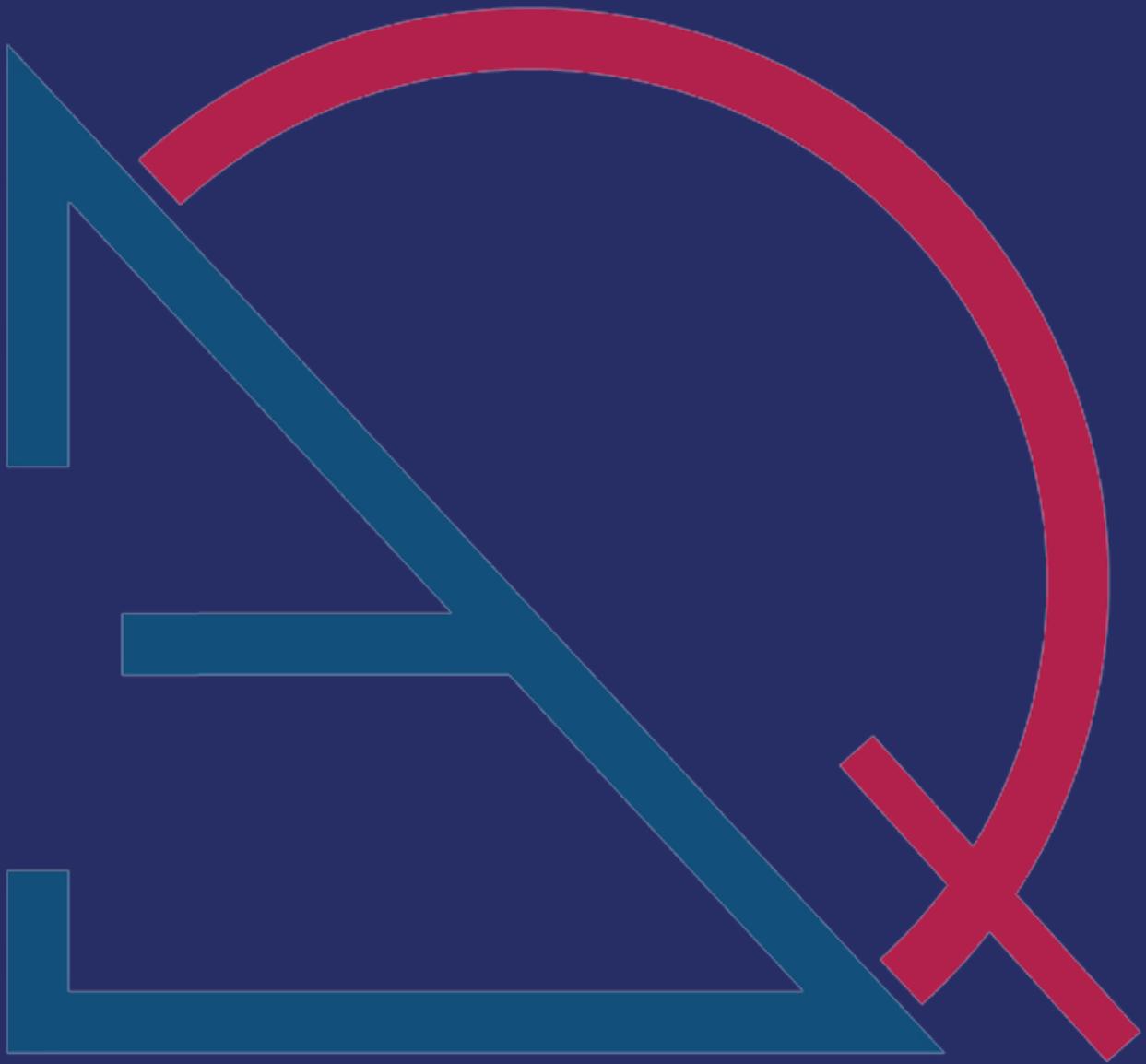


TRIQUAL TEST SHEET



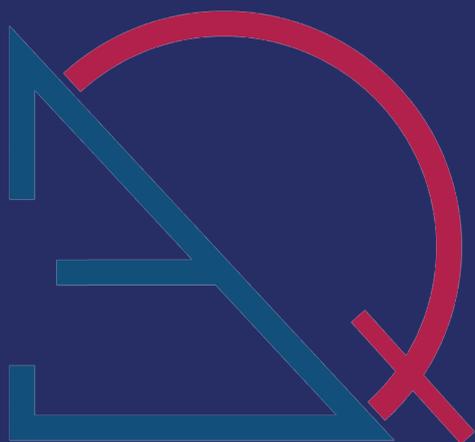
IN THIS DOCUMENT, YOU'LL FIND MOVEMENTS THAT REQUIRE YOU TO MAX OUT IN WEIGHT, TO MAX OUT IN REPS OR TO DO SOMETHING AS QUICKLY AS POSSIBLE.

