



Skill Levels I-IV

Level I

well rounded beginner

Level II

intermediate athlete

Level III

advanced athlete

Level IV

elite athlete

hips	squats: 50 free squats	squats: 100 free squats squat: 1 x bodyweight	pistols: 10 each leg squat: 1 1/2 x bodyweight	pistols: 25 each leg squat: 2 x bodyweight
push	push ups: 10	push ups: 30 bench press: 1 x bodyweight	push ups: 40 on rings bench press: 1 1/4 x bodyweight	push ups: 60 on rings bench press: 1 1/2 x bodyweight
pull	static hang: 30 seconds	rope climb: 6m climb, 1 trip	rope climb: 6m climb 1 trip, no feet	rope climb: 6m climb 2 trips touch and go, no feet
core	sit ups: 30	v-ups: 30	overhead squat: 1 x bodyweight	overhead squat: 15 repetitions at 1 x bodyweight
work	kettlebell swings: 25	kettlebell snatch: 30 each arm men 24kg women 16kg	kettlebell snatch: 10 minute test 200 reps men 24kg women 16kg	2 db/kb clean & jerk: 100 reps in 10 minutes men 16kg women 12kg
speed	400 meter run: 2:04 minutes	400 meter run: 1:34 minutes	400 meter run: 1:19 minutes	400 meter run: 1:04 minutes
hips	deadlift: 3/4 x bodyweight	deadlift: 1 1/2 x bodyweight	deadlift: 2 x bodyweight	deadlift: 2 1/2 x bodyweight
push	military press: 1/4 x bodyweight	military press: 1/2 x bodyweight handstand hold: 1 minute	military press: 3/4 x bodyweight handstand push up: 10	military press: 1 x bodyweight handstand push up: 10 full range
pull	high pull: 1/2 x bodyweight	power clean: 3/4 x bodyweight	clean: 1 x bodyweight	clean: 1 1/2 x bodyweight
core	knees to chest: 10 sitting	hanging knees to elbows: 15	hanging straight leg raise: 20	front lever: 15 seconds

Level I

well rounded beginner

Level II

intermediate athlete

Level III

advanced athlete

Level IV

elite athlete

work	wall ball: 25 800 meter run: 4:20 minutes	thrusters: 45 reps at 1/2 x bodyweight 800 meter run: 3:20 minutes	sandbag carry: 1 mile with 1/2 x bodyweight 800 meter run: 2:50 minutes	sandbag carry: 1 mile with 3/4 x bodyweight 800 meter run: 2:20 minutes
speed	500 meter row: women 2:20 men 1:55	500 meter row: women 2:00 men 1:45	500 meter row: women 1:50 men 1:32	500 meter row: women 1:40 men 1:25
hips	vertical jump: 25cm	vertical jump: 45cm	vertical jump: 64cm	vertical jump: 76cm
push	dips: 3	dips: 20 dip: 1 with 1/3 x bodyweight	dips: 30 on rings dip: 1 with 3/4 x bodyweight	dips: 50 on rings dip: 1 with 1 x bodyweight
pull	pull ups: 3	pull ups: 20 pull up: 1 with 1/3 x bodyweight muscle up: 1	pull ups: 40 pull up: 1 with 3/4 x bodyweight muscle up: 10	pull ups: 40 dead hang pull up: 1 with 1 x bodyweight muscle up: 15
core	L-sit: 10 seconds	L-sit: 30 seconds	L-sit: 1 minute	L-sit: 1:30 minutes
work	2000 meter row: women 9:50 men 8:10	2000 meter row: women 8:50 men 7:30	row: 5k row for women at 21:00 6k row for men at 21:45	row: 5k row for women at 20:00 6k row for men at 20:00
speed	medicine ball cleans: 10	power snatch: 1/2 x bodyweight	snatch: 1 x bodyweight	snatch: 1 1/4 x bodyweight
work	Christine: 15 minutes3 rounds for time -- 500 m row,12 deadlifts, 21 box jumps 1 mile run: 9 minutes	Helen: 11:30 minutes3 rounds for time -- 400 meterrun, 21 kb swings, 12 pull ups 1 mile run: 7 minutes	Chelsea: 30 minutesevery minute on the minute for 30minutes - 5 pull ups, 10 push ups,15 squats 1 mile run: 6 minutes	Mary: 15 rounds in 20 minutes5 handstand push ups,10 pistols, 15 pull ups 1 mile run: 5 minutes