NORGESMESTERSKAPET 2019 // KONKURRANSE TESTER

DAG 1

ALLE KLASSER

TEST 1 // 8. JUNI

WILE E & ROAD RUNNER

Format: **FOR TID**
Tidsbegrensning: **28 MINUTTER**
Kategori: **AEROBIC CAPACITY**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **INGEN**
Heats: **8 x 10**
Arbeidskrav: **2000 meter Run**

2000 mtrs. Run

1 round
1000/750 mtrs. Ski-erg
20 reps. Box jump overs, 60/50 cm
Tidsbegrensning: 20 minutter

2 rounds
1000/750 mtrs. Row
10 reps. Burpees over rower

3 rounds
1000/750 mtrs. Bike-erg
40 reps. Double unders

1 rep. Finish line

ÅPEN KLASSE + MASTER 35-39

TEST 2 // 8. JUNI

NINJA TURTLES

Format: **FOR TID**
Tidsbegrensning: **8 MINUTTER**
Kategori: **BODYWEIGHT ENDURANCE**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **INGEN**
Heats: **8 x 10**
Arbeidskrav: **1 ring muscle-up**

30 reps. Toes-to-bar
45 reps. Pistols, alternating
15 reps. Ring muscle-ups
45 reps. Pistols, alternating
30 reps. Toes-to-bar

1 rep. Finish line

ÅPEN KLASSE

TEST 3 // 8. JUNI

POPEYE

Format: **FOR VEKT**
Tidsbegrensning: **1x1/2x2/3x2/4x2 MINUTT**
Kategori: **STRENGTH**
Resultattype: **ANTALL LØFT**
Resultatskille: **SISTE FULLFØRTE RUNDE**
Heats: **2 x (8 x 5 + 4 x 5 + 2 x 5 + 1 x 5)**
Arbeidskrav: **1. runde clean**

ROUND 1 // 40 ATHLETES
1 rep. Clean, anyhow, 105/70 kg
1 rep. Clean, anyhow, 110/72,5 kg
1 rep. Clean, anyhow, 115/77,5 kg
1 rep. Clean, anyhow, 120/80 kg

1 rep. Finish line

ROUND 2 // 20 ATHLETES
1 rep. Clean, anyhow, 115/77,5 kg
1 rep. Clean, anyhow, 120/80 kg
1 rep. Clean, anyhow, 125/82,5 kg
1 rep. Clean, anyhow, 130/87,5 kg

1 rep. Finish line

ROUND 3 // 10 ATHLETES
1 rep. Clean, anyhow, 125/82,5 kg
1 rep. Clean, anyhow, 130/87,5 kg
1 rep. Clean, anyhow, 135/90 kg
1 rep. Clean, anyhow, 140/92,5 kg

1 rep. Finish line

ROUND 4 // 5 ATHLETES
1 rep. Clean, anyhow, 135/90 kg
1 rep. Clean, anyhow, 140/92,5 kg
1 rep. Clean, anyhow, 145/97,5 kg
1 rep. Clean, anyhow, 150/100 kg

1 rep. Finish line

UNDER 20 + MASTER 40+

TEST 2 // 8. JUNI

NINJA TURTLES

Format: **FOR TID**
Tidsbegrensning: **8 MINUTTER**
Kategori: **BODYWEIGHT ENDURANCE**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **INGEN**
Heats: **2 x 10**
Arbeidskrav: **1 ring muscle-up**

30 reps. Toes-to-bar
45 reps. Pistols, alternating
10 reps. Ring muscle-ups
45 reps. Pistols, alternating
30 reps. Toes-to-bar

1 rep. Finish line

UNDER 20 + MASTER 40+

TEST 3 // 8. JUNI

POPEYE

Format: **FOR VEKT**
Tidsbegrensning: **1x1/2x2/3x2/4x2 MINUTT**
Kategori: **STRENGTH**
Resultattype: **ANTALL LØFT**
Resultatskille: **SISTE FULLFØRTE RUNDE**
Heats: **2 x (2 x 5 + 2 x 4 + 2 x 3 + 1 x 4)**
Arbeidskrav: **1. runde clean**

ROUND 1 // 10 ATHLETES
1 rep. Clean, anyhow, 85/55 kg
1 rep. Clean, anyhow, 87,5/57,5 kg
1 rep. Clean, anyhow, 92,5/60 kg
1 rep. Clean, anyhow, 95/62,5 kg

1 rep. Finish line

ROUND 2 // 8 ATHLETES
1 rep. Clean, anyhow, 92,5/60 kg
1 rep. Clean, anyhow, 95/62,5 kg
1 rep. Clean, anyhow, 100/67,5 kg
1 rep. Clean, anyhow, 105/70 kg

1 rep. Finish line

ROUND 3 // 6 ATHLETES
1 rep. Clean, anyhow, 100/67,5 kg
1 rep. Clean, anyhow, 105/70 kg
1 rep. Clean, anyhow, 107,5/72,5 kg
1 rep. Clean, anyhow, 112,5/75 kg

1 rep. Finish line

ROUND 4 // 4 ATHLETES
1 rep. Clean, anyhow, 107,5/72,5 kg
1 rep. Clean, anyhow, 112,5/75 kg
1 rep. Clean, anyhow, 115/77,5 kg
1 rep. Clean, anyhow, 120/80 kg

1 rep. Finish line

MASTER 35-39

TEST 3 // 8. JUNI

POPEYE

Format: **FOR VEKT**
Tidsbegrensning: **1x1/2x2/3x2/4x2 MINUTT**
Kategori: **STRENGTH**
Resultattype: **ANTALL LØFT**
Resultatskille: **SISTE FULLFØRTE RUNDE**
Heats: **2 x (2 x 5 + 2 x 4 + 2 x 3 + 1 x 4)**
Arbeidskrav: **1. runde clean**

ROUND 1 // 10 ATHLETES
1 rep. Clean, anyhow, 95/62,5 kg
1 rep. Clean, anyhow, 100/67,5 kg
1 rep. Clean, anyhow, 105/70 kg
1 rep. Clean, anyhow, 110/72,5 kg

1 rep. Finish line

ROUND 2 // 8 ATHLETES
1 rep. Clean, anyhow, 105/70 kg
1 rep. Clean, anyhow, 110/72,5 kg
1 rep. Clean, anyhow, 115/77,5 kg
1 rep. Clean, anyhow, 120/80 kg

1 rep. Finish line

ROUND 3 // 6 ATHLETES
1 rep. Clean, anyhow, 115/77,5 kg
1 rep. Clean, anyhow, 120/80 kg
1 rep. Clean, anyhow, 125/82,5 kg
1 rep. Clean, anyhow, 130/87,5 kg

1 rep. Finish line

ROUND 4 // 4 ATHLETES
1 rep. Clean, anyhow, 125/82,5 kg
1 rep. Clean, anyhow, 130/87,5 kg
1 rep. Clean, anyhow, 135/90 kg
1 rep. Clean, anyhow, 140/92,5 kg

1 rep. Finish line

DAG 2

ÅPEN KLASSE + MASTER 35-39

TEST 4 // 9. JUNI

TOM AND JERRY

Format: **FOR TID**
Tidsbegrensning: **12 MINUTTER**
Kategori: **BODYWEIGHT SKILL**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **TID**
Heats: **8 x 10**
Arbeidskrav: **1 sgmt. Handstand walk**

25 reps. GHD sit-ups
4 sgmts. Handstand walk, 5 m.
2/2 reps. Rope climbs, elevated, 5 m.

25 reps. GHD sit-ups
Resultatskille
2 sgmts. Handstand walk, 10 m.
4/3 reps. Rope climbs, elevated, 5 m.

25 reps. GHD sit-ups
1 sgmt. Handstand walk, 20 m.
6/4 reps. Rope climbs, elevated, 5 m.

1 rep. Finish line

ÅPEN KLASSE + MASTER 35-39

TEST 5 // 9. JUNI

LUCKY LUKE

Format: **FOR REPETISJONER**
Tidsbegrensning: **3 x 3 MINUTTER**
Kategori: **MIXED MODAL**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **INGEN**
Heats: **8 x 10**
Arbeidskrav: **1 rep. i hver del**

3 MINUTES (00:00 - 03:00)
2 ROUNDS OF:
11 reps. Wall ball shots, 9/6 kg
11 reps. Chest-to-bar pull-ups
then
MAX reps. Deadlift, 120/90 kg

1 min. Rest

3 MINUTES (04:00 - 07:00)
2 ROUNDS OF:
11 reps. Wall ball shots, 9/6 kg
11 reps. Chest-to-bar pull-ups
then
MAX reps. Shoulder-to-overhead, 80/55 kg

1 min. Rest

3 MINUTES (08:00 - 11:00)
2 ROUNDS OF:
11 reps. Wall ball shots, 9/6 kg
11 reps. Chest-to-bar pull-ups
then
MAX mtrs. Kettlebell overhead walking lunges, 32/24 kg

