

JULY 17-19
Kaunas Sports Hall



ATHLETE GUIDE



LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026



This year, the Lithuanian Functional Fitness Championship will be bigger than ever before. For the first time, the championship is coming to Kaunas. For the first time, the competition will span three full days, with 347 athletes representing more than 25 sports clubs taking to the competition floor.

Behind every one of you are hours of training, preparation and your own reasons for being here. Now, we all come together in one place – Kaunas Sports Hall.

Over three days, six tests await you, along with packed stands, the support of the crowd and, we hope, more than one moment you will remember long after the championship is over.

A big thank-you to our partners and sponsors, whose support allows us to grow the Lithuanian Championship and raise the standard every year. We are also grateful to the judges, volunteers and the entire team working behind the scenes so that this weekend you can do what you have prepared for – compete.

We are delighted to welcome every one of you. See you on the competition floor!

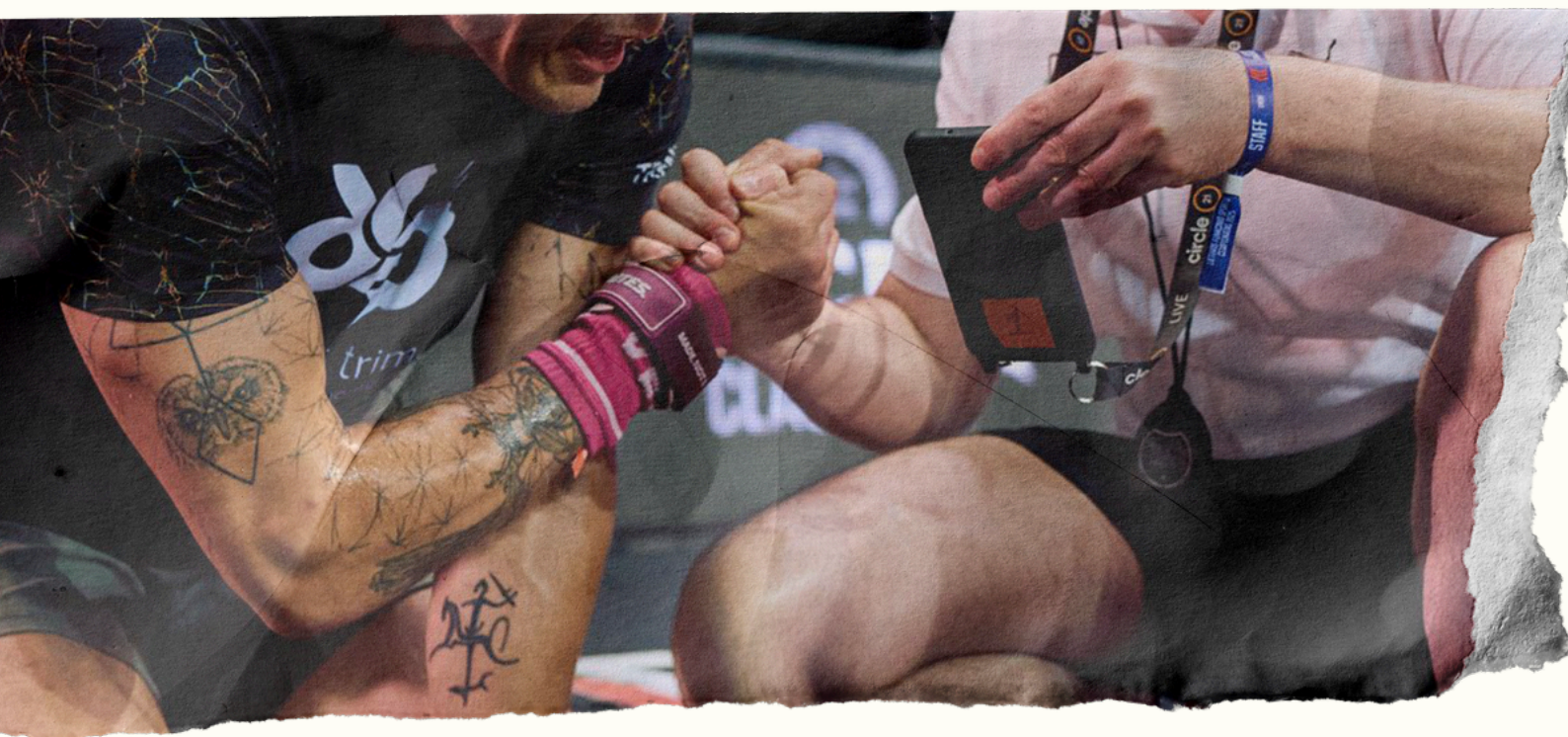
Lithuanian Functional Fitness Federation team



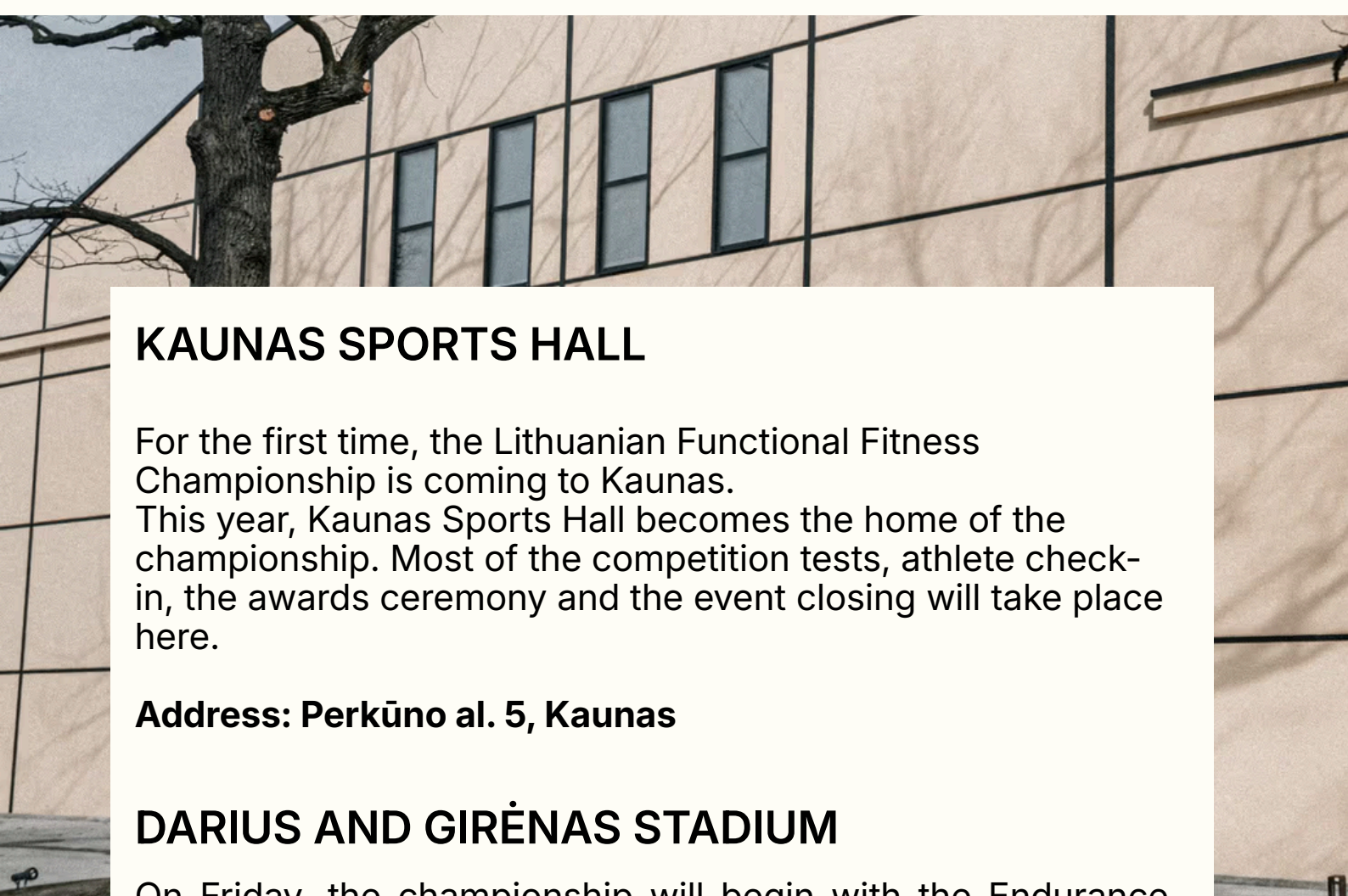
**LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026**

CONTENTS

Event Venue	4
Getting There and Parking	5
Athlete Check-In	6
Athlete Areas	7
Competition Floor	8
Before Your Start	9
Schedule	10
Invite Your Support Crew	11
Visit Between Tests	12
Appeals and Judging Review Requests	13
Awards Ceremony and Event Closing	15
Thank You to Our Partners	16
Tests	17