THE GOAL IS TO LEAVE NOTHING OUT THERE. THIS IS A TEST TO MEASURE YOUR CURRENT ABSOLUTE END POINT.

WRITE DOWN YOUR SCORES BESIDES THE EXERCISE ON THE LEFT SIDE. NOTE ANY MECHANICAL ERROR'S TOO.

AFTER THE ASSESSMENT, GO TO THE DATA SHEET AND YOU CAN SEE WHICH PROGRAMS ARE

OPTIMAL FOR YOU. IF YOU HAVE ANY QUESTIONS, DON'T HESITATE TO CONTACT US.



TESTING CAN BE DONE IN
WHATEVER ORDER YOU
PREFER.

WITH WEIGHTLIFTING WE
ADVISE TO DO THE OLY LIFTS
AT THE BEGINNING OF THE
WEEK AND THE ABSOLUTE
STRENGTH LIFTS NEAR THE
END.

CONDITIONING AND
GYMNASTICS WOULD ALSO BE
PREFERED AT THE BEGINNING
OF THE WEEK, WATCH THE
SQUAT CLEAN AND THE
BATTERY TEST. IT'S
BENEFICIAL TO DO THOSE
SIMULTANIOUSLY OF COURSE.



SQUAT SNATCH

- build to a one rep max
- catch the bar as low as possible
- don't exceed 3 failed attempts
- hang snatch is not allowed

POWER SNATCH

- build to a one rep max
- catch the bar above parallel
- don't exceed 3 failed attempts
- hang snatch is not allowed

FRONT SQUAT

- build to a one rep max
- you have to go below parallel
- don't exceed 3 failed attempts

BACK SQUAT

- build to a one rep max
- you have to go below parallel
- don't exceed 3 failed attempts

DEADLIFT

- build to a one rep max
- don't exceed 3 failed attempts

BENCH PRESS

- build to a one rep max
- don't exceed 3 failed attempts
- go low enough that the chest is in contact with the bar
- if your spotter touches the bar it's a no rep
- extend all the way up before you place the bar back in the rack

SEAL ROW

- build to a one rep max
- don't exceed 3 failed attempts
- the barbell should hit the bench for the rep to count
- it's ok to extend the spine and lift the feet a bit

STRICT PRESS

- build to a one rep max
- don't exceed 3 failed attempts
- the barbell has to be in contact with the shoulders before you start the movement
- absolutely no upwards momentum from the lower body is allowed

PUSH UP

- do as many reps possible within one set
- don't exceed 2 attempts
- the end point of the movement is at the top with the elbows extended and in the bottom position the chest touching an abmat.

STRICT TOES-TO-BAR

- do as many reps possible within one set
- don't exceed 2 attempts
- no extra momentum is allowed
- don't swing the feet back in the bottom position.
- the end point of the movement is at the top with the elbows extended and the toes touching the bar and in the bottom position the elbows extended.

KIPPING TOES-TO-BAR

- do as many reps possible within one set
- don't exceed 2 attempts
- extra momentum is allowed
- the end point of the movement is at the top with the elbows extended and the toes touching the bar and in the bottom position the elbows extended.with the feet reaching behind the bar.

HANDSTAND WALK

- walk as many meters as possible within one set
- don't exceed 6 attempts

BAR MUSCLE - UP

- do as many reps possible within one set
- don't exceed 2 attempts
- the end point of the movement when you support yourself at the top of the bar with the elbows extended and the shoulders slightly leaning in front of the bar. You should always come back to a bottom position where the elbows are extended.

RING MUSCLE - UP

- do as many reps possible within one set
- don't exceed 2 attempts
- the end point of the movement when you support yourself at the top of the rings with the elbows extended and the shoulders slightly leaning in front of the rings. You should always come back to a bottom position where the elbows are extended.

