2025 Euros Preliminary Round Test Announcements

Test 1 Endurance

For Time:

1000 Meter Row

180 Meter Dball carry (70/40kg)

1000 Meter Ski

180 Meter Dball Carry (70/40kg)

500 Meter Ski

180 Meter Dball Carry (70/40kg)

500 Meter Row

180 Meter Dball Carry (70/40kg)

Time Cap: 30 Minutes

Test 1 Flow, Movement Standards, and Special Regulations

On the start signal, athletes will row 1000 meters followed by a 180 meter DBall Carry, as 20 lengths of 9 meters. They will then ski 1000 meters and perform another 180 meter DBall Carry. Athletes will then Ski 500 meters, perform another DBall carry and finally a 500 meter row and one more 180 meter DBall carry before running across the line to stop their time.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Row ID 9.03," “Ski ID 9.07,” “Loaded Carry ID 14.07 Variation Bear Hug V.05,” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards.

Test 1 Special Regulations

- Both of the Athlete’s feet must stay on the SkiErg platform until the required number of meters have been reached.
- Athlete must stay seated on rower until they have completed the entire required distance.
- Athletes are in charge of resetting their rower and skierg.
- The endurance test will occur in isolation on Friday evening. Tests 2-6 will occur on Saturday.

Test 2 Strength

0:00-6:00

3 Rounds For Both Reps and Weight:

9 Deadlifts

7 Hang Power Cleans

5 Shoulder to Overhead

Time Cap: 6 minutes

Score is the total number of repetitions completed in 6 minutes x the weight used

Test 2 Flow, Movement Standards, and Special Regulations

Test 2 Flow

On the start signal, the athlete will have 6 minutes to complete 3 rounds of 9 deadlifts, 7 hang power cleans, and 5 shoulder to overheads. Athletes may select the weight they use for each round. The athlete's score is the total number of repetitions completed multiplied by the weight used.

Test 2 Movement Standards

For complete movement standards please see "Deadlift ID 2.01," "Hang Power Clean ID 3.05" and "Shoulder to Overhead ID 5.05" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 2 Special Regulations

- The bar will start unloaded and on the start signal the athlete must load the bar and confirm the weight with their Technical Official before beginning their first deadlift.
- Athletes can take break up repetitions as desired. There is no unbroken requirement in this test.
- Athletes can increase or decrease the weight only after they complete a full round.
- The athlete must stop in the hang position after their last deadlift before beginning their hang power cleans (i.e. you cannot perform a power clean from the floor and have it count as your last deadlift and first hang power clean).
- The athlete must stand tall after their last hang power clean before beginning their first shoulder to overhead. it is not required to stand tall after a clean if the athlete drops the bar in the middle of their shoulder to overheads and has to re-clean the bar to finish the repetitions.

- Any type of Shoulder to Overhead that comes from the front rack position may be used. The athlete may not put the bar onto their back and perform their Shoulder to Overhead from the back rack.
- The bar must be dropped in front of the athlete. Any repetition where the bar is dropped behind the athlete's head will be a no rep.
- Only repetitions completed before the 6:00 minute mark will count toward the total score.
- Collars must be on the bar on the outside of all plates each time a lift is attempted. Any lift performed without collars will not count.
- The tiebreak for this workout is the weight of the heaviest completed round.

Rest 6:00-15:00

Test 3 Bodyweight

15:00-25:00

As Many Rounds as Possible in 10 Minutes:

15 Toes to Bars

5 Right Leg Pistols

5 Left Leg Pistols

5 Burpee Box Jump Overs (60cm/50cm)

Time Cap: 10:00 minutes

Test 3 Flow

On the Start signal athletes will perform 15 Toes To Bar. They will then move forward and perform 5 pistols on one leg followed by 5 pistols on the other leg. They will then proceed to their box and perform 5 Burpee Box Jump Overs. Athletes will then move their box forward before going back to the bar to begin the next round. Athletes will continue in this pattern until 10 minutes are up. Each round the athlete will move their box farther down the field immediately after their Burpee Box Jumps, indicating which round they are on. If an athlete makes it to the final section of the floor with time remaining, they will no longer move the box forward as they continue accumulating rounds.

Test 3 Movement Standards:

For complete movement standards please see the entries for "Toes To Bar ID 7.01, "Object Facing Burpee Over Object ID 10.02", and "Pistol ID 1.06," in the International Functional Fitness

Federation's Movement Standards Document located at: Movement standards .

Test 3 Special Regulations

- On the Burpee 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.
- 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.
- Hands may not be used on the Burpee Box Jump Overs.
- Athletes may start with either leg on the pistols but must perform 5 on one leg before switching and performing 5 on the other leg.