EVENT VENUE



KAUNAS SPORTS HALL

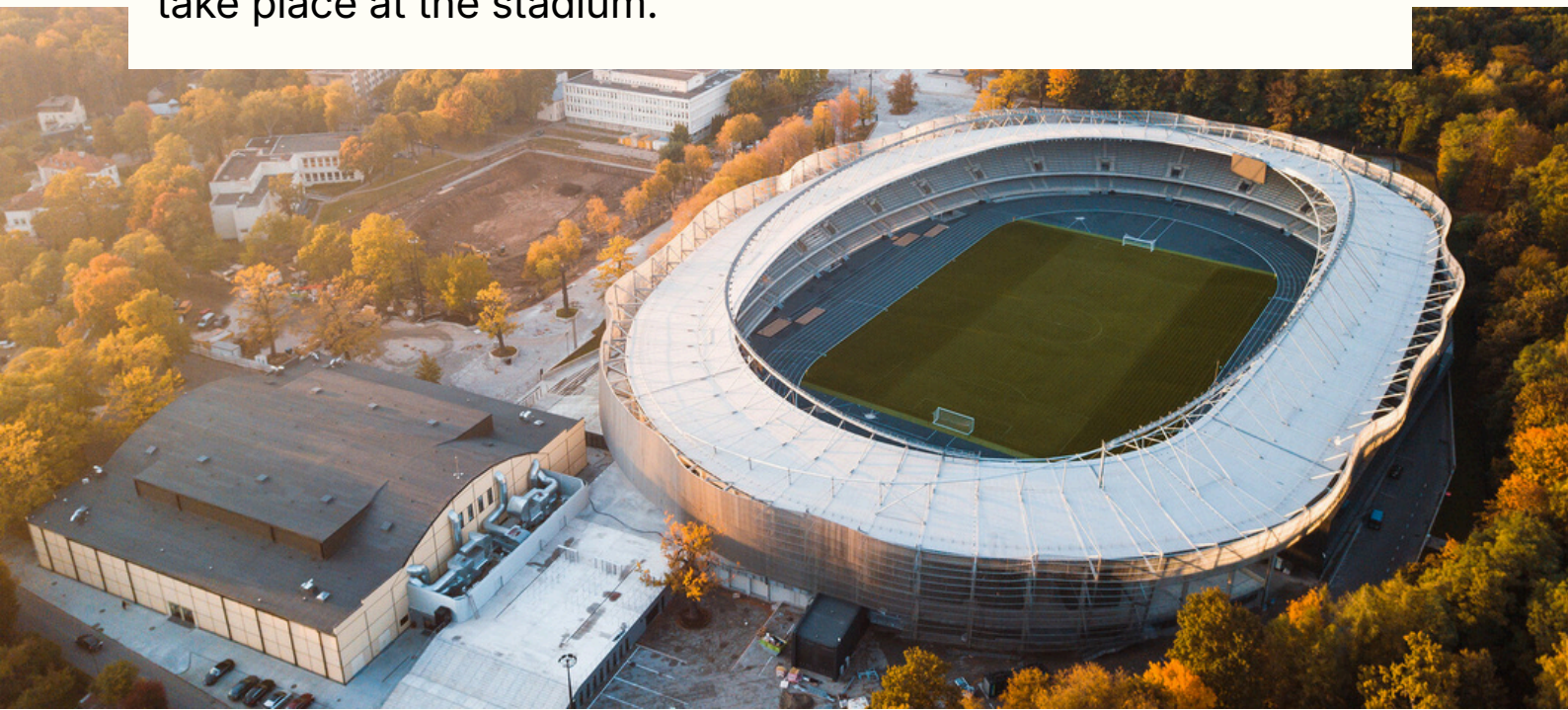
For the first time, the Lithuanian Functional Fitness Championship is coming to Kaunas.

This year, Kaunas Sports Hall becomes the home of the championship. Most of the competition tests, athlete check-in, the awards ceremony and the event closing will take place here.

Address: Perkūno al. 5, Kaunas

DARIUS AND GIRĖNAS STADIUM

On Friday, the championship will begin with the Endurance Test at Darius and Girėnas Stadium, located right next to Kaunas Sports Hall. The official opening ceremony will also take place at the stadium.



GETTING THERE AND PARKING

ARRIVAL

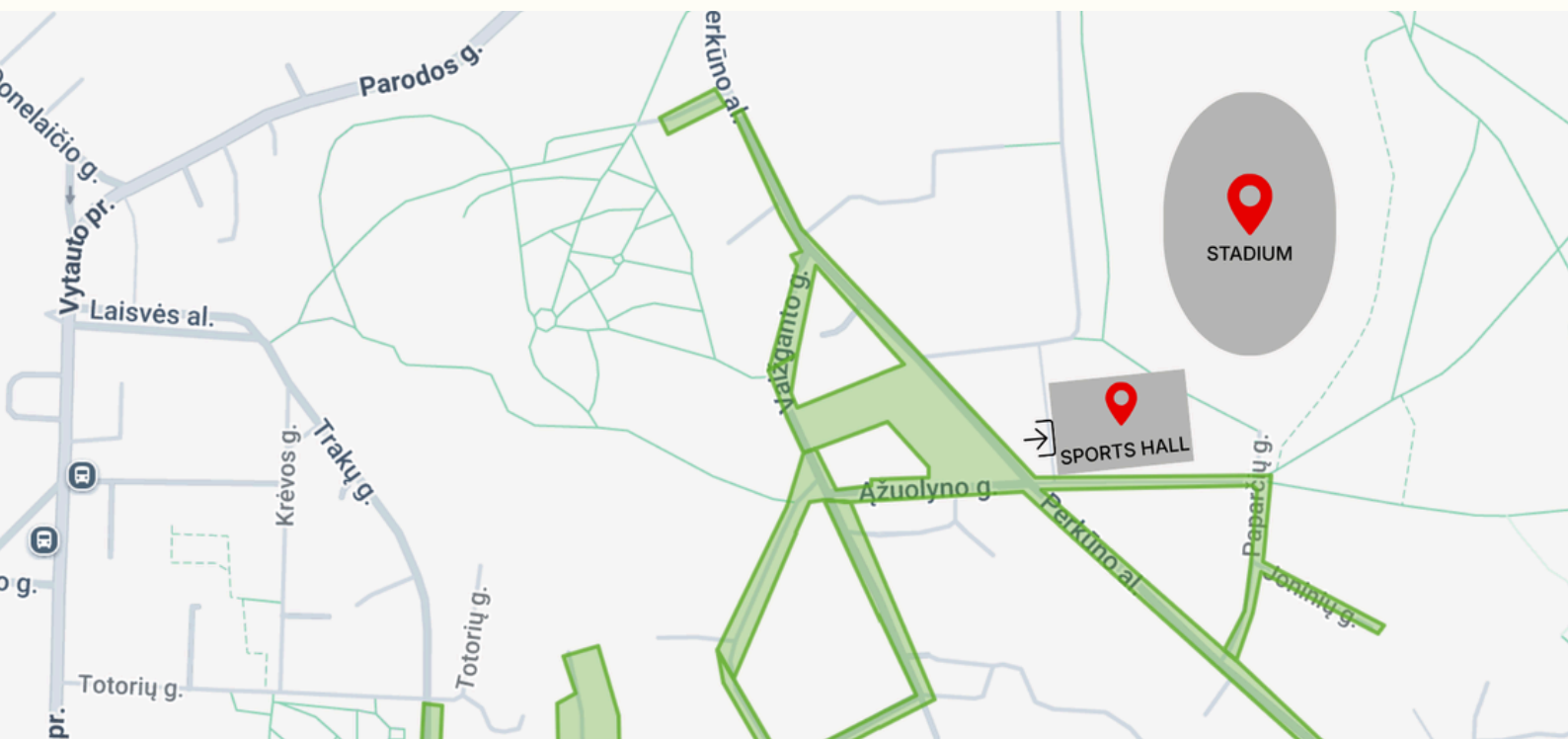
Kaunas Sports Hall and Darius and Girėnas Stadium are located right next to each other, so both championship venues are within easy walking distance.

When you arrive at the championship, first make your way to Kaunas Sports Hall. Athlete check-in will take place there.

PARKING

Parking is available in the green UNIPARK zone surrounding Kaunas Sports Hall and Darius and Girėnas Stadium. On weekdays, parking in the green zone is paid from 08:00 to 18:00. Parking is free on weekends. Payment can be made through the app, at a parking meter or by SMS.

We recommend arriving early, as large crowds are expected around the venue during the championship.



ATHLETE CHECK-IN

Your championship weekend starts here.

When you arrive at Kaunas Sports Hall, first make your way to athlete check-in. Our team will welcome you and provide everything you need for the championship weekend.

At check-in, you will receive:

- your athlete bag;
- the official championship T-shirt;
- your athlete card.
-

After check-in, head to the photo wall, where we will take an official portrait of each athlete.

If possible, we recommend checking in on Thursday so that you can prepare for your first test on Friday morning without rushing.

