



EUROPEAN *CUP 2022*



International Functional
Fitness Federation

SOUTHERN

WARRIORS

2 0 2 2

FIELD B

HEAVY THRUSTERS TAKEDOWN

STRENGTH



TIMING

- AT 07:00 AM - ENDURANCE — *TEST 1*
- FROM 00:00 TO 06:30 — *TEST 2*
- FROM 06:30 TO 15:00 — *REST*
- FROM 15:00 TO 29:00 — *TEST 3*
- FROM 29:00 TO 41:00 — *REST*
- FROM 41:00 TO 50:00 — *TEST 4*
- FROM 50:00 TO 1:00:00 — *REST*
- FROM 1:00:00 TO 1:19:00 — *TEST 5*
- FROM 1:19:00 TO 1:35:00 — *REST*
- FROM 1:35:00 TO 1:40:00 — *TEST 6*



TEST 2

FOR MAX REP 8' TIME CAP

For total repetitions:

On a :30 second clock: 5 Thrusters 80/45Kg

Rest 45 seconds

On a :30 second clock: 5 Thrusters 85/50Kg

Rest 45 seconds

On a :30 second clock: 5 Thrusters 90/55Kg

Rest 45 seconds

On a :30 second clock: 5 Thrusters 95/60Kg

Rest 45 seconds

On a :30 second clock: 5 Thrusters 100/65Kg

Rest 45 seconds

On a :30 second clock: 5 Thrusters 105/70Kg

Rest 45 seconds

Perform as many thrusters as possible in 30 seconds 110/75Kg


SCORE IS REP



WEIGHT AND VARIATIONS M/F

DIVISION	THRUSTER (MANDATORY)
MAN	80 = pre loaded barbell (20 + 10 + barbell) 85 = load 2 + 0,5 90 = unload 2 + 0,5 + 10// load 15 95 = load 2 + 0,5 100 = unload 2 + 0,5 // load 5 105 = load 2 + 0,5 110 = unload 2 + 0,5 / load 5
WOMAN	45 = pre loaded barbell (15 + 15 + barbell) 50 = load 2 + 0,5 55 = unload 2 + 0,5 // load 5 60 = load 2 + 0,5 65 = unload 5 + 2 + 0,5 // load 10 70 = load 2 + 0,5 75 = unload 2 + 0,5 // load 5

Bumpers: 2 x 20 // 2 x 15 // 2 x 10 // 4 x 5 // 2 x 2 // 2 x 0.5



FLOW

- After the call of “3,2,1...GO!” the athlete will step on the lifting platform and perform 5 thrusters. They will have :30 seconds to complete the 5 repetitions.
- At the end of the 30 seconds he/she will have 45 seconds to load the barbell for the second set of thrusters (85/50 kg).
- After the call of “3,2,1...GO!” the athlete repeats the same pattern of 5 thrusters in 30 seconds.
- At the end of this second set he/she will have 45 seconds to load the barbell for the third set of thrusters (90/55 kg).
- The athlete proceeds in this way for all the 6 sets (from 80 kg to 105 kg for men; from 45 kg to 70 kg for the women).
- After the set of 105 kg / 70 kg the athlete will load the barbell during the 45 sec rest window and will then have :30 to perform as many thrusters as possible at 110/75 kg.

Score: total amount of reps.



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CUP 2022

**IF3 MOVEMENT
STANDARDS**

RULEBOOK 2022



STANDARD

THRUSTER

Athlete performs a front squat and in one fluid movement continues to press the object overhead.

REP START: Bottom of squat with object in front of torso, supported by the hands.

REP END: Overhead lockout. Standing tall position is achieved: full extension of the hips and knees, Chest up, straight back, Vertical alignment of the shoulders, hips, knees and ankles. Object is overhead and over the sagittal midline of the body. The shoulder angle is open or rearward of the frontal plane. Full extension of elbows.

REP REQUIREMENT: Object is moved in one fluid motion from bottom of squat to overhead position. Maintaining extended knees and hips after the object has left the front rack and until object is supported overhead with locked elbows.