2026 Masters Worlds Aruba Test Announcements

Test 1 Endurance

All Age Groups

2000 meter Trail Run

400 meter Farmers Carry on Trail (1.5 pood/1 pood)

2000 meter Trail Run

No Time Cap; Must Complete

Test 1 Flow

At the start signal, athletes will run 2000 meters on a trail. After completing their run, they will pick up their kettlebells and begin a 200 meter Farmer's Carry. At the 200 meter mark, athletes will turn around and carry their kettlebells 200 meters back. After crossing the line, athletes will place their kettlebells in the designated zone, and begin another 2000 meter trail run. Time will stop when athletes cross the line at the conclusion of their second 2000 meter run.

Test 1 Movement Standards

For complete movement standards please see the entries titled "Run ID 9.01," and "Loaded Carry ID 14.07 v.07 Farmer" in the International Functional Fitness Federation's Movement Standards Document located at Movement standards.

Test 1 Special Regulations.

- Athletes will start in waves for this test. A new wave will start every 15 minutes.
- Athletes must carry the kettlebells in a farmer's carry position and may not rest the kettlebells on their shoulders or other part of the body.
- Athletes must remain on the trail or designated path during the run.
- The trail is rocky and sandy terrain.
- The run will be an out and back route, meaning athletes will run 2000 meters out and then 2000 meters back doing the reverse of the route they started with.
- Minimum Work Requirement: Must complete.

Important Information About the Bushiribana Ruins Venue for the Endurance Test

- Parking. Parking space at Bushiribana is limited and can be challenging. We kindly ask everyone to carpool and arrive with as few vehicles as possible. Please follow our additional

instructions regarding parking, which will be provided shortly before the event.

- Protected Nature Area. Bushiribana is a protected natural area. Please help us respect and preserve the surroundings.
- No littering. Do not leave any trash behind. All waste must be disposed of properly or taken with you.
- Bushiribana Ruins: Please do not climb on or enter the Bushiribana Ruins. Help us protect and preserve this historic site.

Test 2 Strength

All Age Groups

In 5 minutes establish a max load for the following complex:

1 Snatch + 1 Hang Snatch

Time Cap: 5 Minutes

Test 2 Flow, Movement Standards, and Special Regulations

Test 2 Flow

On the start signal, the athletes may begin to load their bars and will have 5 minutes to find the heaviest weight they can lift for complex of 1 snatch + 1 hang snatch. Athletes may make as many attempts as they wish and increase or decrease weight as they wish.

Test 2 Movement Standards

For complete movement standards please see “Snatch, Anyhow ID 4.01,” and “Hang Snatch, Anyhow ID 4.04,” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 2 Special Regulations

- The available weights will be in pounds.
- Athletes are responsible for changing their own weights. They may increase or decrease weights at any time.
- All lifts must be completed before the time cap. If you finish a lift beyond the time that will result in a “no complex.”
- Athletes must stay within their lifting area. Touching the line on the edge of the lifting area or going outside the lifting area during a lift will result in a “No complex” and end the attempt.

- Athletes may use any style of snatch and any style of hang snatch. However, the athlete may NOT drop the bar or rest the bar on the back of the neck between the two lifts.
- Between the Snatch and the Hang Snatch athletes may not release their hands from the bar. This means that trapping the bar in the hip to control the bar or adjust the grip is acceptable as long as the hands do not completely come off the bar.
- Athletes may not lower the bar below the knee between the first Snatch and the Hang Snatch.
- Clips must be on the bar outside the outermost plates before any attempt can be made, and any unused plates must be removed from the lifting area.
- Athletes will receive a “no complex” if they drop the bar behind them, even if the lift was otherwise successfully completed.
- If an athlete’s knee touches the ground that will result in a “no complex.”
- If you receive a “no rep” within the complex you may repeat the movement and continue on. For example, if you receive a “no rep” on the hang snatch, you can repeat the hang snatch and continue on.
- If you commit one of the “no complex” faults listed above you must start the entire complex over.
- The athlete’s score will be the weight of the heaviest complex successfully completed.
- Minimum Work Requirement: 1 completed complex

Test 3 Bodyweight

Age Groups 30-34 Through 45-49

Athletes will complete 3 sets of a 2 minute interval and 1 set of 3 minute interval for max repetitions. There will be one minute rest between each interval.

2-2-2-3 Minute Intervals

With 1 Minute Rest Between each Interval

15/12 Ski Erg Calories

12 Box Jump Overs 60 cm/50 cm

Max Pistols in the remaining time

Age Groups 50-54 through and 55-59

Athletes will complete 3 sets of a 2 minute interval and 1 set of 3 minute interval for max repetitions. There will be one minute rest between each interval.

2-2-2-3 Minute Intervals

With 1 Minute Rest Between each Interval

15/12 Ski Erg Calories

12 Box Jump Overs 60 cm/50 cm

Max Air Squats in the remaining time

Age Groups 60-64 and 65+

Athletes will complete 3 sets of a 2 minute interval and 1 set of 3 minute interval for max repetitions. There will be one minute rest between each interval.

