2025 Euros Sweden Final Round Test Announcements

Test 1 Endurance

From 00:00-20:00

For Time:

20 Double Unders

10 Calorie Row

40 Double Unders

20 Calorie Row

60 Double Unders

30 Calorie Row

80 Double Unders

40 Calorie Row

100 Double Unders

50 Calorie Row

120 Double Unders

60 Calorie Row

Time Cap: 20 Minutes

Test 1 Flow, Movement Standards, and Special Regulations

On the start signal, athletes will move to their rope and perform 20 double unders. They will then head to their rower and row 10 calories. They will then move back to their rope for 40 double unders and return to the rower for 20 calories. Athletes will continue in this pattern, increasing their number of double unders by 20 and row calories by 10 until they have completed the round of 120 double unders and 60 calories on the rower. After their final calorie, athletes will dismount the rower and run across the line to stop their time.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Row ID 9.03" and "Double Under ID 10.07" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 1 Special Regulations

- Athletes must remain seated on the rower until they complete the required number of calories each round.
- Athletes will be responsible for resetting their rower each round.

Rest 20:00 to 30:00

Test 2 Strength

From 30:00-40:00

Every 2 minutes and 30 seconds for 4 rounds:

2 Rounds of:

5 Sandbag To Shoulder (70kg/40kg)

12 Meter Bearhug Sandbag Carry (6 meters out and 6 meters back)

Then:

1 Snatch, Anyhow

Score: Total Snatch Weight From All 4 Rounds

Time Cap: 10 Minutes

Test 2 Flow, Movement Standards, and Special Regulations

Test 2 Flow

On the start signal, athletes will have 2:30 to complete the buy-in of 2 Rounds of 5 Sandbag to the Shoulder and 12 Meters Sandbag Bearhug Carry followed by a 1 rep max snatch. Only the snatch weight counts toward the athlete's score. The athlete will start a new round every 2:30 until 4 rounds are complete.

Test 2 Movement Standards

For complete movement standards please see "Snatch, Anyhow ID 4.01," "Object Onto Target ID 14.05," and "Loaded Carry ID 14.07 Variation V.05 Bearhug" in the International Functional

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

Test 2 Special Regulations

- Athletes can take as many attempts as desired on the snatch each round but only the heaviest completed lift will count towards the athletes score for that round.
- Athletes can increase or decrease the weight during the test as desired.
- Athletes may pre-load their barbells during their rest after the Endurance test before the Strength test begins. Athletes may also warm-up in their lane during this period of time.
- The lifting area must be clear of plates before any snatch attempt can be made.
- The bar must be dropped in front of the athlete in order for the snatch to count.
- In order for a lift to count, the athlete must have completed the lift by the 2 minute and 30 second mark each round.
- Collars must be on the bar and outside all plates prior to any lift attempt. Lifts performed without collars will not count.
- Athletes may go touch and go on the sandbag. The bag must stop on the shoulder at the top. If the bag is dropped behind/over the athlete's shoulder the repetition will not count.
- If the athlete's knee touches the ground during the snatch the repetition will not count.
- Athletes must remain in their designated lifting section during their lift. If they exit the section, the repetition will not count.

Rest 40:00-50:00

Test 3 Bodyweight

From 50:00-60:00

For Time:

10 Box Jump Over 60/50cm

3 Shuttle Runs (9 Meters down and back=1)

30 Pull-ups

3 Shuttle Runs (9 Meters down and back=1)

10 Box Jump Over 60/50cm

3 Shuttle Runs (9 Meters down and back=1)

20 Chest to Bar Pull-ups

3 Shuttle Runs (9 Meters down and back=1)

10 Box Jump Over 60/50cm

3 Shuttle Runs (9 Meters down and back=1)

10 Bar Muscle-ups

3 Shuttle Runs (9 Meters down and back=1)

10 Box Jump Over 60/50cm

3 Shuttle Runs (9 Meters down and back=1)

20 Chest to Bar Pull-Ups

3 Shuttle Runs (9 Meters down and back=1)

10 Box Jump Over 60/50cm

3 Shuttle Runs (9 Meters down and back=1)

30 Pull-ups

Run Across the Finish Line

Time Cap: 10:00 minutes

Test 3 Flow

On the Start Signal, athletes will perform 10 box jump overs followed by 3 shuttle runs. After their 3rd shuttle run, they will perform 30 pull-ups and then 3 more shuttle runs. Athletes will then start over with the Box Jump overs and continue in this pattern for a total of 4 more rounds. However, the pulling movement in the middle will change from pull-ups to chest to bar pull-ups to bar muscle ups and then back to chest to bar pull-ups and finally pull-ups again. On the final round, the athletes will complete their 30 pull-ups and simply run across the finish line to stop their time. There is no set of 3 shuttle runs after the final set of pull-ups.

