

Tests Liga 3

2. Spieltag Oktober 2024

Scorecard

Minute 0-6: Bodyweight Test AMRAP6

RUNDEN	8 Knee Raise	6 Burpee Box Step Over
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>

AMRAP6
 8 Knee Raise
 6 Burpee Box Step Over
 (60 cm / 50 cm)

REPS:

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

3 RFT TC: 12 min
 15/12 cal Row
 12 DB Snatch 15/10 kg
 9 Box Push Up (60 cm)
 30 SU`s

Minute 09-21: Mixed Modal Test 3RFT

RUNDEN	15/12 Cal. Row	12 DB Snatch	9 Box Push Up	30 SU`s
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Athlet:In:
TO:
Datum/Ort:

Reps oder Zeit:	<input style="width: 100%;" type="text"/>
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Unterschrift Athlet:In_____

Tests Liga 3

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 8 Knee Raise 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, 9 Box Push Up (60 cm) und 30 Single Under. Score für den Test ist die Zeit oder die erreichten Reps innerhalb des Time Caps.

Equipment	Frauen	Männer
Dumbbell	10 Kg	15 Kg
Box	50 cm	60 cm
Row		
Springseil		

Box Push Up:

Die Box-Höhe sind für alle Athlet:In gleich, 60 cm. Dabei sind die Hände auf der Box und der Push Up wird nach Standard ausgeführt, so dass die Brust die Box berührt. Der Körper bleibt immer in einer Plank-Position.

KNEE RAISE - ID 7.09

Athlete hanging from a horizontal bar move their knees above the horizontal plane of the hip.

REP START

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

REP END

- Both knees must pass the horizontal plane of the hip.

REP REQUIREMENTS

- None.

CYCLE & POST REP

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

VALID OBJECT/EQUIPMENT

- Horizontal bar
- Rings
- Parallel bars
- Parallettes

VARIATIONS

- V.12 - Strict
- V.13 - Kipping
- V.15 - Without movement

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

PUSH-UP - ID 15.01

Athlete, starting in a plank position, lowers down and pressing up to plank position.

REP START

- Plank lockout.

REP END

- Plank lockout.

REP REQUIREMENTS

- Resting on hands.
- Hands positioned behind the line made by the chin
- Chest must come in contact with the ground
- Leg, knee, face or any other body-part contact is permissible, but not required
- Knees can not assist in pushing from the ground.

CYCLE & POST REP

- Rep end is a valid rep start.

VARIATIONS

- V.09 - Deficit
- V.10 - Elevated

TEAM SYNCRO

- Rep start and rep end
- Chest in contact with the ground

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 saggital 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