



THE ERG TEST

WORK IN PAIRS TO CLIMB AS FAR UP THIS INCREASING REP SCHEME AS POSSIBLE BEFORE THE MINUTE-PER-ROUND TIME CAP TAKES YOU OUT.

EVERY MINUTE ON THE MINUTE:

ANY ERG

2

CALS

2

BURPEES

2

SYNCHRO
DUMBBELL
SNATCH

FLOW:

ATHLETE 1 COMPLETES THE CALS AT THE SAME TIME AS ATHLETE 2 COMPLETES THE BURPEES

BOTH ATHLETES COMPLETE THE SYNCHRO DUMBBELL SNATCHES TOGETHER

REPEAT ADDING 1 CALORIE, 1 BURPEE, AND 1 DUMBBELL SNATCH EVERY ROUND

SUGGESTED GYM FLOOR & EQUIPMENT LAYOUT:

