



SM-KVAL 2021

TEST 1

ENDURANCE

TC 15

1 2 3 4 5

30/22 CAL SKI-ERG					
30 OVERHEAD KB SWING 24/16					

SKALNING 14/16
OVERHEAD KB SWING 16/12

60/52 120/104 180/156 240/208 300/260

TID/REPETITIONER



SM-KVAL 2021

TEST 2

**BODYWEIGHT
TC 8**

40 ALTERNATING PISTOL SQUATS	
30 TOES TO BAR	
20 HANDSTAND PUSH UP	
10 BAR MUSCLE UP	

SKALNING 14/16
BAR MUSCLE UP TILL CHEST TO BAR

TID/REPETITIONER