2-2-2-3 Minute Intervals

With 1 Minute Rest Between each Interval

15/12 Ski Erg Calories

12 Box Jump Overs or Box Step Overs 60 cm/50 cm

Max Air Squats in the remaining time

Test 3 Flow

On the start signal, athletes will complete their required number of ski erg calories. After completing their calories, Athletes will then move to their box where they will complete 12 box jump overs (with the option to step over for the 60-64 and 65+ age groups). After completing their box jump overs, athletes will perform as many pistols or air squats, depending on their division, as possible in the remaining time. When the 2 minute clock expires, athletes will have 1 minute to rest before the second 2 minute interval begins. Athletes will follow the same pattern during the second, third, and fourth interval, except that the fourth interval will last for 3 minutes.

Test 3 Movement Standards:

For complete movement standards please see the entries for “Ski Erg ID 9.07,” “Box Jump Overs ID 10.05,” “Box Step Over ID 15.05,” “Pistol ID 1.06,” and “Air Squat ID 1.01” in the International Functional Fitness Federation's Movement Standards Document located at: Movement standards

Test 3 Special Regulations

- The score for this test will be the total number of repetitions completed by the athlete across all 4 intervals rounds. This includes the Skierg calories and box jump overs that are part of the buy-in each round.
- 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. Stepping down is required if the athlete jumps on top of the box.
- Hands may not be used on the Box Jump Overs.
- Age Groups 60-64 and 65+ have the option to do box step overs instead of performing box jump overs.
- Athletes restart with the Ski Erg at the beginning of each interval. Athletes may not leave the Ski Erg platform until all their calories are completed each round.
- Minimum Work Requirement: Must complete the Ski each round

Test 4 Skill

Age Groups 30-34 and 35-39

For Time:

10-8-6-4-2 Bar Muscle ups

10 meter Handstand Walk

5 Pull-Overs

10 meter Backwards Handstand Walk

Time Cap: 12 Minutes

Age Groups 40-44 through 50-54

For Time:

10-8-6-4-2 Bar Muscle ups

10 meter Handstand Walk

15 Toes To Bar

10 meter Handstand Walk

Time Cap: 12 Minutes

Age Groups 55-59

For Time:

5-4-3-2-1 Bar Muscle Ups

5 meter Handstand Walk

10 Toes To Bar

5 meter Handstand Walk

Time Cap: 12 Minutes

Age Groups 60-64 and 65+

For Time:

10-8-6-4-2 Chest To Bar Pull-ups

10 meter Dumbbell Overhead Walking Lunge

10 Toes To Bar

10 meter Dumbbell Overhead Walking Lunge

Time Cap: 12 Minutes

Test 4 Flow Division

On the start signal, athletes will perform their first set of bar muscle ups (or chest to bar pull-ups) followed by a handstand walk (or overhead walking lunge) they will then perform either pull-overs or toes to bar, depending on their division, followed by another handstand walk (or walking lunge). Athletes will continue in this pattern for 4 more rounds with descending bar muscle up (or chest to bar pull-up) repetitions each round. All other repetitions stay the same. The athletes' time will stop when they run across the line on their final handstand walk/walking lunge.

Test 4 Movement Standards

For complete movement standards please see the entries for “Chest To Bar Pull-up ID 7.05,” “Bar Muscle-Up ID 7.07,” “Pull-over ID 7.06”, “Toes to Bar ID 7.01,” "Handstand Walk ID 12.03,” and “Walking Lunge, ID 15.06, V.06 Overhead” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 4 Special Regulations

- Athletes may break up their handstand walks. The minimum increment for any handstand walk is 2.5 meters.
- No Minimum Work Requirement

Test 5 Mixed

Age Groups 30-34 through 45-49

3 Rounds For Time:

60 Double Unders

16 Thrusters 60 kg/45 kg

16 Bar Facing Burpees

Time Cap: 10 Minutes

Age Groups 50-54 and 55-59

3 Rounds For Time:

40 Double Unders

16 Thrusters 50 kg/35 kg

16 Bar Facing Burpees

Time Cap: 10 Minutes

Age Group 60-64 and 65+

3 Rounds For Time:

30 Double Unders

12 Thrusters 50 kg/35 kg

12 Bar Facing Burpees

Time Cap: 10 Minutes

Test 5 Flow

At the start signal, athletes will perform their required number of double unders, then move to the barbell to complete their required number of thrusters. After finishing their thrusters, they will set the bar down and perform bar facing burpees over their barbell. They will continue in this pattern for a total of 3 rounds. After their final burpee, athletes will run across the finish line to stop their time.

Test 5 Movement Standards

For complete movement standards please see the entries for “Double Under ID 10.07,” “Thruster ID 5.06” and “Object Facing Burpee Over Object ID. 10.02,” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards .

Test 5 Special Regulations

- Minimum Work Requirement: 1 Full Round

Test 6 Power

All Divisions

For Time:

100 meter Zig Zag Sprint

Time Cap: 1 Minute

Test 6 Flow

On the start signal, athletes will perform a 100 meter zig zag sprint for time.

Test 6 Movement Standards

For complete movement standards please see the entries for “Run ID 9.01” in the International Functional Fitness Federation's Movement Standards Document located at Movement standards

Test 6 Special Regulations

- Athletes must follow the designated zig zag pattern.
- Minimum Work Requirement: Must Complete The Full Course