

Name & birth date:

Requirements for doing the Performance program. You:

- Are warmed up and ready when the session starts
- Have at least one years experience of coached CF-training and good technique in every basic exercise
- Have no big injuries
- Understand principles and terminology of our training (reps, sets, intervals, tempo, etc.)
- Keep a training log
- Pass the following tests

Every test will be scored 0, 1 or 2 according to the specifics on each test.
You have to accumulate at least 7 points in order to do the fitness training.

- On all the tests you have to get at least a score of 1.

Example test exercise	Units of measure
How the test is performed / rules for the test	

Strength, stability and engine

High Bar Back Squat, 1RM	Weight in % of BW
The bar is placed high over the shoulders. Steady feet. Strong belly and glutes. Beautifully all the way down and up again. No borderline shit. Full squat. If you need a spotter it should be 100% clear what you both are to do in case you fail. Of course the spotter can not touch you or the barbell if this is to be a valid test result. The weight you write down is a weight you can manage not only this one time, but any time of the week.	
Strict Pull-ups (COVP), max reps	Number of reps
All reps are done with feet together, knees and hips extended as. All reps are done with neck posture neutral. From completely extended arms until the chin breaks the vertical line of the bar (in other words it passes over the bar)	
Turkish Get-up, 1RM (Both sides have to clear the weight within 90s, with no stress)	Weight in kg and % of BW
Any type of weight. Weight taken to support on straight arm with help from both hands. From lying flat on the ground, get up to standing with the weight always supported on straight arm. All the way down again until the back is flat on the ground without the other hand assisting.	
2000m Row	Time in minutes and seconds
This is done on a Concept 2 rower. Damper setting of your choice. Monitor is preset to exactly 2000 meter.	

Skills and work capacity

3 X 3 min. 1 min Rest between <u>For beautiful movement and points from reps</u>	
A. Within first 3 min: 6 Handstand Push-ups, 9 Pull-Ups. Remaining time: Box jumps over (60/45cm, two foot take off, step down).	No. of "box jumps over" completed
1 min rest / transition	
B. Within second 3 min: 6 Hang power snatch with timed landing/lock-out and 1 sec pause (45/30kg) + 8 Overhead Squats (same bar). Remaining time: Double-unders.	
1 min rest / transition	No. of "double-unders" completed
C. Within last 3 min: 8 Front Squats (60/45kg) + 12 Deadlifts (same bar, taken from floor). Remaining time: Lateral burpees.	
<i>After you have prepped with equipment, warm-up and the camera is rolling, you start the clock and begin by doing A. After passing the HSPU and pull-ups, you do as many box jumps over as possible. Stop at the 3-minute mark and note your number of reps. During that one minute rest, you get ready for part B and start exactly at the four minute mark. Proceed the same way on B and C as you did on A, keeping track of time and reps along with staying in frame of the camera.</i>	

SUM :

Height:

Weight:

Score levels

< XX	XX-XX	>XX
	X	
0	1	2
M: <125% F: <110%	M: 125-135 F: 110-120	M: >135 F: >120
M: <5 F: <3	M: 5-8 F: 3-5	M: >8 F: >5
M: <30% BW F: <30% BW	M: 30-35 F: 30-35	M: >35 F: >35
M: >07:45 F: >08:45	M: 07:45-07:30 F: 08:45-08:30	M: <07:30 F: <08:30

Date

Notes

XXXX-XX-XX
Great technique

Watch instructional / example video on this part

Record a video of the whole "work capacity and skills"-part

Upload it to youtube

Enter the link in the application form

TOTAL =

A. Hspu can be strict or kipped. The movement needs to be controlled and smooth, especially on the way down. The same goes for pull-ups. Box jumps are done with a step down.
B. Hpsn are distinct, snappy and precise. Start and landing depth is up to you. Ohs are stable and clearly goes all the way down and up. Double-unders are done with control
C. Fs are performed with unchanged neutral posture during all reps. The same goes for the deadlifts.