CHECK-IN TIMES

- Thursday | 17:00–20:00
- Friday | 11:00–14:00



ATHLETE AREAS

A place for your belongings, rest and preparation between tests.

ATHLETE REST AREA

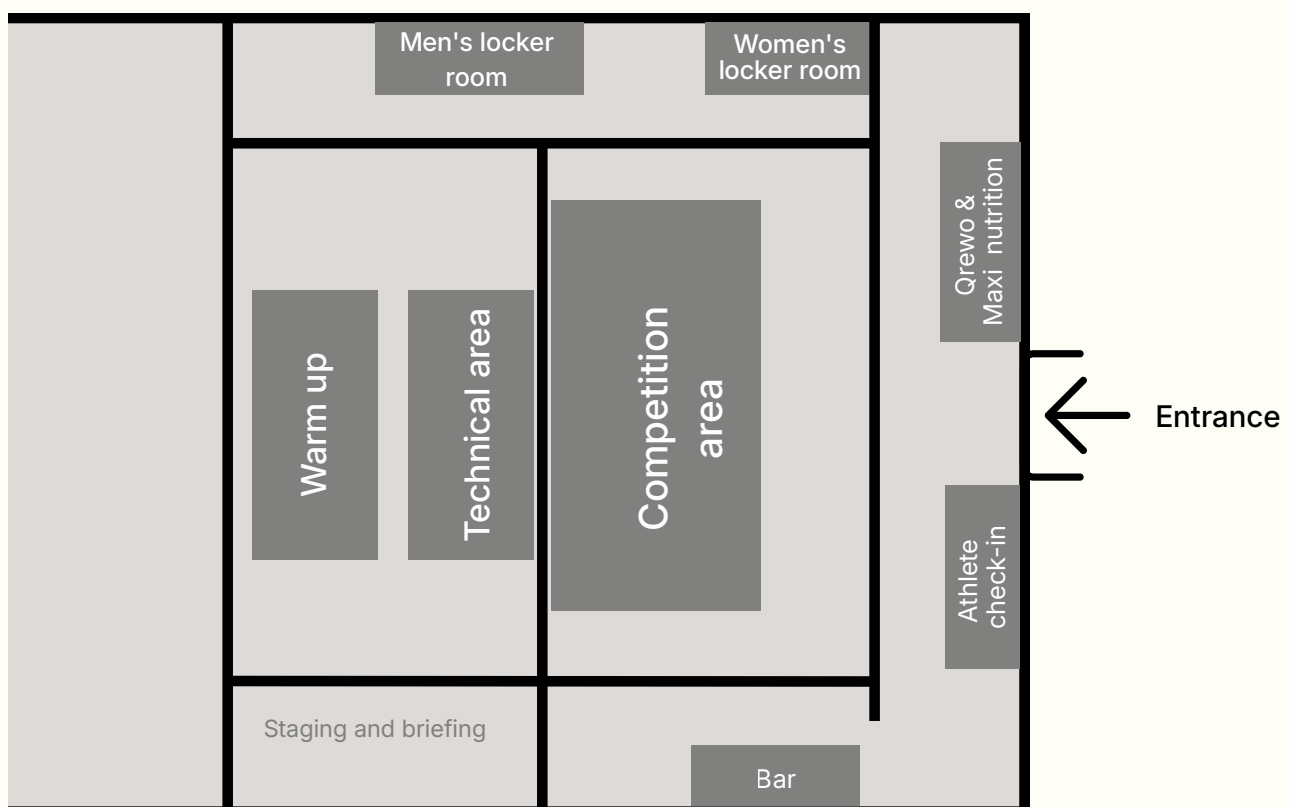
A shared athlete rest area will be set up on the second floor of Kaunas Sports Hall. You may use this space throughout the championship to settle in, store your belongings and rest between tests.

The area will be shared by a large number of athletes, so please use only the space you need and leave it tidy.

ATHLETE CHANGING ROOMS

Athlete changing rooms are located on the first floor of Kaunas Sports Hall. From there, you will have easy access to the warm-up areas and can prepare for your upcoming start.

Please keep personal and valuable belongings with you and do not leave them unattended.

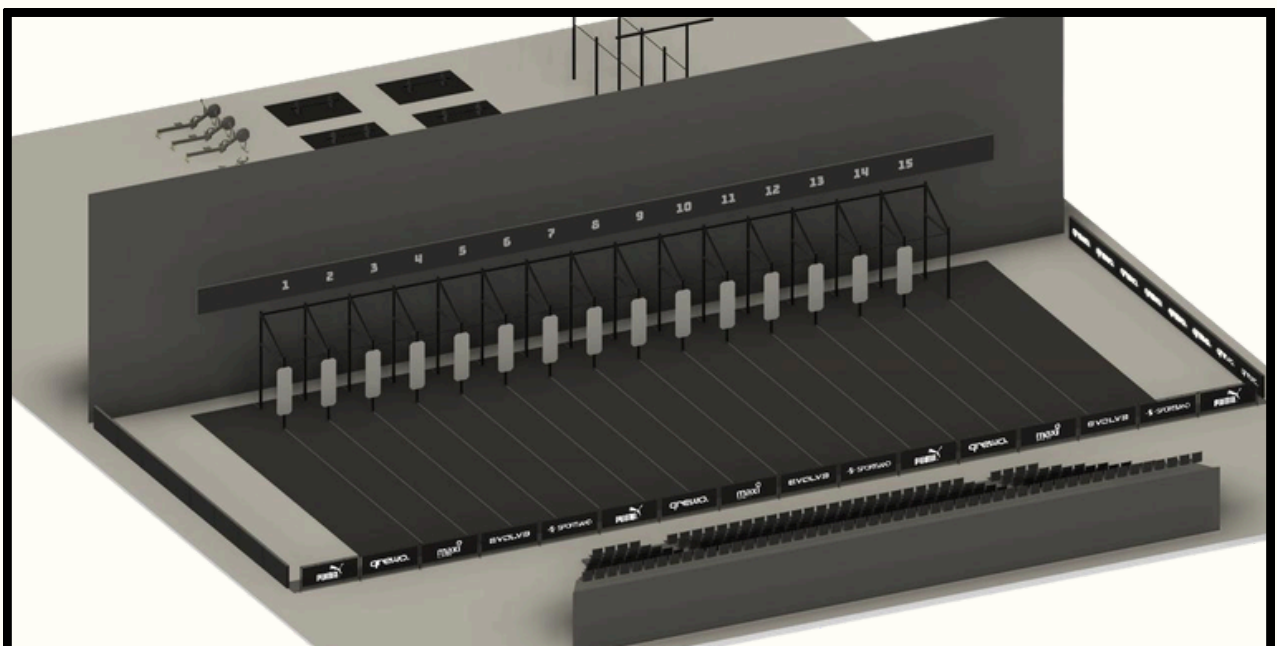
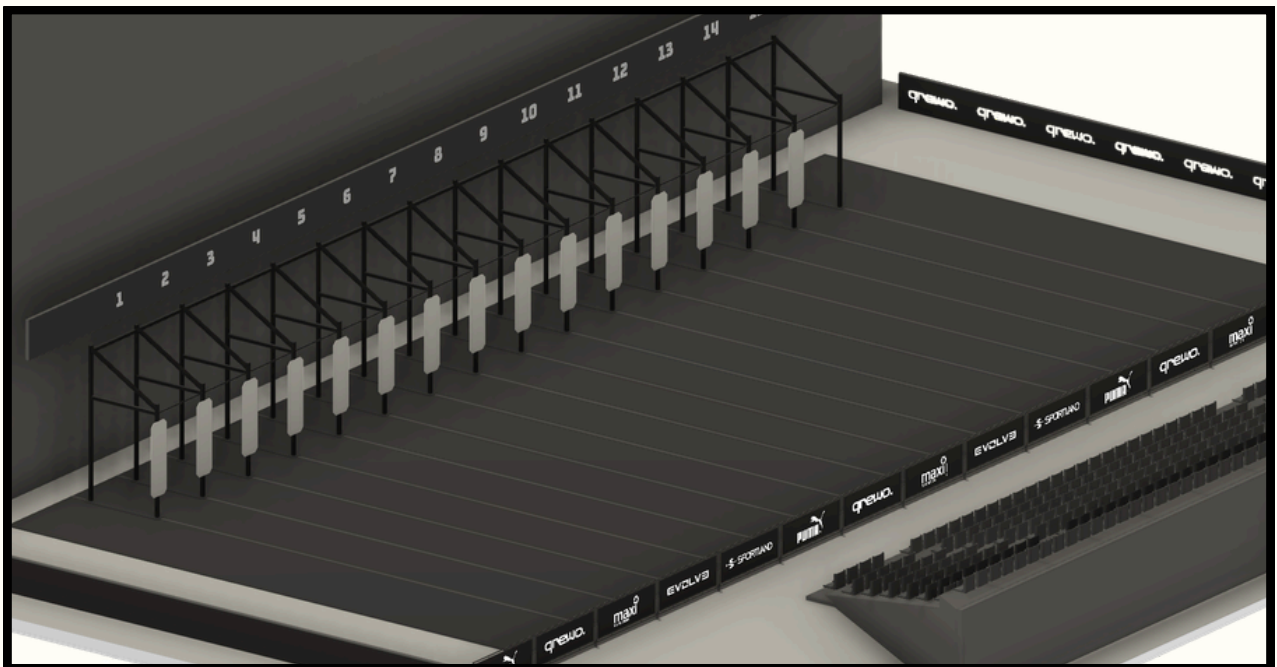


COMPETITION FLOOR

16 lanes. 347 athletes. Three days of competition.

