

# Tests Liga 2

## 2. Spieltag Oktober 2024

### Scorecard

#### Minute 0-6: Bodyweight Test AMRAP6

RUNDEN	4 Toes to bar	6 Burpee Box Step over
1	4	10
2	14	20
3	24	30
4	34	40
5	44	50
6	54	60
7	64	70
8	74	80
9	84	90
10	94	100
		REPS:

**AMRAP6**  
 4 TTB  
 6 Burpee Box Step over  
 ( 60 cm / 50 cm )

-----3 min Rest (Minute 06-09) -----

#### Minute 09-21: Mixed Modal Test 3RFT

**3 RFT TC: 12 min**  
 15/12 cal Row  
 12 DB Snatch 17,5/12,5 kg  
 6 HR Push Up  
 60 SU`s

RUNDEN	15/12 Cal. Row	12 DB Snatch	6 HR Push Up	60 SU`s
1	1	13	19	79
2	80	92	98	158
3	159	171	177	237

Athlet:In: \_\_\_\_\_

TO: \_\_\_\_\_

Datum/Ort: \_\_\_\_\_

Reps oder Zeit: \_\_\_\_\_

Unterschrift Athlet:In \_\_\_\_\_

# Tests Liga 2

## 2. Spieltag Oktober 2024

### Description Card

#### Testflow

Dieser Spieltag besteht aus zwei Teilen: einem Bodyweight Test und einem Mixed Modal Test. Eine laufende Uhr wird auf 21 Minuten gestellt für beide Teile gemeinsam, darin enthalten sind 3 Minuten Pause (REST) zwischen beiden Teilen.

Die Athlet:in startet stehend vor dem Rig und beginnt, sobald das Signal der Uhr ertönt.

Die Athlet:in starten mit einem AMRAP6 gefolgt von 4 Toes to bar und 6 Burpee Box Step over und absolviert so viele Runden wie möglich in der vorgegebene Zeit. Sobald 6 Minuten abgelaufen sind, ist der Bodyweight Test abgeschlossen und es folgen 3 Minuten REST. Score für den Test ist die Summe der erreichten Reps.

Danach werden innerhalb von 12 Minuten Time Cap 3 Runden auf Zeit absolviert. Eine Runde besteht aus: 15/12 cal Row, 12 Single Arm Dumbbell Snatch, 6 Hand Release Push Ups und 60 Single Under. Score für den Test ist die Zeit oder die erreichten Reps innerhalb des Time Caps.

Equipment	Frauen	Männer
Dumbbell	12,5 Kg	17,5 Kg
Box	50 cm	60 cm
Row		
Springseil		

# TOES-TO-BAR - ID 7.01

Athlete hanging from a horizontal bar moves toes to contact bar.

## REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

## REP END

- Toes on both feet touch the bar simultaneously.
- The contact point is within the width of the hands.

## REP REQUIREMENTS

- None.

## CYCLE & POST REP

- The athlete may return to [rep start](#) in any controlled manner.

## VARIATIONS

- V.12 - Strict
- V.13 - Kipping

## TEAM SYNCRO

- [Rep end](#)

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
**HORIZONTAL BAR**  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS  
 TEAM

# BOX STEP OVER - ID 15.05

Athlete steps over box.

## REP START

- Standing free.

## REP END

- Standing free on the other side of the box.

## REP REQUIREMENTS

- Both feet must come in contact with the top of the box.

## CYCLE & POST REP

- Rep end is a valid new rep start.

## VARIATIONS

- V.01 - Anyhow
- V.02 - Front-rack
- V.03 - Goblet
- V.04 - Zercher
- V.05 - Bear hug
- V.06 - Overhead
- V.07 - Farmer
- V.08 - Back-rack

## TEAM SYNCRO

- Rep start and rep end

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
**MISCELLANEOUS**  
 TEAM

# BURPEE - ID 10.12

Athlete from lying on the ground, gets up and jumps and claps overhead.

## REP START

- Prone position.

## REP END

- Hands clap overhead
- Feet are off the ground
- Knees and hips fully extended

## REP REQUIREMENTS

- None.

## CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.

## TEAM SYNCRO

- Rep start

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
**JUMPING**  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS  
 TEAM

# ROW - ID 9.03

Athlete rows on a rowing machine.

## REP START

- Seated on rower.
- At least one hand on the handle.

## REP END

- Seated on rower.
- Both feet on foot plates.
- At least one hand on the handle.

## REP REQUIREMENTS

- Row until designated goal is met (time, distance or calories).

## CYCLE & POST REP

- **Cycle:** The machine must be re-set before a new rep is started (rep = new goal).
- **Post rep:** In fixed time test (max meters/cals) or timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is shown when the machine stops moving.

## VALID OBJECT/EQUIPMENT

- Rowing machine.

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
**MONOSTRUCTURAL**  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS  
 TEAM

# SNATCH ANYHOW - ID 4.01

Athlete moves object in one fluid motion from ground to overhead.

## REP START

- Object-on-ground.
- Hand(s) on object.

## REP END

- Overhead lock-out.

## REP REQUIREMENTS

- Object is moved in one fluid motion from ground to a overhead position.

## CYCLE & POST REP

- The object can be returned to rep start in any controlled manner.

## VARIATIONS

- V.10 - Elevated
- V.14 - Split

## TEAM SYNCRO

- Rep end

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
**GROUND TO OVERHEAD**  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS  
 TEAM

# HAND-RELEASE PUSH-UP - ID 15.02

Athlete, starting in a plank position, lowers down, lifts hands off ground before returning them and pressing up to plank position.

## REP START

- Plank lockout.

## REP END

- Plank lockout.

## REP REQUIREMENTS

- Achieve the prone position before both hands being lifted off the ground simultaneously then returned.

## CYCLE & POST REP

- Rep end is a valid rep start.

## MEASUREMENTS

- Fully supported on hands above equipment (typically horizontal bar or rings).

## TEAM SYNCRO

- Rep start and rep end
- Hands being lifted off the ground simultaneously

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
 JUMPING  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
**MISCELLANEOUS**  
 TEAM



# SINGLE UNDER - ID 10.06

Athlete jumps rope with the rope passing one time under their feet per jump.

## REP START

- Standing free.
- Holding both ends of a jump-rope – one in each hand.

## REP END

- Holding both ends of a jump-rope – one in each hand.

## REP REQUIREMENTS

- Rope rotates around the sagittal axis of the body.
- A jump with a two-footed take-off is required from rep start.
- While in air, the rope must pass underneath both feet the designated number of times.
- Number of rotations = 1

## CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.

SQUATS  
 DEADLIFTS  
 GROUND TO SHOULDER  
 GROUND TO OVERHEAD  
 SHOULDER TO OVERHEAD  
 KETTLEBELL  
 HORIZONTAL BAR  
 RINGS  
 MONOSTRUCTURAL  
**JUMPING**  
 CLIMBING  
 HANDSTANDS  
 CORE  
 ODD OBJECT  
 MISCELLANEOUS  
 TEAM