2024 Asian Championships Individual Test Announcements

Test 1 Endurance

For Time:

1500m Run

1500m Row

100 Lateral Burpees over the Rower

1000m Row

1000m run

Time Cap: 40 Minutes

Test 1 Flow

On the start signal, athletes will run 1500 meters. Once completed, they will move to their rower where they will row 1500m. Once they complete the row, they will dismount the rower and begin 100 lateral burpees over the rower. After their last burpee, they will then go back to the rower for a 1000 meter row. After they complete the row, they will complete a 1000 meter run. After completing the run, they will run across the finish line to stop the time.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," and "Row ID 9.03," and “Burpee Jump Over Object ID 10.01” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards.

Test 1 Special Regulations.

- None at this time.

Test 2 Strength

Strength

In 5 minutes find the heaviest weight possible for the following complex:

3 rep max Thruster

Score is heaviest weight successfully completed

Time Cap: 5 minutes

Test 2 Strength Flow, Movement Standards, and Special Regulations

Test 2 Strength Flow

On the start signal, the athlete will approach their barbell have 5 minutes to find a 3 rep max thruster. The bar will start from the ground. Athletes may take as many attempts as they would like in the 5 minutes. Athlete may increase or decrease the weight as desired within the

5 minutes.

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 Movement standards .

Test 2 Special Regulations

- The barbell will come from the floor. Racks will not be available for this test.
- A squat clean thruster is allowed for the first repetition.
- A “thruster jerk” where the athlete drops under the bar during the pressing portion of the lift is not allowed.
- Athletes will be responsible for changing their own weights during this test. The clips must be back on the bar before an athlete can begin any attempt.
- Athletes must remove all unused plates and excess equipment from the lifting area before attempting any lift.
- Athletes will receive a “no rep” if they drop the bar behind them, even if the lift was otherwise successfully completed.
- Athletes can take as many attempts as desired in the 5 minutes.
- Athletes can increase or decrease the weight during the 5 minutes as desired.
- If the athlete receives a “no rep” in the middle of the complex, they may continue to work on the complex as long as they have not dropped the bar lower than the shoulders after the call of no rep is given. For example, an athlete is no repped on their second thruster, as long as the athlete has not dropped the bar below the shoulders they can continue doing thrusters until they complete 3 counting repetitions.
- Athletes must finish all three thrusters in a set before the 5 minute clock expires. Any work completed after the 5 minute clock expires will not count.

Test 3 Bodyweight

Bodyweight

3 Rounds For Time:

3/2 seated rope climbs (4.5 meters)

30 meter Walking Lunge

20 Chest to Bar Pull-ups

30 meter Walking Lunge

Time Cap: 15 minutes

Test 3 Bodyweight

Test 3 Flow

On the start signal athletes will perform the required number of seated rope climbs for their division, they will then perform 30 meters of walking lunges. After completing their lunges, they will move to the pull-up bar where they will perform 20 Chest to Bar Pull-ups. They will then perform another 30 meters of walking lunges. Athletes will repeat this flow for 2 more rounds.

Test 3 Movement Standards:

For complete movement standards please see the entries for "Chest to Bar Pull-up ID 7.05," “Rope Climb, Seated Start ID 11.02,” and “Walking Lunge ID 15.06” in the International Functional Fitness Federation's Movement Standards Document located at: Movement sta ndards

Test 3 Special Regulations

- The touch point for the top of each rope climb as well as the descent line for dismounting the rope will be briefed and demonstrated on site.
- Once athletes pass the designated descent line on the rope, they may dismount the rope and land on the ground with their feet before returning to a seated position to start the next rope climb.
- Both of the athlete’s feet must start behind the start line for each walking lunge length and cross the end line completely on each walking lunge length.

Test 4 Skill

In 4 rounds accumulate as many repetitions as possible:

On a 3 minute clock perform:

10 Dumbbell Overhead Squats (Right Arm) (35kg/25kg)

10 Dumbbell Overhead Squats (Left Arm) (35kg/25kg)

Max Distance Handstand Walk in remaining time

Rest 1 minute between rounds

Score is the total number of repetitions completed across all 4 rounds

Time Cap: 15 Minutes

Test 4 Flow

On the start signal, a 3 minute clock will begin, and the athletes will pick up their dumbbell and perform 10 Overhead Squats with the Dumbbell in their right hand. Then they will switch hands and perform 10 Dumbbell Overhead Squats with their left hand. After completing their Overhead Squats, athletes will use the remainder of the 3 minutes to handstand walk as far as they can. At the expiration of the 3 minutes, athletes will rest 1 minute. When the 1 minute rest is over, athletes will start the second round which begins again with the Overhead Squats. Athletes will continue this pattern until 4 rounds are completed.

Test 4 Movement Standards

For complete movement standards please see the entries for "Overhead Squat ID 1.04,” and “Handstand Walk ID 12.03,” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 4 Special Regulations

- The minimum counting increment for the handstand walk is 2 meters. Each 2 meter segment will count as 1 repetition.
- All completed repetitions from each round will count toward the athlete’s score, including the Dumbbell Overhead Squats.

Test 5 Mixed

For Time:

50 Wall Balls (13kg/9kg) (3m/2.7m)

40 Shoulder to Overhead (60kg/45kg)

30 Toes to Bar

20 Sandbag Cleans (70kg/45kg)

100 meter Bearhug Sandbag carry

Time Cap: 15 Minutes

Test 5 Flow

At the start signal, athletes will pick up their wall ball and perform 50 heavy Wall Balls to a target. After their last wall ball, they will move to their barbell for 40 Shoulder to Overhead. They will then move to the pull-up bar for 30 Toes to Bar, followed by 20 Sandbag Cleans. Athletes will finish this test by picking up their sandbag after the last clean into a bearhug position and carrying it 100 meters to cross the finish line.

Test 5 Movement Standards

For complete movement standards please see the entries for "Wall Ball ID 15.04," “Shoulder to Overhead ID. 5.05,” “Toes to Bar ID 7.01," "Object Over Shoulder ID 14.04," and “Loaded Carry ID 14.07 V.05 Bearhug” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 5 Special Regulations

- Both of athletes' feet must completely cross the line before dropping the sandbag to finish the test. If the athlete drops the bag early, they must take it back across the finish line and recross successfully with both feet.
- There is no minimum distance for the carry, and the athlete may drop the bag to rest at any point, but may only travel forward when holding the bag in the bearhug position.
- For the sandbag clean, the athlete must drop the bag over their shoulder behind them on each repetition. It is not a requirement to alternate shoulders.

Test 6 Power

For Time:

25/15 Calorie AirBike

30 Front Squats (60kg/45kg)

25/15 Calorie AirBike

Time Cap: 5 Minutes

Test 6 Flow

At the start signal the athlete will proceed to their Bike and Bike the designated calories. Athletes will then move on to their barbell and perform 30 Front Squats. Finally, athletes will return to the Bike for another set of calories before running across the finish line to stop their time.

Test 6 Movement Standards

For complete movement standards please see the entries for "AirBike ID 9.05" and “Front Squat ID 1.03” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards

Test 6 Special Regulations

- The athlete must remain seated or standing on the Bike until all required calories are completed.