Familiarise yourself with the competition floor layout before your first start.

Check your lane number in the Circle21 platform before each test.



BEFORE YOUR START

Always check your heat, start time and lane in the Circle21 platform. The start times for the first day's Endurance Test are final. Heats and start times for the following days will be reseeded based on the current standings. You will be informed once the updated times are final.

WARM-UP AREA

All test warm-ups will take place at Kaunas Sports Hall. Arrive at the warm-up area 30 minutes before your heat starts. Complete your final preparations there and follow the instructions of the competition team.

ATHLETE STAGING AND BRIEFING AREA

You will be called from the warm-up area to the athlete staging and briefing area. This is where the full heat will assemble, receive the final instructions relevant to the test and prepare to enter the competition floor. Warm-up, staging and briefing for every test will take place at Kaunas Sports Hall, including Friday's Endurance Test. From there, you will move together with your heat to the competition area. For the Endurance Test, you will be escorted to Darius and Girėnas Stadium.

WARM-UP AREA → ATHLETE STAGING AND BRIEFING AREA → COMPETITION FLOOR

Important: Before the start, every athlete is responsible for being familiar with the test flow, special conditions and movement standards. Athletes are also responsible for keeping track of their own start time.

SCHEDULE

TIME	EVENT	LOCATION
THURSDAY		
17:00 - 20:00	Athlete check-in	Sports Hall
FRIDAY		
11:00 - 14:00	Athlete check-in	Sports Hall
14:00 - 20:00	Endurance Test	Stadium
20:00	Opening ceremony	Stadium
SATURDAY		
08:00 - 12:36	Strength Test	Sports Hall
12:50 - 14:48	Bodyweight + Skill Tests	Sports Hall
14:51 - 17:23	Bodyweight Test	Sports Hall
17:32 - 19:35	Skill Test	Sports Hall
SUNDAY		
08:00 - 14:17	Mixed Test	Sports Hall
14:27 - 17:05	Power Test	Sports Hall
17:30 - 18:00	Awards ceremony and event closing	Sports Hall

IMPORTANT

This is the general championship schedule. Always check your heat, lane and exact start time in the Circle21 platform.

INVITE YOUR SUPPORT CREW

This weekend, your supporters can cheer you on from the stands or follow the action from anywhere. Entry to the Lithuanian Functional Fitness Championship is free for spectators. Invite your family, friends and club community to join you in the stands at Kaunas Sports Hall.

Important: Animals are not permitted in the event areas.

Those unable to attend can watch the championship live on the DELFI YouTube channel.

You compete. They support.



VISIT BETWEEN TESTS

There will be plenty happening beyond the competition floor between tests.

Stop by the Qrewo area during the championship. You will find clothing, sports and lifestyle eyewear, grips, jump ropes, backpacks and other sports accessories. Whether you forgot something at home or have been planning an upgrade for a while, you know where to go.

Between starts, visit the MAXI Nutrition recovery area as well. Athletes will find electrolytes, BCAAs, protein and new products to try — everything you need to recharge before your next test. Championship visitors can also take on a challenge in the MAXI Nutrition area and get a brief taste of what it feels like to compete at the Lithuanian Championship.

Take a look around — we have prepared more than six tests for the championship weekend.



APPEALS AND JUDGING REVIEW REQUESTS

An appeal may be submitted when:

- there is a discrepancy between the result recorded on the athlete's scorecard and the result shown on the competition leaderboard;
- the athlete's performance was disrupted by another athlete, a judge or a member of the competition staff;
- an equipment malfunction occurred;
- two or more athletes crossed the finish line at the same time or nearly at the same time;
- in other cases related only to the athlete's own performance and not to a judge's decision regarding a movement standard.

A judge's decision on whether a repetition met the required movement standard is final and may not be appealed.

HOW TO SUBMIT AN APPEAL

Appeals must be submitted through the Circle21 platform during the competition. Only the athlete or their designated representative or coach may submit an appeal.

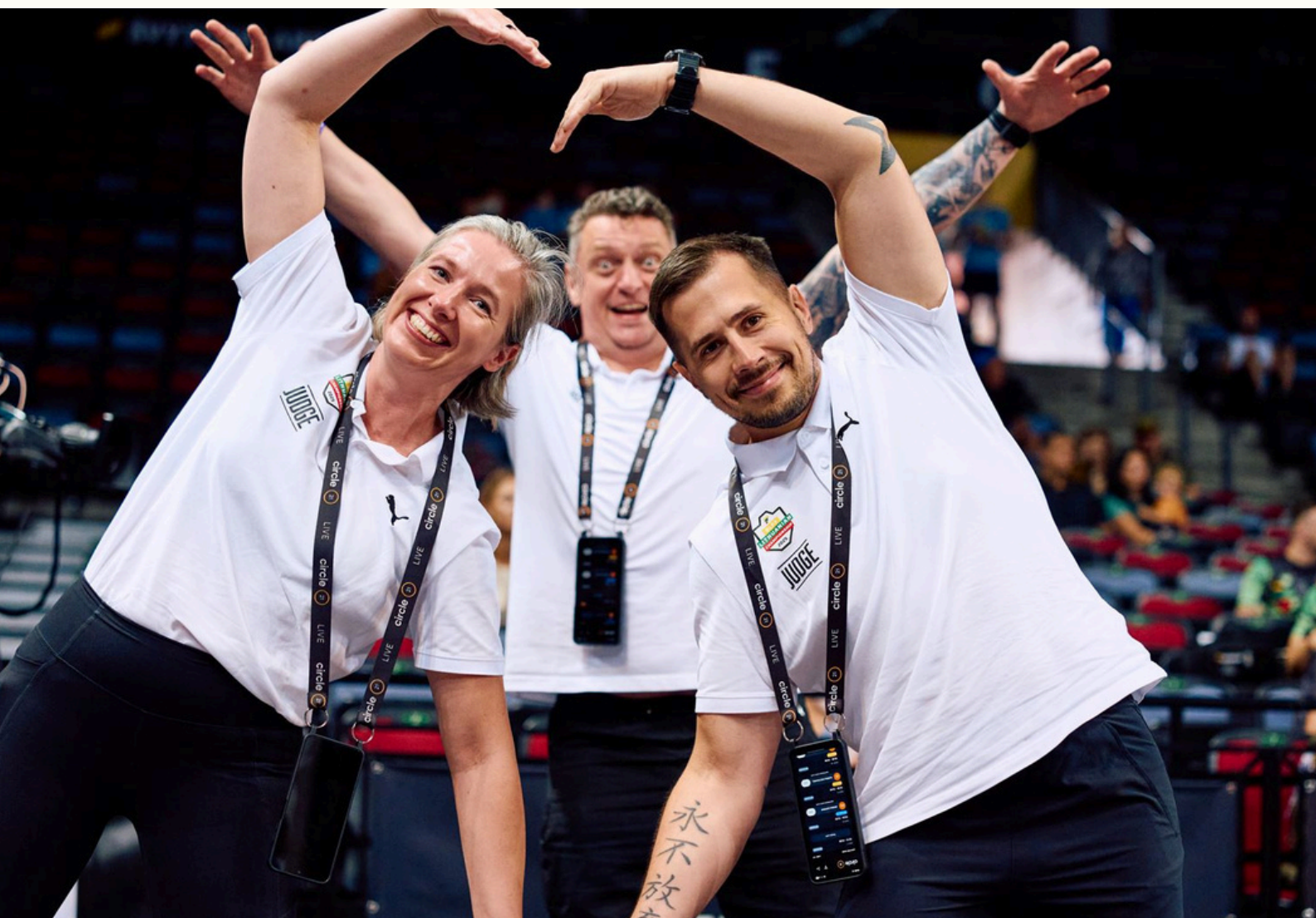
An athlete or their representative may not submit an appeal regarding another athlete's performance. The appeal fee is €20 and must be paid through the Circle21 platform when the appeal is submitted. Each athlete or their representative may submit no more than 3 appeals during the competition.

If the athlete's result is changed in their favour following the appeal, the appeal fee will be refunded.

APPEAL DEADLINES

An appeal concerning a specific test must be submitted before the athlete begins their next test. An exception applies when the results of the previous test have not yet been publicly announced before the athlete's next test begins. When an appeal concerns the final test of the competition, it must be submitted within 10 minutes of the end of the final heat of that test. Once the 10-minute appeal period following the final test has ended, the results are considered final and may no longer be appealed or adjusted under this appeals procedure.