Test 3 Movement Standards:

For complete movement standards please see the entries for “Box Jump Over ID 10.05,” “Pull-up ID 7.04,” "Chest To Bar Pull-up ID 7.05", “Bar Muscle-up ID 7.07,” and “Shuttle Run ID 9.02” in the International Functional Fitness Federation's Movement Standards Document located at: Movement standards .

Test 3 Special Regulations

- 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.

- 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.
- Hands may not be used on the Box Jump Overs.
- 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 9 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. 1 repetition is 9 meters down the lane and 9 meters back.

Rest 1:00:00-1:10:00

Test 4 Skill

From 1:10:00-1:16:00

Every 1:30 for 4 sets:

Rounds 1 and 3:

Buy-In: :20 Unbroken L-Sit on Parallettes

As many rope climbs as possible in the remaining time

Rounds 2 and 4:

Buy-In: :20 unbroken freestanding handstand hold in a 1 meter x 1 meter square

As many pull-overs as possible in the remaining time

Score: Athletes will receive two rankings for this test. One based on the total number of rope climbs completed and one based on the total number of pull-overs completed. These two rankings will be totaled to get an overall placement on the test. See example in the Special Regulations.

Time Cap: 6 Minutes

Test 4 Flow

On the start signal athletes will have 90 seconds to perform a :20 unbroken L-Sit on Parallettes followed by as many rope climbs as possible in the remaining time. At the 90 second mark, athletes will head to their 1 meter by 1 meter square and perform a :20 unbroken handstand hold followed by as many pull-overs as possible in the remaining time. Athletes will continue in this pattern until they have completed 2 rounds of each movement.

Test 4 Movement Standards

For complete movement standards please see the entries for “Handstand Hold ID 12.04” "Rope Climb ID 11.01” “L-Sit ID 13.04” and “Pull-over ID 7.06” 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.
- Athletes may move their hands during the handstand hold. The hands may touch the line of the box but if any portion of the hand extends past the line, the hold time will end.
- Scoring Example:

Athlete #	Number of Rope Climbs	Number of Pull-Overs	Rope Climb Rank	Pull-over Rank
Athlete 1	3	12	3	2
Athlete 2	5	13	2	1
Athlete 3	7	5	1	3

Athlete 1 has a total score of 5 on this test which is reached by adding their rope climb rank with their pull-over rank. Athlete 2 has a total score of 3, and Athletes 3 has a total score of 4. The lowest combined ranking wins this test. In the example above, Athlete 2 wins the test. Athlete 3 is second and Athlete 1 is third.

Rest 1:16:00 to 1:26:00

Test 5 Mixed

From 1:26:00 to 1:41:00

Individuals

For Time:

90 Wall Balls (9kg/6kg)

70 Alternating Dumbbell Snatch (22.5kg/15kg)

50 Calorie SkiErg

30 Front Squat (70kg/50kg)

Time Cap: 15 minutes

Juniors 19-20

For Time:

90 Wall Balls (9kg/6kg)

70 Alternating Dumbbell Snatch (22.5kg/15kg)

50 Calorie SkiErg

30 Front Squat (60kg/45kg)

Time Cap: 15 minutes

Test 5 Flow

At the start signal, athletes will pick up their medicine ball and perform 90 Wall Balls followed by 35 alternating dumbbell snatches. The athlete will then move forward and perform 35 more alternating dumbbell snatches. Athletes will then move to their skierg and perform 50 calories on the skierg. Finally, athletes will move to their barbell and complete 15 front squats before rolling their barbell forward and completing an additional 15 front squats. Athletes will then run across the finish line to stop their time.

Test 5 Movement Standards

For complete movement standards please see the entries for "Wall Ball ID 15.04," "Snatch, Anyhow ID 4.01," "Skierg ID 9.07" and "Front Squat ID 1.03" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards

Test 5 Special Regulations

- Athletes may not leave the skierg platform until all calories have been completed
- Athletes must alternate arms on the dumbbell snatches

Rest 1:41:00 to 1:51:00

Test 6 Power

1:51:00-1:56:00

Individuals

For Time

9 Cleans (100/65kg)

9 Ring Muscle-ups

6 Cleans (100/65kg)

6 Ring Muscle-ups

3 Cleans (100/65kg)

3 Ring Muscle-ups

Time Cap: 5 minutes

Juniors 19-20

For Time

6 Cleans (75/55kg)

6 Ring Muscle-ups

3 Cleans (75/55kg)

3 Ring Muscle-ups

1 Cleans (75/55kg)

1 Ring Muscle-ups

Time Cap: 5 minutes

Test 6 Flow

At the start signal the athlete will perform their required number of cleans followed by their required number of ring muscle ups. They will then return to the ring for two more rounds of cleans and muscle-ups descending reps each round. After the athlete's last muscle-up in the final round, they will run across the finish line to stop their time.

Test 6 Movement Standards

For complete movement standards please see the entries for "Ring Muscle-up ID 8.02," and “ Clean, Anyhow ID 3.01” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards

Test 6 Special Regulations

- None at this time.