



# EUROPEAN *CUP 2022*



International Functional  
Fitness Federation

**SOUTHERN**

**WARRIORS**

**2 0 2 2**

**FIELD C**

**TRIMONE**

**BODYWEIGHT**



# 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*
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# TEST 3

## AMRAP 14 MIN

12 MT HANDSTAND WALK (6 MT + 6 MT)  
4 BURPEE RING MUSCLE UP  
24 MT HANDSTAND WALK (12 MT + 12 MT)  
8 BURPEE RING MUSCLE UP  
36 MT HANDSTAND WALK (18 + 18 MT)  
12 BURPEE RING MUSCLE UP  
12 ALTERNATED PISTOL  
4 BURPEE BAR MUSCLE UP  
24 ALTERNATED PISTOL  
8 BURPEE MUSCLE UP  
36 ALTERNATED PISTOL  
12 BURPEE BAR MUSCLE UP

SCORE IS REP



# FLOW

- After the call of “3,2,1...GO!” the athlete will perform 12 mt of handstand walk (6 mt + 6 mt = 1 section is 3 mt long; 2 sections back and forth).  
The athlete will go to the rig and perform 4 burpee ring muscle up.  
The athlete will then move on to 24 mt of handstand walk (12 + 12) and then 8 burpee ring muscle ups.  
Followed by 36 mt handstand walk (18 mt + 18 mt) and then 12 burpee ring muscle ups.  
After the last burpee ring muscle up, athlete move to the first section and do 12 alternating pistols, followed by 4 burpee bar muscle up.  
The athlete move to the second section and perform 24 alternating pistols followed by 8 burpee bar muscle up. Then the athlete will move into the third section for 36 alternating pistols and 12 burpee bar muscle ups.
- If the athlete finishes their 12 burpee bar muscle ups, they will start the amrap over with 12 meters of handstand walking.



**EUROPEAN**  
*CUP 2022*

**IF3 MOVEMENT  
STANDARDS**

***RULEBOOK 2022***



# STANDARD

## HANDSTAND WALK

Athlete walks on their hands.

**REP START:** Both hands in contact with ground behind the starting line.

**REP END:** Both hands in contact with ground past the end line.

**REP REQUIREMENT:** Only hands may contact the ground. Feet remain above the hips and head throughout the full rep.