LF3 reserves the right to adjust a result at any time during the competition, on its own initiative and without a submitted appeal, if it becomes clear that an incorrect result was assigned to an athlete or entered incorrectly in the Circle21 scoring system.



AWARDS CEREMONY AND EVENT CLOSING

Stay with us after the final test.

On Sunday, we will present awards to the winners of all championship divisions and celebrate this year's LT HERO WOD Series winners.

We hope you will stay until the very end and join us as we close three days of competition together.



THANK YOU TO OUR PARTNERS

A championship of this scale would not be possible without the people and partners who grow alongside us.

Thank you to everyone contributing to the 2026 Lithuanian Functional Fitness Championship and helping us create an even bigger event for athletes and the entire functional fitness community.

Thank you for being part of this championship.





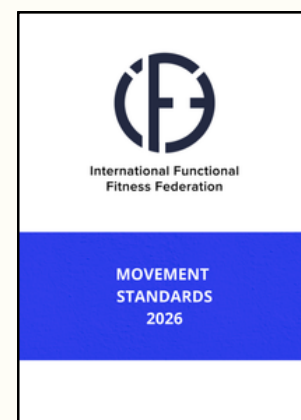
TESTS

Six tests. Three days. One championship.

Over the championship weekend, you will take on the Endurance, Strength, Bodyweight, Skill, Mixed and Power tests. The following pages include the task for each test, the test flow, applicable movement standards and special conditions.

Before starting, every athlete must be familiar with the test flow, special conditions and movement standards applicable to their division.

All movements will be judged according to the International Functional Fitness Federation (iF3) 2026 Movement Standards, except where otherwise stated in the special conditions for a specific test. The relevant iF3 standard ID is provided next to each movement.



Not knowing the rules is not a strategy. Read them before you start. 

ENDURANCE TEST

• ELITE • SPORT •

& AGE GROUPS: JUNIORS 15-16, JUNIORS 17-18

ENDURANCE

EVENT 1

TIME CAP : 35 MIN.

1200M RUN

1000M SKI ERG

400M RUN

1000M ROW ERG

1200M RUN

1000M SKI ERG

---TIE BRAKE---

400M RUN





 LITHUANIAN FUNCTIONAL FITNESS CHAMPIONSHIP 2026



• ROOKIE •

& AGE GROUPS: U12, JUNIORS 13-14, MASTERS 45+, MASTERS 50+

ENDURANCE

EVENT 1

TIME CAP : 35 MIN.

800M RUN

1000M SKI ERG

400M RUN

1000M ROW ERG

800M RUN

1000M SKI ERG

---TIE BRAKE---

400M RUN





 LITHUANIAN FUNCTIONAL FITNESS CHAMPIONSHIP 2026



TEST FLOW

Athletes start at their SkiErg, with at least one hand touching the machine. At the signal "Go", the athlete begins a 1,200 m run (three laps of the stadium) or an 800 m run (two laps of the stadium), depending on their division.

After completing the full distance, the athlete returns to their machine and completes 1,000 m on the SkiErg. The athlete may leave the machine and begin the 400 m run (one lap of the stadium) only after the check mark appears on the monitor and the judge gives permission.

After completing the run, the athlete returns to their RowErg and rows 1,000 m. The athlete may leave the machine and begin running again only after the check mark appears on the monitor and the judge gives permission.

The test continues in the same sequence until all prescribed work has been completed.

The athlete's finishing time is recorded when, after the final run, they return to their SkiErg and touch it with at least one hand.

When the athlete does not complete the test within the time cap, their score will be the total number of successfully completed repetitions. One completed running lap counts as one repetition.

The result is either the time taken to complete the test or the number of repetitions completed within the time cap.

MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Run – ID 9.01; SkiErg – ID 9.07.

SPECIAL CONDITIONS

- Athletes must begin the first run with at least one hand touching the SkiErg.
- Athletes may leave the machine only after the check mark appears on the monitor and the judge gives confirmation. Leaving the machine early by up to 10 m results in a 15-second penalty. For distances greater than 10 m, the penalty will be determined by the Head Judge.
- Athletes are not allowed to touch or adjust the machine monitor. Any time lost due to unauthorised adjustments will not be restored.
- Dropping or releasing the SkiErg or RowErg handle results in a 15-second penalty.
- Completing the test on the wrong machine results in a 30-second penalty added to the athlete's result. If this interferes with another athlete's performance, the penalty will be determined by the Head Judge.

STRENGTH TEST

• ELITE •

STRENGTH

EVENT 2

INTERVALS

2 MIN WORK / 1 MIN REST -
2 MIN WORK / 1 MIN REST - 2 MIN WORK

20M WALKING LUNGES (FARMERS HOLD)
@32/24KG KB'S
MAX DEADLIFTS @160/105KG
.

20M WALKING LUNGES (FRONT RACK)
@32/24KG KB'S
MAX POWER CLEANS @100/ 65KG
.

20M WALKING LUNGES (OVERHEAD HOLD)
@32/24KG KB'S
SHOULDER TO OVERHEAD @70/45KG

LF3
2026


LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026
omaxi qrewo.
STANKUS
PROGRAMING

• ROOKIE •

STRENGTH

EVENT 2

INTERVALS

2 MIN WORK / 1 MIN REST -
2 MIN WORK / 1 MIN REST - 2 MIN WORK

20M WALKING LUNGES
(FARMERS HOLD) @2X16/1X16KG KB'S
MAX DEADLIFTS @80/55KG
.

20M WALKING LUNGES
(FRONT RACK HOLD) @2X16/ 1X16KG KB'S
MAX POWER CLEANS @40/25KG
.

20M WALKING LUNGES
(FRONT RACK HOLD) @2X16/ 1X16KG KB'S
SHOULDER TO OVERHEAD @40/25KG

LF3
2026


LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026
omaxi qrewo.
STANKUS
PROGRAMING

AGE GROUPS: MASTERS 45+

STRENGTH

EVENT 2

INTERVALS

2 MIN WORK / 1 MIN REST -
2 MIN WORK / 1 MIN REST - 2 MIN WORK

20M WALKING LUNGES
(FARMERS HOLD) @24/16KG KB'S
MAX DEADLIFTS @120/75KG
.

20M WALKING LUNGES
(FRONT RACK HOLD)
MAX POWER CLEANS @80/55KG
.

20M WALKING LUNGES
(FRONT RACK HOLD)
SHOULDER TO OVERHEAD @60/35KG

LF3
2026


LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026
omaxi qrewo.
STANKUS
PROGRAMING

• SPORT •

STRENGTH

EVENT 2

INTERVALS

2 MIN WORK / 1 MIN REST -
2 MIN WORK / 1 MIN REST - 2 MIN WORK

20M WALKING LUNGES
(FARMERS HOLD) @24/16KG KB'S
MAX DEADLIFTS @120/75KG
.

20M WALKING LUNGES
(FRONT RACK HOLD) @24/16KG KB'S
MAX POWER CLEANS @80/ 55KG
.

20M WALKING LUNGES
(OVERHEAD HOLD) @24/16KG KB'S
MAX SHOULDER TO OVERHEAD @60/35KG

LF3
2026


LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026
omaxi qrewo.
STANKUS
PROGRAMING

AGE GROUPS: JUNIORS 15-16

STRENGTH

EVENT 2

INTERVALS

2 MIN WORK / 1 MIN REST -
2 MIN WORK / 1 MIN REST - 2 MIN WORK

20M WALKING LUNGES
(FARMERS HOLD) @2X16/1X16KG KB'S
MAX DEADLIFTS @90/75KG
.

20M WALKING LUNGES
(FRONT RACK HOLD)
MAX POWER CLEANS @50/45KG
.

20M WALKING LUNGES
(FRONT RACK HOLD)
SHOULDER TO OVERHEAD @40/35KG

LF3
2026


LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026
omaxi qrewo.
STANKUS
PROGRAMING

AGE GROUPS: JUNIORS 13-14

STRENGTH

EVENT 2

INTERVALS

2 MIN WORK / 1 MIN REST -
2 MIN WORK / 1 MIN REST - 2 MIN WORK

15M WALKING LUNGES
(FRONT RACK HOLD) @2X16/1X16KG KB'S
MAX DEADLIFTS @70/65KG
.

15M WALKING LUNGES
(FRONT RACK HOLD)
MAX POWER CLEANS @40/35KG
.

15M WALKING LUNGES
(FRONT RACK HOLD)
SHOULDER TO OVERHEAD @30/25KG

LF3
2026


LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026
omaxi qrewo.
STANKUS
PROGRAMING

AGE GROUPS: JUNIORS U12

STRENGTH

EVENT 2

INTERVALS

2 MIN WORK / 1 MIN REST -
2 MIN WORK / 1 MIN REST - 2 MIN WORK

15M WALKING LUNGES
(FRONT RACK HOLD) @1X15/1X10KG DB
MAX DEADLIFTS @60/45KG
.

