

Tests for Nordic Peak program

Name & birth date:

Every test will be scored 0, 1 or 2 according to the specifics on each test.
You have to accumulate at least 11 points in order to join the performance group.
On all the test parts you have to get at least a score of 1.
(the tests are not meant to be performed in the following order or on the same day, but spread out over about one week)

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Height:

Weight:

Date, Notes

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

< XX	XX-XX	>XX
	X	

XXXX-XX-XX
Great technique

Stability and strength

High bar Lunges, 3/3"RM" (you do NOT max out in this)	Weight in kg and % of BW
The bar is placed high over the shoulders. You step/lunge forward and go down in a fluent motion until the trailing knee comes really close to the floor, and drive back up to standing in one fluent motion. This is done without change in posture. The weight you write down is a weight you can manage not only this one time, but any time of the week.	
High Bar Back Squat, 3RM	Weight in kg and % 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.	
Weighted Strict Pull-ups (COVP), 3RM	Weight in kg and % of BW
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). The weight is placed either in weight belt, in front or if a DB, held between legs. The weight you write down is a weight you can manage not only this one time, but any time of the week.	
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. The weight you write down is a weight you can manage not only this one time, but any time of the week.	
Snatch, 1RM	Weight in kg and % of BW
The bar is taken with a wide grip from the ground to an overhead lock-out in one fluent, snappy motion. The lading/lock-out has to be timed and secure, without wobble. You have to land in a full squat without pausing. Rise from the squat without losing balance and mark the finish clearly. The weight you write down is a weight you can manage not only this one time, but any time of the week.	
Clean and jerk, 1RM	Weight in kg and % of BW
The bar is taken from the ground to support on the shoulders with power and ease. Thereafter it is pushed/jerked to lock-out on straight arms overhead. You choose the landing depth in the clean and also landing depth + style in the overhead position. In other words it can be a power clean or squat clean, a power/push jerk or a split jerk/squat jerk. Please note the version you did.	

0	1	2
M: <105% F: <95%	M: 105-125 F: 95-115	M: >125 F: >115
M: <140% F: <120%	M: 140-160 F: 120-140	M: >160 F: >140
M: <25% F: <10%	M: 25-35% F: 10-20	M: >35% F: >20%
M: <35% BW F: <35% BW	M: 35-45 F: 35-45	M: >45 F: >45
M: <90% F: <75%	M: 90-105 F: 75-85	M: >105 F: >85
M: <105% F: <90%	M: 105-120 F: 90-105	M: >120 F: >105

Aerobic capacity, technical efficiency, immediate recovery

"Conundrum" - with a running clock..	Notes...
1 min amrap: 1m Handstand Walks (1m = 1 "rep")	One 1m-stretch marked. Pass it. Walk it unbroken, come down, turn around, kick up, walk back. Repeat. Both hands have to be placed behind starting line and pass over the finish line.
1 min amrap: Ring Dips (anyhow), with 2s turn-out in top on each rep	From bottom where back of shoulders are deeper than top of elbow. Fully extended at top, with hands at or inside shoulder width, arms completely extended and turned out (so that palms of hands point more forward than inwards)
1 min amrap: Alt. Pistols	They have to be alternated and hip crease has to pass below knee height. Full extension at top. Other foot can not touch floor
___ 1 min Rest	
Starting 04:00, within 4 minutes:	
Barbell Complex 1... 3 Hang Power Snatch (50/35kg, 1s pause in catch) 3 Power Snatch (1s pause in catch) 3 Hang Squat Snatch (1s pause in bottom, on last rep) 6 Unbroken Overhead Squats (on last rep: 4s pause in bottom AND top) Gymnastic + skill complex 10/7 Unbroken Kipping Handstand Push-ups	Beautful snappy lifts. The hpsn, psn and hsqsn do not have to be unbroken but all 6 ohs have to be done without taking bar down. Remember the pauses on all exercises.
- without letting go of bar: 6 Unbroken Butterfly pull-ups + ... 8 Unbroken Toes to bar	So all the hspu will have to be done without coming down from the wall. All the bfly-p-u and ttb have to be done without letting go of bar. They should also be done consecutively if you want to show that you can handle these movements well
Remaining time: Double-unders	
___ 2 min Rest	
Starting 10:00, within 4 minutes, Barbell complex 2... 6 Power Cleans (60/40kg) - without setting bar down: 2 Push press 3 Push jerk 1 Split jerk with 4s pause in landing + 4s pause in finish position 5 Front Squats 6 Romanian Deadlifts	If you loose balance in the paused split jerk position, immediately redo the split jerk and nail the pause. Posture is key, both in all the press versions but in order to pass the test, the front squats and the RDL have to be performed with a neutral, unchanged posture
Remaining time: Wall balls (9/6kg to 3,05m)	Only full depth and clear hits will count. Of course. Enjoy
You start the clock and perform as many reps exercise and minute, for the first three minutes. No extra rest between them. After the minute with pistols, you rest. When the timer reads 04:00 yo begin the next part. Do the barbell complex, then the gymnastic complex, with all details in place. No stress. When those are done, you do as many double-unders as possible until the timer reads 08:00. Take two minutes rest (and fix equipment). When the timer reads 10:00 you perform the next barbell complex according to the detailed rules. Then do as many wall balls as possible until the timer reads 14:00. Note all the reps during each part. Preferably have someone help you do that.	

SUM :

0	1	2
Bad movement, no matter the reps, will get you zero points		
M: <2 "reps" F: <2	M: 2-5 F: 2-5	M: >5 F: >5
M: <6 F: <2	M: 6-10 F: 2-6	M: >10 F: >6
M: <5/5 F: <5/5	M: 5/5-9/9 F: 5/5-9/9	M: >9/9 F: >9/9
M: <50 F: <50	M: 50-150 F: 50-150	M: >150 F: >150
M: <25 F: <25	M: 25-40 F: 25-40	M: >40 F: >40

Watch instructional / example video on this part

TOTAL =