PISTOL SQUAT

- do as many reps possible within one minute
- one re-do is permitted
- if you trip during the rep then it's a no rep
- if you place the non working foot on the floor before the knee of the working foot is extended it's a no rep
- you have to come down to underneath parallel

WORK CAPACITY

BASE TEST

- 2 sets of 500m row with 90 seconds of rest in between
 - set the damper @5
 - remain seated during the 90 seconds
 - note the time of the first set and the second set
-
-

2ND SET OF
500M
EXCEEDED
110%
COMPARED
TO THE FIRST
SET OF 500M



ENGINE TEST

- row 5000 meters with the damper on your preferred setting, then rest for a minimum of 20 minutes and a maximum of 12 hours. Then row 2000 meters with the same damper setting. Both should be as quick as possible.

2ND SET OF
500M WAS
LOWER THAN
110%
COMPARED
TO THE FIRST
SET OF 500M



THRESHOLD / BATTERY TEST

- Find your one rep max squat clean, then after your last successful attempt rest for 10 min. After 10 minutes of rest do an amrap of 8 minutes of squat cleans @90% of your the 1rm that you've done 10 minutes before.
-
-

DATA SHEET

WEIGHTLIFTING

OLYMPIC LIFTING > ABSOLUTE STRENGTH

1.1.1 ALL ROUND FOCUS (ACCUMULATION)

1.1.2 ALL ROUND FOCUS (INTENSIFICATION)

OLYMPIC LIFTING < ABSOLUTE STRENGTH

2.1.1 ALL ROUND FOCUS (ACCUMULATION)

2.1.2 ALL ROUND FOCUS (INTENSIFICATION)

GYMNASTICS

level 1

Max effort:

0	strict hspu	← ^{60%} ————— ^{100%} →	Kipping hspu	x
0	strict pull up	← ^{60%} ————— ^{100%} →	Butterfly pull up	x
3	push up			
1	strict toes to bar	← ^{60%} ————— ^{100%} →	Kipping toes to bar	x
x	handstand walk			
x	bmup			
x	rmup			
x	pistol squat (1 min ME)			

program: level 1 all round gymnastics 4.1.1

GYMNASTICS

level 2

Max effort:

1 - 5	strict hspu	← 60%	100%	Kipping hspu	x
1 - 5	strict pull up	← 60%	100%	Butterfly pull up	x
3 - 15	push up				
3 - 7	strict toes to bar	← 60%	100%	Kipping toes to bar	x
x	handstand walk				
x	bmup				
x	rmup				
x	pistol squat (1 min ME)				

program: level 2 all round gymnastics 4.2.1

GYMNASTICS

level 3

Max effort:

5 - 7	strict hspu	← 60%	100%	Kipping hspu	8 - 11
5 - 7	strict pull up	← 60%	100%	Butterfly pull up	8 - 11
15 - 21	push up				
7 - 10	strict toes to bar	← 60%	100%	Kipping toes to bar	11 - 16
0 - 5	handstand walk				
0 - 1	bmup				
0 - 1	rmup				
0 - 8	pistol squat (1 min ME)				

program:

level 3 all round gymnastics kipping focus 4.3.1

level 3 all round gymnastics strict focus 4.3.2

GYMNASTICS

level 4

Max effort:

7 - 11	strict hspu	← 60%	100%	Kipping hspu	11 - 18
7 - 11	strict pull up	← 60%	100%	Butterfly pull up	11 - 18
21 - 33	push up				
10 - 14	strict toes to bar	← 60%	100%	Kipping toes to bar	16 - 23
5 - 10	handstand walk				
1 - 4	bmup				
1 - 4	rmup				
8 - 16	pistol squat (1 min ME)				

program:

level 4 all round gymnastics kipping focus 4.4.1

level 4 all round gymnastics strict focus 4.4.2

GYMNASTICS

level 5

Max effort:

11 - 15	strict hspu	← 60%	100%	Kipping hspu	18 - 25
11 - 15	strict pull up	← 60%	100%	Butterfly pull up	18 - 25
33 - 45	push up				
14 - 18	strict toes to bar	← 60%	100%	Kipping toes to bar	23 - 30
10 - 20	handstand walk				
4 - 8	bmup				
4 - 8	rmup				
16 - 32	pistol squat (1 min ME)				

program:

level 5 all round gymnastics kipping focus 4.5.1

level 5 all round gymnastics strict focus 4.5.2

GYMNASTICS

level 6

Max effort:

15	strict hspu	← 60%	100%	Kipping hspu	25
15	strict pull up	← 60%	100%	Butterfly pull up	25
45	push up				
18	strict toes to bar	← 60%	100%	Kipping toes to bar	30
20	handstand walk				
8	bmup				
8	rmup				
32	pistol squat (1 min ME)				

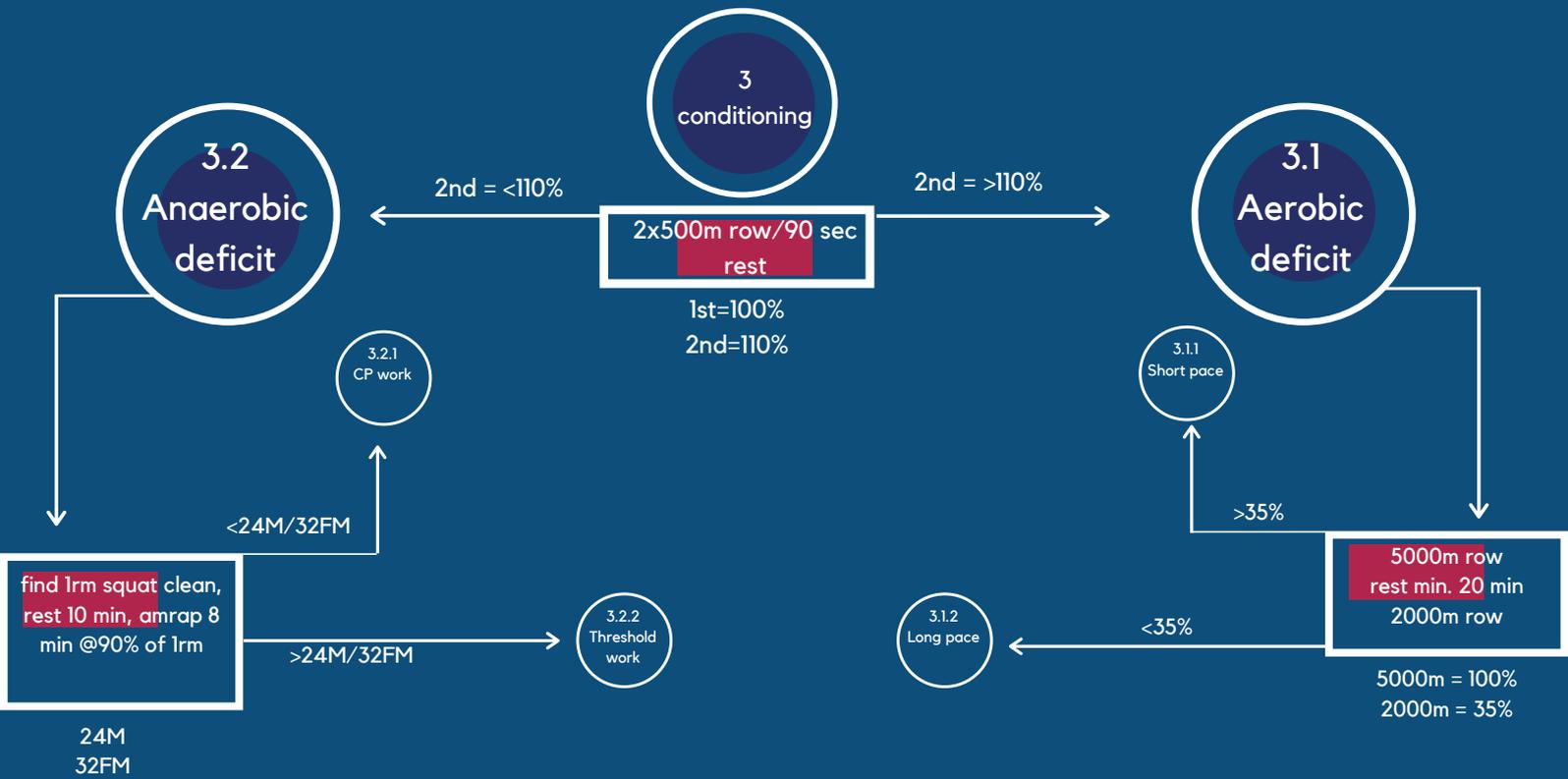
program:

level 6 all round gymnastics kipping focus 4.6.1

level 6 all round gymnastics strict focus 4.6.2

WORK CAPACITY

Conditioning



test



program



aspect