15M WALKING LUNGES
(FRONT RACK HOLD)
MAX POWER CLEANS @40/25KG
.

15M WALKING LUNGES
(FRONT RACK HOLD)
SHOULDER TO OVERHEAD @30/20KG

LF3
2026


LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026
omaxi qrewo.
STANKUS
PROGRAMING

TEST FLOW

Athletes start in front of their kettlebells. At the signal "Go", the athlete brings the kettlebells into the farmer's carry, front rack or overhead position and begins 20 m of walking lunges. The distance consists of two 5 m segments in one direction, followed by a turn and 10 m back in the same manner. The athlete may rest only after successfully completing a full 5 m segment.

During the remaining time in the 2-minute interval, the athlete performs deadlifts with the load assigned to their division.

When the 1-minute rest interval begins, the athlete changes the barbell load and returns to the start line for the second interval.

The same sequence continues, with the kettlebell position and barbell movement changing in each interval:

- Interval 1: farmer's carry + deadlift
- Interval 2: front rack + power clean
- Interval 3: overhead + shoulder-to-overhead

The athlete's score is the total number of successfully completed repetitions across all three intervals.

MOVEMENT STANDARDS

For the complete movement standards, refer to the [International Functional Fitness Federation website](#). Movements: Walking Lunge – ID 15.06; Deadlift – ID 2.01; Power Clean – ID 3.02; Shoulder-to-Overhead – ID 5.05.

SPECIAL CONDITIONS

- Athletes may change the barbell load at any time.
- If an athlete does not finish changing the load during the rest interval, no additional time will be given.
- Work completed with an incorrect load will not count.
- Each successfully completed 5 m lunge segment counts as 1 repetition.
- A barbell repetition must be completed before the end of the 2-minute work interval. Any repetition not completed before the time cap will not count.
- Athletes are responsible for placing any removed plates so they do not interfere with their own work or with athletes in neighbouring lanes.
- Athletes may use any shoulder-to-overhead variation that begins from the shoulders in the front rack position, including strict press, push press, push jerk, split jerk or squat jerk.
- The barbell may not be driven overhead from behind the neck.
- Dropping the kettlebells or placing them outside the designated area results in a 3-repetition deduction from the total score.
- Athletes may skip an entire work interval if needed.
- The final score is the total number of repetitions completed across all three intervals.

BODYWEIGHT TEST

• ELITE •
BODYWEIGHT
EVENT 3

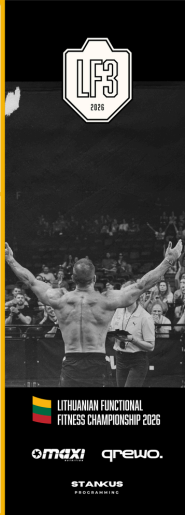
AMRAP : 15 MIN.

BUY IN:
8/6 SEATED LEGLESS ROPE CLIMB
(±3,84M)

IN REMAINING TIME:

14 TOES TO BARS
6 DEFICIT STRICT HANDSTAND
PUSH UPS (20/10KG PLATES)
4 BURPEE BOX JUMP OVER
@75/60CM

ADD +2 REPS EACH ROUND



• SPORT •
& AGE GROUPS: JUNIORS 15-16,
JUNIORS 17-18
BODYWEIGHT
EVENT 3

AMRAP : 8 MIN.

3 ROPE CLIMBS (±3,84)
6 HANDSTAND PUSH UPS
9 TOES TO BARS
12 BURPEE BOX JUMP OVER



• ROOKIE •
& AGE GROUPS: JUNIORS U12
BODYWEIGHT
EVENT 3

PART A. AMRAP 4

10 BURPEE BOX JUMP OVER
3 WALL WALKS (M = FULL;
W= PARTIAL ±60CM)

PART B. AMRAP 4

50 V-UPS
-TIE BRAKE-
AMRAP ROPE CLIMBS

B SCORE = TOTAL REPS
INCLUDING V-UPS



AGE GROUPS: JUNIORS 13-14,
MASTERS 45+
BODYWEIGHT
EVENT 3

PART A. AMRAP 4

10 BURPEE BOX JUMP OVER
3 WALL WALKS (M = FULL;
W= PARTIAL)

PART B. AMRAP 4

40 TOES TO BAR
-TIE BRAKE-
AMRAP ROPE CLIMBS

B SCORE = TOTAL REPS INCL.
TOES TO BARS



AGE GROUPS: MASTERS 50+
BODYWEIGHT
EVENT 3

PART A. AMRAP 4

10 BURPEE BOX JUMP OVER
3 WALL WALKS (M = FULL;
W= PARTIAL)

PART B. AMRAP 4

30 TOES TO BAR
-TIE BRAKE-
AMRAP ROPE CLIMBS

B SCORE = TOTAL REPS INCL.
TOES TO BARS



AGE GROUPS: JUNIORS 13-14
BODYWEIGHT
EVENT 3

PART A. AMRAP 4

10 BURPEE BOX JUMP OVER
3 WALL WALKS (M = FULL;
W= PARTIAL)

PART B. AMRAP 4

40 TOES TO BAR
-TIE BRAKE-
AMRAP ROPE CLIMBS

B SCORE = TOTAL REPS INCL.
TOES TO BARS



JUNIORS 11–12, ROOKIE

TEST FLOW

Athletes wait at the start line facing the spectators. At the signal "Go", athletes move to the box and complete 10 burpee box jump-over repetitions. After completing the final valid repetition, the athlete moves to the wall and performs the wall walk according to the required progression. The lines that must be reached will be explained by the judge and marked on the floor. After completing 3 valid repetitions, the athlete continues repeating the sequence until the end of the first 4-minute interval. At the 4-minute mark, the athlete immediately begins the second 4-minute interval and performs V-ups or toes-to-bar, depending on the requirements of their division. Only after completing all required repetitions may the athlete move to the rope and perform as many rope climbs as possible in the remaining time. The score is the total number of repetitions completed.

MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Object-Facing Burpee Over Object – ID 10.02; Box Jump Over – ID 10.05; Wall Walk – ID 12.06; V-Up – ID 13.08; Toes-to-Bar – ID 7.01; Rope Climb – ID 11.01.

SPECIAL CONDITIONS

- Burpee box jump-overs must be performed facing the box.
- When jumping onto the box, athletes may not support themselves with their hands on the box or on their body.
- If a no rep is given during the box jump, the entire movement must be repeated, including the burpee.
- Toes-to-bar and V-ups must be performed facing the start line and the spectators. Repetitions performed while facing the wrong direction will not count.
- Athletes may move the box used for the burpee box jump-overs to help them reach the pull-up bar. Alternatively, they may inform the judge before the test that they need assistance reaching the bar. In that case, a step made from weight plates will be prepared.
- Athletes must move each hand at least once before reaching the designated target.
- Each rope climb must begin with the athlete hanging from the rope with both hands.
- The target that must be touched on the rope will be explained during the live briefing before the test.
- Wall walk standard: Men, full progression – 152 cm to the edge of the line closest to the wall and 25 cm to the edge furthest from the wall. Women – 140 cm to the edge of the line closest to the wall and 60 cm to the edge furthest from the wall. The line is 75 cm long and 5 cm wide.

JUNIORS 15–16, JUNIORS 17–18, SPORT

TEST FLOW

Athletes wait at the start line facing the spectators. At the signal “Go”, athletes move to the rope and complete 3 rope climbs. After completing all rope climbs, athletes move to the wall and perform 6 handstand push-ups. Throughout the movement, the hands must remain on the marked line. After completing all repetitions, athletes move to the pull-up bar and perform toes-to-bar facing the spectators.

After the final repetition, the athlete moves to the box and performs burpee box jump-overs facing the box. After completing the burpee box jump-overs, the athlete moves their cone to the next segment and repeats the sequence in the same order until the end of the 8-minute interval.

MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Object-Facing Burpee Over Object – ID 10.02; Box Jump Over – ID 10.05; Toes-to-Bar – ID 7.01; Rope Climb – ID 11.01; Handstand Push-Up – ID 12.01.

SPECIAL CONDITIONS

- Athletes must move each hand at least once before reaching the designated target.
- Each rope climb must begin with the athlete hanging from the rope with both hands.
- The target that must be touched on the rope will be explained during the live briefing before the test.
- Handstand push-ups will be performed with the hands on 10 kg plates and a pad placed under the head.
- During the handstand push-up, the athlete’s hands must remain in contact with the line marked on the plates.
- The plates and the head pad may not be moved in any direction.
- Toes-to-bar must be performed facing the start line and the spectators. Repetitions performed while facing the wrong direction will not count.
- Burpee box jump-overs must be performed facing the box.
- When jumping onto the box, athletes may not support themselves with their hands on the box or on their body.
- If a no rep is given during the box jump, the entire movement must be repeated, including the burpee.
- After each successfully completed round, the athlete must move their cone to the next marked segment, approximately 2 m away.
- Athletes may use a platform made from weight plates to reach the pull-up bar. It must be placed to one side and not directly underneath the bar. Volunteers will assist with setting it up before the test begins.
- The score is the total number of repetitions completed within the time cap.