Rest 25:00-35:00

Test 4 Mixed

35:00-50:00

Individuals

For Time:

10-9-8-7-6-5-4-3-2-1 Repetitions of:

SandBag Squat (70kg/40kg)

Double Dumbbell Bench Press (35kg/22.5kg)

*10/8 Calories on the Air Bike After Each Round

Time Cap: 15 Minutes

Junior 19-20

For Time:

10-9-8-7-6-5-4-3-2-1 Repetitions of:

SandBag Squat (70kg/40kg)

Double Dumbbell Bench Press (22.5kg/15kg)

*8/6 Calories on the Air Bike After Each Round

Time Cap: 15 Minutes

Test 4 Flow

On the start signal the athlete will perform 10 Sandbag Squats and 10 Double Dumbbell Bench Press, followed the athlete's required number of calories on the bike. Athletes will then return to their sandbag and perform 9 repetitions of squats and bench press followed by another set of calories on the bike. This will be followed by 8 repetitions of each movement, and so on and so on down to a final round of 1 repetition of each movement. After each round, including the last round, athletes will perform their required number of calories on the Air Bike. Athletes will then run across the finish line to stop their time after their final set of Air Bike Calories.

Test 4 Movement Standards

For complete movement standards please see the entries for "Bench Press ID 15.12," "Air Bike ID 9.05" and "Back Squat ID 1.02" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 4 Special Regulations

- Athletes must hold the sandbag on their shoulder or back for their sandbag squats.
- The athlete will be responsible for resetting their bike each round.

Rest 50:00-1:00:00

Test 5 Skill

1:00:00-1:08:00

For Time:

45 Meter Handstand Walk (5 lengths of 9 unbroken meters)

then

8 Rounds of:

1 Bar Muscle Up

2 Chest to Bar Pull-ups

then

54 Meter Handstand Walk (6 lengths of 9 unbroken meters)

Time Cap: 8 minutes

Test 5 Flow

At the start signal athletes will perform a 45 meter handstand walk in 5 lengths of 9 meters. Athletes will then move to their pull-up bar for 8 rounds of 1 bar muscle-up and 2 chest to bar pull-ups. After their 8th round, athletes will perform a 54 meter handstand walk as 6 lengths of 9 meters before running across the finish line to stop their time.

Test 5 Movement Standards

For complete movement standards please see the entries for "Bar Muscle-Up ID 7.07," "Chest To Bar Pull-up ID 7.05", and "Handstand Walk ID 12.03" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards

Test 5 Special Regulations

- Each round of the bar muscle-ups and chest to bar pull-ups must be unbroken. Athletes may string together more than 1 round. Said another way, athletes may not perform the Bar Muscle-ups and Chest to Bar Pull-ups in sets less than 1 bar muscle up + 2 Chest to bar pull-ups. For example, if an athlete performs 1 bar muscle-up, 2 chest to bar pull-ups, 1 bar muscle-up and 1 chest to bar pull-up and then jumps off the bar, the last bar muscle up and chest to bar pull-up will not count, and the athlete will need to start that round over.
- Each 9 meters of the handstand walk must be unbroken.

Rest 1:08:00-1:20:00

Test 6 Power

1:20:00-1:25:00

Individuals

For Time:

1 Legless Rope Climb (4.5 Meters)

9 Meter Double Dumbbell Overhead Walking Lunge (22.5kg/15kg)

40/30 Calorie Bike Erg

9 Meter Double Dumbbell Overhead Walking Lunge (22.5kg/15kg)

1 Legless Rope Climb

Time Cap: 5 minutes

Junior 19-20

For Time:

1 Legless Rope Climb (4.5 Meters)

9 Meter Double Dumbbell Overhead Walking Lunge (22.5kg/15kg)

40/30 Calorie Bike Erg

9 Meter Double Dumbbell Overhead Walking Lunge (22.5kg/15kg)

1 Rope Climb

Time Cap: 5 minutes

Test 6 Flow

At the start signal athletes will do one legless rope climb then lunge 10 meters with two dumbbells overhead. Athletes will then bike 40 or 30 calories. After completing their calories, athletes will lunge back 10 meters with their dumbbells overhead and perform 1 more rope climb as described for their division before sprinting across the finish line to stop their time.

Test 6 Movement Standards

For complete movement standards please see the entries for "BikeErg ID 9.06" “Rope Climb ID 11.01 Version V.18 Legless,” and “Walking Lunge ID 15.06 Variation V.06 Overhead” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards

Test 6 Special Regulations

- Athletes must remain seated or standing on the BikeErg until all calories have been completed.
- Touch point and descent point for the legless rope climb will be demonstrated and descrbied during the athlete briefing and via video prior to the event.
- Elbows do not have to be locked out on the Dumbbell Overhead Walking Lunge, but the arms and dumbbells must remain above the head
- 19-20 Junior athletes will start with a legless rope climb, but may use their legs on their final rope climb.
- The minimum unbroken lunge segment is 3 meters.