2024 Asian Championships Pairs Test Announcements

Endurance

For Time:

Athlete 1 runs 1500 meter while Athlete 2 rows 1500 meters.

100 lateral burpees over the rower (one athlete working at a time, split the repetitions anyhow)

Athlete 1 rows 1500 meters while Athlete 2 runs 1500 meters.

Time Cap: 30 minutes

Test 1 Flow

On the start signal, Athlete 1 will run 1500 meters. While Athlete 1 is running, Athlete 2 will row 1500 meters. When both athletes have finished their respective run and row, they will begin working together to complete 100 lateral burpees over the rower. After their last burpee, the athletes will switch places and the athlete that ran in the beginning will now row 1500 meters, and the athlete that rowed in the beginning will now run 1500 meters. Time will stop when both athletes have finished their last 1500 meters and crossed the finish line.

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.

- Once an athlete begins a run or a row, they must complete the entire run or row by themselves and may not receive assistance from their partner.
- Athletes cannot being working on the burpees until both partners have finished their respective row/run.
- Only 1 athlete will work at a time on the burpees and athletes can switch at any time.
- The resting athlete must wait in the designated area until tagged in by their partner to become the working athlete.
- Athletes must remain seated on the rower until 1500 meters is completed.
- Each athlete will row once and run once.

Test 2 Strength

On a 10 minute clock:

Athlete 1 will have 5 minutes to set a 3 rep max Thruster (from the ground).

Athlete 2 will have 5 minutes to set a 3 rep max Overhead Squat (from the ground)

The score will be the total combined weight of both athletes' heaviest successfully completed complex.

Time Cap: 10 Minutes

Test 2 Strength Flow, Movement Standards, and Special Regulations

Test 2 Flow

On the start signal, Athlete 1 will approach their barbell have 5 minutes to find a 3 rep max Thruster. The bar will start from the ground. At the 5 minute mark, Athlete 1 will stop lifting and Athlete 2 will approach the barbell and have 5 minutes to find a 3 rep max Overhead Squat 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," and "Overhead Squat ID 1.04” 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 of a Thruster set.
- A “thruster jerk” where the athlete drops under the bar during the pressing portion of the lift is not allowed.
- A Squat Snatch is allowed as the first repetition of an Overhead Squat set.
- A Snatch Balance is also allowed for the first repetition of an Overhead Squat set.
- 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 excess plates and equipment from the lifting area before beginning any attempt.
- 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 below their shoulders in the case of a thruster or below the head in the case of an overhead squat, after the call of no rep is given. For example, if an athlete is no repped on their second thruster, as long as the athlete has not dropped the bar they can continue doing thrusters until they complete 3 counting repetitions.
- Athletes must finish all three of their required reps before their 5 minute clock expires. Any work completed after the 5 minute clock expires will not count.
- After the expiration of Athlete 1’s 5 minutes, they must leave the lifting area, and Athlete 2 will be responsible for loading their bar to the weight they wish to begin with. If Athlete 1 finishes their lifting before the 5 minutes is up, they may adjust the weight to the preferred weight for Athlete 2, but Athlete 2 may not enter the lifting area until their 5 minutes begins.

Test 3 Bodyweight

As Many Repetitions As Possible in 15 Minutes:

(Athletes will alternate rounds)

2 Rope Climbs (4.5m)

15 Box Jump Overs (60/50cm)

15 Chest to Bar Pull-ups

15 Box Jump Overs (60/50cm)

Time Cap: 15 Minutes

Test 3 Flow

On the start signal, Athlete 1 will complete 1 full round of the test by completing 2 rope climbs, 15 Box Jump Overs, 15 Chest to Bar Pull-ups, and another 15 Box Jump Overs. After Athlete 1 completes a round, they will switch places with Athlete 2 who will then complete a full round of the test. Athletes will continue to alternate rounds in this manner until 15 minutes have expired.

Test 3 Movement Standards:

For complete movement standards please see the entries for "Chest to Bar Pull-up ID 7.05," “Rope Climb ID 11.01,” and “Box Jump Over ID 10.05” in the International Functional Fitness Federation's Movement Standards Document located at: Movement standards

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.
- On the Box Jump Overs athletes may choose to jump completely over the box without touching it, or may choose to jump on top of the box and step down on the other side. Rebounding off and back onto the box will not be allowed. A step down is required if the athlete chooses to jump on top of the box.
- If an athlete chooses to jump on top of the box, both feet must make contact with the top of the box on each repetition before stepping down.

Test 4 Team Strategy

For Time:

100 Wall Balls (9kg/6kg)

80 Shoulder to Overhead (60kg/45kg)

60 Toes to Bar

40 Sandbag Cleans (70kg/45kg)

200m Bearhug Sandbag carry (100m each athlete) (70kg/45kg)

Divide the work anyhow

Time Cap: 22 Minutes

Test 4 Flow

On the start signal, athletes will pick up their wall ball and work to perform 100 Wall Balls to a target. After their last wall ball, they will move to their barbell for 80 Shoulder to Overhead. They will then move to the pull-up bar for 60 Toes to Bar, followed by 40 Sandbag Cleans. Athletes will finish this test by picking up their sandbag after the last clean into a bearhug position and carrying it 200 meters to cross the finish line. Athletes will work 1 at a time and can divide the repetitions anyhow.

Test 4 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 4 Special Regulations

- Only 1 athlete will work at a time. Athletes can switch at any time, with the exception of the sandbag carry (see below)

- On the sandbag carry, Athlete 1 will carry the bag 100m and then athlete 2 will carry the bag 100m. For Male/Female Pairs, the athletes will have 2 bags, one for each gender.
- 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 5 Mixed Relay 1

4 Rounds For Time:

20 Overhead Squats (50kg/35kg)

20m Front Rack Walking Lunge (50kg/35kg)

20 Handstand Push-ups

Divide the Work Anyhow

Time Cap: 15 minutes

Test 5 Flow

At the start signal, athletes will begin 20 Overhead Squats, followed by a 20 meter front rack walking lunge with the same barbell, followed by 20 Handstand Push-ups. Only 1 athlete may work at a time and athletes can switch at anytime. Athletes will continue moving in this sequence until 4 rounds are complete.

Test 5 Movement Standards

For complete movement standards please see the entries for "Overhead Squat ID 1.04," "Walking Lunge ID 15.06 V.02 Front Rack," and “Handstand Push-up ID 12.01” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 5 Special Regulations

- Only 1 athlete can work at a time and athletes may switch placed at anytime and divide the work anyhow.
- 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 6 Mixed Relay 2

For Time:

Athlete 1 completes the entire test

Then Athlete 2 completes the entire test

25/15 AirBike Calories

30 Front Squats (60kg/45kg)

25/15 AirBike Calories

Time Cap: 10 minutes

Test 6 Flow

At the start signal Athlete 1 will proceed to their Bike and Bike the designated calories. Athlete 1 will then move on to their barbell and perform 30 Front Squats. Finally, Athlete 1 will return to the Bike for another set of calories before running across the finish line, which will release Athlete 2 to complete the test in the same manner. Time will stop when Athlete 2 runs across the finish line.

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.