ELITE

TEST FLOW

Athletes wait at the start line facing the spectators. At the signal "Go", athletes move to the rope and complete the prescribed seated legless rope climbs. After completing the required rope climbs, athletes move to the wall and perform handstand push-ups. After completing all repetitions, athletes move to the pull-up bar and perform toes-to-bar.

After the final repetition, the athlete moves to the box and performs burpee box jump-overs. After stepping down from the box, the athlete moves their cone to the next segment and repeats the sequence, adding 2 repetitions to each movement in every round until the end of the 15-minute interval.

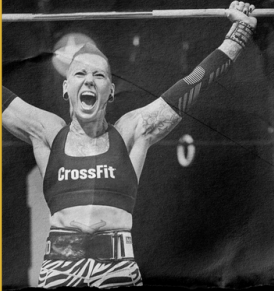
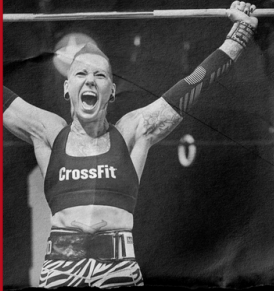
MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Object-Facing Burpee Over Object – ID 10.02; Box Jump Over – ID 10.05; Toes-to-Bar – ID 7.01; Rope Climb, Seated Start – ID 11.02; Handstand Push-Up – ID 12.01.

SPECIAL CONDITIONS

- The seated legless rope climb begins with the athlete seated on the floor, feet off the ground, and hands not touching the rope.
- Athletes may not use their legs or clamp the rope with their feet during the climb.
- The target that must be touched on the rope will be explained during the live briefing before the test.
- Toes-to-bar must be performed facing the start line and the spectators. Repetitions performed while facing the wrong direction will not count.
- Handstand push-ups will be performed with the hands on 10 kg or 20 kg plates, depending on the division.
- During the handstand push-up, the athlete's hands must remain in contact with the line marked on the plates.
- The plates may not be moved in any direction.
- Burpee box jump-overs must be performed facing the box.
- When jumping onto the box, athletes may not support themselves with their hands on the box or on their body.
- If a no rep is given during the box jump, the entire movement must be repeated, including the burpee.
- After each successfully completed round, the athlete must move their cone to the next marked segment, approximately 2 m away.
- Athletes may use a platform made from weight plates to reach the pull-up bar. It must be placed to one side and not directly underneath the bar. Volunteers will assist with setting it up before the test begins.
- The score is the total number of repetitions completed within the time cap.

SKILL TEST

• ELITE •	LF3 2026
S K I L L EVENT 4	
TIME CAP : 12 MIN. 100 DOUBLE UNDERS 20M HANDSTAND WALK (5M UNBROKEN) 21/15 RING MUSCLE UPS ---TIE BRAKE--- 100 DOUBLE UNDERS 20M HANDSTAND WALK 15 PULL-OVERS 100 DOUBLE UNDERS 20M HANDSTAND WALK 9 BURPEE BAR MUSCLE UP	 maxi qrewo. STANKUS PROGRAMING
• SPORT •	LF3 2026
& AGE GROUPS: JUNIORS 15-16, JUNIORS 17-18	
S K I L L EVENT 4	 maxi qrewo. STANKUS PROGRAMING
FOR TIME : 6 MIN. CAP 3 ROUNDS 35 DOUBLE UNDERS (UNBROKEN) 5M HANDSTAND WALK (5M/ 1M SEGMENTS) (M) ---TIE BRAKE--- BUY OUT: 10/6 BAR MUSCLE UPS	

JUNIORS 15-16, JUNIORS 17-18, SPORT

TEST FLOW

Athletes wait at the start line facing the spectators. At the signal "Go", athletes move to their jump rope and complete 35 unbroken double-unders. After completing the double-unders, the athlete runs to the pull-up rig and, starting behind the line beneath it, begins a 5 m handstand walk towards the start line. Men complete one 5 m segment, while women complete five 1 m segments. The same sequence is repeated for the second and third rounds. After completing 3 rounds, athletes move to the pull-up bar and perform the required number of bar muscle-ups. Once all required bar muscle-up repetitions have been completed, the athlete runs to the finish line. The test time is recorded when the athlete crosses the line.

MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Double-Under – ID 10.07; Handstand Walk – ID 12.03; Bar Muscle-Up – ID 7.07.

SPECIAL CONDITIONS

- Double-unders must be performed facing the judge. Incorrectly performed repetitions will not count.
- The athlete must leave the jump rope within their lane so that it does not interfere with their own work or with athletes in neighbouring lanes.
- The handstand walk begins from the line beneath the pull-up rig.
- During the handstand walk, athletes may not touch the side lines.
- If an athlete does not successfully complete the full handstand-walk segment, they will be returned to the last successfully completed segment.
- All pull-up bar movements must be performed facing the spectators.
- Boxes will be provided to help athletes reach the pull-up bar.
- The result is the time taken to complete the test or the number of valid repetitions completed within the time cap.

ELITE

TEST FLOW

Athletes wait at the start line facing the spectators. At the signal “Go”, athletes move to their jump rope and complete 100 double-unders. After completing the double-unders, the athlete runs to the pull-up rig and, starting behind the line beneath it, begins a 20 m handstand walk towards the start line. After completing two 5 m segments, athletes turn around and return towards the pull-up rig on their hands. After successfully completing the full distance, athletes perform 21 or 15 ring muscle-ups, depending on their division. After completing the final repetition, athletes return to the jump rope and continue the test in the same sequence. In the second round, they complete 15 pull-overs. In the third round, they complete 9 burpee bar muscle-ups. After the final repetition, the athlete runs to the finish line, where their test time is recorded.

MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Double-Under – ID 10.07; Handstand Walk – ID 12.03; Ring Muscle-Up – ID 8.02; Pull-Over – ID 7.06; Bar Muscle-Up – ID 7.07; Burpee – ID 10.12.

SPECIAL CONDITIONS

- Double-unders must be performed facing the judge. Incorrectly performed repetitions will not count.
- The athlete must leave the jump rope within their lane so that it does not interfere with their own work or with athletes in neighbouring lanes.
- The handstand walk begins from the line beneath the pull-up rig.
- During the handstand walk, athletes may not touch the side lines.
- If an athlete does not successfully complete a full 5 m handstand-walk segment, they will be returned to the last successfully completed segment.
- All pull-up bar movements must be performed facing the spectators.
- A box will be provided to help athletes reach the pull-up bar or rings. A stack of weight plates will be provided to help athletes reach the bar for the burpee bar muscle-ups.
- The result is the time taken to complete the test or the number of valid repetitions completed within the time cap.

MIXED TEST

• ELITE •

MIXED

EVENT 5

TIME CAP: 18 MIN.

5 ROUNDS

200M RUN

20 C2B PULL UPS

12-10-8-6-4 FRONT SQUATS

12 - 60/35KG

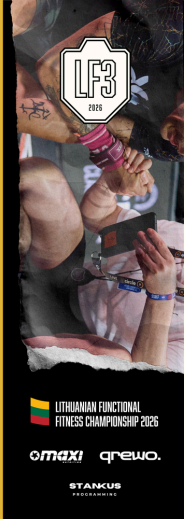
10 - 70/45KG

8 - 80/55KG

6 - 90/65KG

4 - 100/75KG

TIE BRAKE AFTER EACH FRONT SQUAT ROUND



• SPORT •

& AGE GROUPS: JUNIORS 17-18, MASTERS 45+

MIXED

EVENT 5

TIME CAP: 15 MIN.

3 ROUNDS

200 M RUN

20/15 PULL UPS

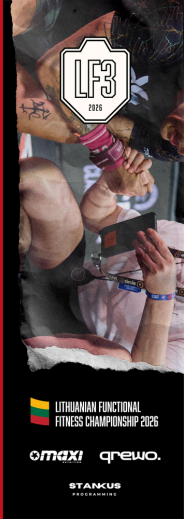
8-6-4 FRONT SQUATS

8 - 60/35KG

6 - 70/45KG

4 - 80/55KG

TIE BRAKE AFTER EACH FRONT SQUAT ROUND



• ROOKIE •

MIXED

EVENT 5

AMRAP 8

3 ROUNDS

200M RUN

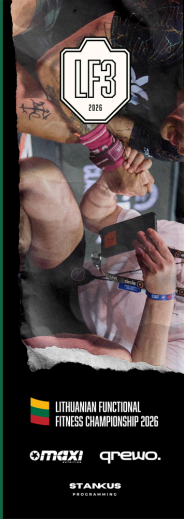
15 FRONT SQUATS @40/25KG

INTO AMRAP

20 DUMBBELL SNATCH @15/10KG

---TIE BRAKE---

AMRAP DOUBLE UNDERS



AGE GROUPS: JUNIORS 15-16, MASTERS 50+

MIXED

EVENT 5

TIME CAP: 15 MIN.