ÅPEN KLASSE + MASTER 35-39

TEST 6 // 9. JUNI

SPEEDY GONZALES

Format: **FOR TID**
Tidsbegrensning: **4 MINUTTER**
Kategori: **POWER**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **INGEN**
Heats: **8 x 10**
Arbeidskrav: **10 reps. thrusters**

30/20 cals. Assault Bike

UNBROKEN SEGMENTS
20 mtrs. D-ball carry, 45/36 kg (100/80 lbs)
20 mtrs. Shuttle run
20 mtrs. D-ball carry, 54/45 kg (120/100 lbs)
20 mtrs. Shuttle run
20 mtrs. D-ball carry, 68/54 kg (150/120 lbs)

10 reps. Thrusters, 75/50 kg

UNBROKEN SEGMENTS
20 mtrs. D-ball carry, 45/36 kg (100/80 lbs)
20 mtrs. Shuttle run
20 mtrs. D-ball carry, 54/45 kg (120/100 lbs)
20 mtrs. Shuttle run
20 mtrs. D-ball carry, 68/54 kg (150/120 lbs)

UNBROKEN SEGMENTS
20 mtrs. Sled pull, 67/47 kg

1 rep. Finish line

UNDER 20 + MASTER 40+

TEST 4 // 9. JUNI

TOM AND JERRY

Format: **FOR TID**
Tidsbegrensning: **12 MINUTTER**
Kategori: **BODYWEIGHT SKILL**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **TID**
Heats: **2 x 10**
Arbeidskrav: **1 sgmt. Handstand walk**

15 reps. GHD sit-ups
4 sgmts. Handstand walk, 5 m.
1 rep. Rope climbs, elevated, 4 m.

15 reps. GHD sit-ups
Resultatskille
2 sgmts. Handstand walk, 10 m.
2 reps. Rope climbs, elevated, 4 m.

15 reps. GHD sit-ups
2 sgmts. Handstand walk, 10 m.
3 reps. Rope climbs, elevated, 4 m.

1 rep. Finish line

UNDER 20 + MASTER 40+

TEST 5 // 9. JUNI

LUCKY LUKE

Format: **FOR REPETISJONER**
Tidsbegrensning: **3 x 3 MINUTTER**
Kategori: **MIXED MODAL**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **INGEN**
Heats: **2 x 10**
Arbeidskrav: **1 rep. i hver del**

3 MINUTES (00:00 - 03:00)
2 ROUNDS OF:
11 reps. Wall ball shots, 9/6 kg
11 reps. Pull-ups
then
MAX reps. Deadlift, 105/70 kg

1 min. Rest

3 MINUTES (04:00 - 07:00)
2 ROUNDS OF:
11 reps. Wall ball shots, 9/6 kg
11 reps. Pull-ups
then
MAX reps. Shoulder-to-overhead, 60/40 kg

1 min. Rest

3 MINUTES (08:00 - 11:00)
2 ROUNDS OF:
11 reps. Wall ball shots, 9/6 kg
11 reps. Pull-ups
then
MAX mtrs. Kettlebell overhead walking lunges, 24/16 kg

UNDER 20 + MASTER 40+

TEST 6 // 9. JUNI

SPEEDY GONZALES

Format: **FOR TID**
Tidsbegrensning: **4 MINUTTER**
Kategori: **POWER**
Resultattype: **TID, SÅ REPETISJONER**
Resultatskille: **INGEN**
Heats: **2 x 10**
Arbeidskrav: **10 reps. thrusters**

30/20 cals. Assault Bike

UNBROKEN SEGMENTS
20 mtrs. Kettlebell farmers carry, 2 x 32/24 kg
20 mtrs. Shuttle run
20 mtrs. D-ball carry, 36/27 kg (80/60 lbs)
20 mtrs. Shuttle run
20 mtrs. D-ball carry, 45/36 kg (100/80 lbs)

10 reps. Thrusters, 60/40 kg

UNBROKEN SEGMENTS
20 mtrs. Kettlebell farmers carry, 2 x 32/24 kg
20 mtrs. Shuttle run
20 mtrs. D-ball carry, 36/27 kg (80/60 lbs)
20 mtrs. Shuttle run
20 mtrs. D-ball carry, 45/36 kg (100/80 lbs)

UNBROKEN SEGMENTS
20 mtrs. Sled pull, 52/37 kg

1 rep. Finish line