikeErg

Max Shuttle Runs in the remaining time (Turn Around every 8 meters)

Rest 1 minute between rounds

Time Cap: 19 minutes

## Test 1 Flow, Movement Standards, and Special Regulations

On the start signal, a 3 minute clock will start and athletes will mount their bike. They will bike the respective amount of meters (1200 for males and 1000 for females). They will then dismount their bike and perform as many shuttle runs as possible for the remainder of the 3 minutes. At the 3 minute mark, athletes will stop working and a 1 minute rest will begin. During this rest athletes will return to the start line and prepare to start the cycle over. At the completion of the 1 minute rest, a start signal will sound and athletes will start the pattern again, starting with the BikeErg buy-in each time. Athletes will continue this cycle for 5 total rounds. The athlete's score will be the total number of shuttle runs completed across all 5 rounds.

### Test 1 Movement Standards

For complete movement standards please see the entries titled "Bike Erg ID 9.06" and "Shuttle Run ID 9.02" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#).

### Test 1 Special Regulations

- Each 8m length will count as 1 shuttle run.
- On the Shuttle Runs, athletes will start the very first length each round with both feet behind the line but do not have to start with a hand touching the ground. From there, the athlete must touch both feet and 1 hand beyond the 8 meter line on each length except for the final length where athletes must cross the line completely with both feet, but do not have to touch their hand to the ground.
- Athletes must remain seated or standing on the BikeErg until they complete the required number of meters each round.

Rest 19:00 to 32:00

## Test 2 Strength

From 32:00-38:00

In 6 minutes set a max for the following complex:

1 Squat Snatch

3 Overhead Squats

## Test 2 Flow, Movement Standards, and Special Regulations

### Test 2 Flow

On the start signal, the athlete will have 6 minutes to set a maximum weight for the complex of 1 Squat Snatch and 3 Overhead Squats. The athlete may take as many attempts as they want in the 6 minutes and may increase or decrease the load as they desire. The athlete's score will be the weight of the heaviest successfully completed complex.

### Test 2 Movement Standards

For complete movement standards please see "Squat Snatch ID 4.03" and "Overhead Squat ID 1.04" in the International Functional Fitness Federation's Movement Standards Document located at [\(PDF\) Movement standards](#).

### Test 2 Special Regulations

- Athletes can take as many attempts as desired in the 6 minutes.
- Athletes can increase or decrease the weight during the 6 minutes as desired.
- Athletes may pre-load their barbells before the Strength test begins. Athletes will also be given time to warm-up in their lane before time begins.
- If the athlete receives a "no rep" anywhere in a set, they may continue working until they receive the required number of good reps to complete the set as long as they did not drop the bar to the floor.
- The bar must be dropped in front of the athlete in order for the set to count.
- 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. However, the athlete should be aware that doing this will cut into their rest time.
- Collars must be on the bar and outside all plates prior to any lift attempt. Lifts performed without collars will not count.

Rest 38:00-46:00

## Test 3 Bodyweight

From 46:00-59:00

As Many Repetitions in 3 Minutes:

Toes To Bar

Immediately into As Many Repetitions as Possible in 10 Minutes:

15 Handstand Push-ups

10 Box Facing Burpee Box Jump Overs 60/50 centimeters

Time Cap: 13:00 minutes

### Test 3 Flow

This test will be scored two parts. Part A is worth 50 points, and is a 3 minute amrap of Toes To Bar. Part B starts immediately at the expiration of the 3 minute clock and is also worth 50 points. Part B is a 10 minute amrap of 15 Handstand Push-ups and 10 Box Facing Burpee Box Jump Overs.

### Test 3 Movement Standards:

For complete movement standards please see the entries for “Toes To Bar ID 7.01,” “Handstand Push-up ID 12.01,” and “Object Facing Burpee Over Object ID 10.02” in the International Functional Fitness Federation’s Movement Standards Document located at: [Movement standards](#) .

### Test 3 Special Regulations

- This test is broken into two separate amraps. Each amrap will be scored separately and is worth 50 points.
- On the Burpee Box Jump Overs, athletes may choose to jump completely over the box without touching it or to jump and land with 2 feet on top of the box before jumping or stepping down.
- Athletes will be required to move their box forward each round. This will be explained at the athlete briefing.

Rest 59:00-1:07:00

### Test 4 Skill

1:07:00-1:18:00

For Time:

5-4-3-2-1

Rope Climbs (4.5 meters)

Lengths of Handstand Walk (8 meters)

Time Cap: 11 Minutes

### Test 4 Flow

On the start signal athletes will perform 5 Rope Climbs. They will then perform 5 lengths of an unbroken 8 meter handstand walk. Athletes will then return to the rope for 4 more rope climbs followed by 4 lengths of a handstand walk. Athletes will continue in this pattern for rounds of 3, 2, and 1 repetitions before running across the finish line to stop their time.

### Test 4 Movement Standards

For complete movement standards please see the entries for “Handstand Walk ID 12.03” “Rope Climb ID 11.01” in the International Functional Fitness Federation’s Movement Standards Document located at [Movement standards](#) .

### Test 4 Special Regulations

- Athletes will be briefed on the rope climb touch and descent lines at the venue.
- Handstand Walks must be performed in unbroken 8 meter increments.

Rest 1:18:00 to 1:27:00

## Test 5 Mixed

From 1:27:00 to 1:42:00

For Time:

30 Wall Balls 9/6 kg

30 Deadlifts 85/60 kg

80 Double Unders

20 Wall Balls 9/6 kg

20 Deadlifts 85/60 kg

80 Double Unders

10 Wall Balls 9/6 kg

10 Deadlifts 85/60 kg

80 Double Unders

Time Cap: 15 minutes

## Test 5 Flow

At the start signal, athletes will pick up their medicine ball and perform 30 Wall Balls followed by 30 deadlifts. Athletes will then move to their jump ropes and perform 80 double unders. Athletes will continue moving in this flow of a round of 20 wall balls, 20 deadlifts, and 80 double unders, and a final round of 10 wall balls, 10 deadlifts, and 80 double unders.

## Test 5 Movement Standards

For complete movement standards please see the entries for "Wall Ball ID 15.04," "Deadlift ID 2.01," and "Double Under ID 10.07" in the International Functional Fitness Federation's Movement Standards Document located at [Movement standards](#)

## Test 5 Special Regulations

- The rope must spin forward on double unders.

Rest 1:42:00 to 1:55:00

## Test 6 Power

1:55:00-2:00:00

For Time

30 Thrusters 50/35 kg

500/400 meter SkiErg

Time Cap: 5 minutes

## Test 6 Flow

At the start signal the athlete will perform 30 Thrusters before proceeding to the SkiErg to complete their required number of meters of Skiing, before running across the finish line to stop the time.

## Test 6 Movement Standards

For complete movement standards please see the entries for "Thruster ID 5.06," and "SkiErg ID 9.07" in the International Functional Fitness Federation's Movement Standards Document located at [📄 Movement standards](#)

## Test 6 Special Regulations

- The bar must be dropped in front of the athlete.
- The athlete must stay on the SkiErg platform with both feet until the required distance is achieved.