3 ROUNDS

200 M RUN

20/15 PULL UPS

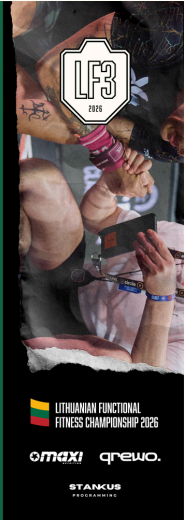
8-6-4 FRONT SQUATS

8 - 40/25KG

6 - 50/35KG

4 - 60/40KG

TIE BRAKE AFTER EACH FRONT SQUAT ROUND



AGE GROUPS: JUNIORS 13-14

MIXED

EVENT 5

AMRAP 8

3 ROUNDS

200M RUN

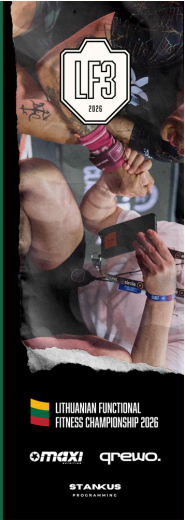
15 FRONT SQUATS @2X15/2X10KG DB'S

INTO AMRAP

20 DUMBBELL SNATCH @15/10KG

---TIE BRAKE---

AMRAP DOUBLE UNDERS



AGE GROUPS: JUNIORS U12

MIXED

EVENT 5

AMRAP 8

3 ROUNDS

200M RUN

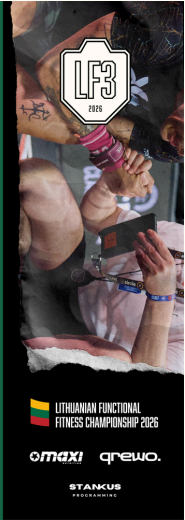
15 FRONT SQUATS @1X15/1X10KG DB'S

INTO AMRAP

20 DUMBBELL SNATCH @15/10KG

---TIE BRAKE---

AMRAP DOUBLE UNDERS



JUNIORS 11-12, JUNIORS 13-14, ROOKIE

TEST FLOW

Athletes wait at the start line facing the spectators. At the signal "Go", athletes run around the competition floor and outside. They complete a 200 m run and return to the competition floor without crossing the blue line. Only after reaching their own lane may they cross the blue line, move to their dumbbell or barbell, and perform front squats. After completing 15 front squats, the athlete exits through their own lane and begins the next 200 m run. The athlete completes 3 rounds in this sequence. After the third set of front squats, the athlete moves to the dumbbell and completes 20 alternating dumbbell snatches. The remaining time in the 8-minute interval is used to complete as many double-unders as possible.

MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Front Squat – ID 1.03; Snatch, Anyhow – ID 4.01; Double-Under – ID 10.07.

SPECIAL CONDITIONS

- Athletes must enter and exit the competition floor through their own lane. If an athlete enters through the wrong lane, the penalty will be determined by the Head Judge based on how much the action interfered with other athletes and how much of the running distance was missed.
- The running route will be marked and explained before the test.
- The first front squat may be performed as a squat clean.
- After the front squats, the barbell or dumbbell must remain within the athlete's lane.
- Dumbbell movements must be performed facing the spectators.
- During alternating dumbbell snatches, athletes must switch arms after every repetition. Both ends of the dumbbell must touch the floor at the same time.
- Athletes may switch hands at any time, but may not hold the dumbbell with both hands at the same time.
- The free hand may not be used to support the body or otherwise assist the movement.
- Double-unders must be performed facing the spectators.
- The score is the total number of valid repetitions completed within the time cap.

JUNIORS 15-16, MASTERS 50+, SPORT, JUNIORS 17-18, MASTERS 45-49, ELITE

*Loads differ for Sport, Juniors 17-18 and Masters 45-49.

TEST FLOW

Athletes wait at the start line facing the spectators. At the signal "Go", athletes run around the competition floor and outside to complete a 200 m run. They then return to the competition floor without crossing the start line until they have reached their own lane. Only then may they cross the start line and move to the pull-up bar to perform the pull-up progression prescribed for their division. After completing 20 or 15 pull-up repetitions, according to the applicable progression, the athlete moves to the barbell, brings it to the front rack position without assistance and performs front squats with the first prescribed load. After completing the front squats, the athlete begins the second running round. The sequence continues in the same order, with the number of front squats decreasing by 2 repetitions each round until the athlete reaches the final set of 4 repetitions. After completing the final 4 front squats, the athlete runs across the finish line, where their result is recorded.

MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Front Squat – ID 1.03; Pull-Up – ID 7.04; Chest-to-Bar Pull-Up – ID 7.05.

SPECIAL CONDITIONS

- Athletes must enter and exit the competition floor through their own lane. If an athlete enters through the wrong lane, the penalty will be determined by the Head Judge based on the circumstances.
- The first front squat may be performed as a squat clean.
- After the front squats, the barbell must remain within the athlete's lane and must not interfere with the athlete or athletes in neighbouring lanes.
- Athletes are responsible for changing the barbell load and placing any additional plates within their lane so that they do not interfere with their own work or with athletes in neighbouring lanes.
- Athletes may change the load at any time before beginning the front squats.
- Front squats performed with an incorrect load will not count.
- All pull-up bar movements must be performed facing the spectators.
- The result is either the time taken to complete the test or the number of valid repetitions completed within the time cap.

POWER TEST

• ELITE •

P O W E R

EVENT 6

3 SETS OF

30S BIKE ERG;
RESULT AVG WATTS

1:30 MIN REST

2MIN AMRAP:

5 SHUTTLE RUNS 5+5M
10 BURPEE OVER THE BAR
MAX SNATCH IN REMAINING TIME
@70/45KG

REST 2MIN



LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026

maxi qrewo.

STANKUS
PROGRAMMING

• SPORT •

& AGE GROUPS: JUNIORS 17-18,
MASTERS 45+

P O W E R

EVENT 6

SCORE A

1MIN BIKE ERG (AVG WATTS)
2MIN REST

SCORE B

3MIN AMRAP:

5 SHUTTLE RUNS 5+5M
10 BURPEE OVER THE BAR
MAX SNATCH IN REMAINING TIME
@50/35KG



LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026

maxi qrewo.

STANKUS
PROGRAMMING

AGE GROUPS: MASTERS 50+

P O W E R

EVENT 6

SCORE A

1MIN BIKE ERG (AVG WATTS)

2MIN REST

SCORE B

3MIN AMRAP:

5 SHUTTLE RUNS 5+5M
10 BURPEE OVER THE BAR
MAX SNATCH IN REMAINING TIME
@40/25KG



LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026

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STANKUS
PROGRAMMING

AGE GROUPS: JUNIORS 15-16,

P O W E R

EVENT 6

SCORE A

1MIN BIKE ERG (AVG WATTS)

2MIN REST

SCORE B

3MIN AMRAP:

5 SHUTTLE RUNS 5+5M
10 BURPEE OVER THE BAR
MAX SNATCH IN REMAINING TIME
@40/25KG



LITHUANIAN FUNCTIONAL
FITNESS CHAMPIONSHIP 2026

maxi qrewo.

STANKUS
PROGRAMMING

TEST FLOW

Athletes begin Part A seated on the bike, with their feet off the pedals. At the signal "Go", athletes begin pedalling and aim to achieve the highest possible wattage during the prescribed work interval. At the end of the first interval, the judge records the result and the rest interval begins. Part B begins at the centre line, with athletes facing their barbell. At the signal "Go", the athlete completes 5 shuttle runs, with 5 m out and 5 m back counting as 1 repetition. After crossing the final line, the athlete moves to the barbell and completes 10 bar-facing burpees. After jumping over the barbell on the final repetition, the athlete performs snatches until the interval ends.

Elite athletes repeat the same sequence 3 times.

MOVEMENT STANDARDS

For the complete movement standards, refer to the International Functional Fitness Federation website. Movements: Shuttle Run – ID 9.02; Object-Facing Burpee Over Object – ID 10.02; Snatch, Anyhow – ID 4.01.

SPECIAL CONDITIONS

- The bike may only be ridden while seated. The first time an athlete leaves the seat, they will receive a warning. On the second violation, 20 watts will be deducted from the athlete's score.
- The damper setting may be changed at any time and as many times as needed.
- Athletes may not touch the monitor. Any time lost due to changing the monitor settings will not be restored.
- Part B begins at the centre line, facing the barbell.
- At every shuttle-run turnaround, at least one hand must touch the floor beyond the line. No floor touch is required when crossing the first or final line.
- The jump over the barbell must be performed with both feet leaving the floor at the same time.
- Scoring: Part A – the average wattage achieved during the prescribed interval. Part B – the total number of valid repetitions completed.
- For Elite athletes, the Part A score is the average of the wattage scores recorded across all three intervals. The Part B score is the total number of valid repetitions completed.

