

WEIGHTLIFTING	LEVEL 1		WEIGHT	X	LEVEL 2		WEIGHT	X	LEVEL 3		WEIGHT	X	LEVEL 4		WEIGHT	X	LEVEL 5		WEIGHT	X	LEVEL 6		WEIGHT	X	LEVEL 7		WEIGHT	X
	BACK, FRONT, OHS	Bar			BACK SQUAT	80%			BACK SQUAT	120%			BACK SQUAT	140%			BACK SQUAT	M: 160% F: 150%			BACK SQUAT	M: 180% F: 160%			BACK SQUAT	M: 190% F: 170%		
SQUAT	BACK, FRONT, OHS	Bar			BACK SQUAT	80%			BACK SQUAT	120%			BACK SQUAT	140%			BACK SQUAT	M: 160% F: 150%			BACK SQUAT	M: 180% F: 160%			BACK SQUAT	M: 190% F: 170%		
PULL	DEADLIFT	Bar			DEADLIFT	80%			DEADLIFT	130%			DEADLIFT	170%			DEADLIFT	M: 210% F: 200%			DEADLIFT	M: 240% F: 210%			DEADLIFT	M: 250% F: 220%		
PUSH	BENCH PRESS	Bar			BENCH PRESS	50%			BENCH PRESS	M: 80% F: 70%			BENCH PRESS	M: 110% F: 80%			BENCH PRESS	M: 130% F: 100%			BENCH PRESS	M: 140% F: 100%			BENCH PRESS	M: 150% F: 110%		
PRESS	LANDMINE PRESS 5/side	M: 50% F: 30%			STRICT PRESS	M: 50% x 3 F: 30% x 3			STRICT PRESS	M: 60% x 3 F: 40% x 3			STRICT PRESS	M: 70% x 3 F: 50% x 3			STRICT PRESS	M: 80% x 2 F: 60% x 2			STRICT PRESS	M: 90% x 1 F: 75% x 1			STRICT PRESS	M: 100% x 1 F: 85% x 1		
DYNAMIC	CLEAN & PRESS	Bar			CLEAN & JERK	50%			CLEAN & JERK	M: 80% F: 70%			CLEAN & JERK	M: 110% F: 90%			CLEAN & JERK	M: 130% F: 100%			CLEAN & JERK	M: 140% F: 110%			CLEAN & JERK	M: 150% F: 120%		
DYNAMIC	SNATCH	Bar			SNATCH	30%			SNATCH	50%			SNATCH	70%			SNATCH	M: 90% F: 80%			SNATCH	M: 100% F: 90%			SNATCH	M: 110% F: 100%		
<b>GYMNASTICS</b>																												
SQUAT	AIR SQUAT in 20s	10			AIR SQUAT in 20s	15			PISTOL	1/leg			PISTOL	5/leg			PISTOL	10/leg			PISTOL	15/leg			PISTOL	20/leg		
PULL	M: (S) PULL UP F: PULL UP W/BAND	M: 1 F: 5			(S) PULL UP	M: 7 F: 3			M: (K) C 2 B F: (K) PULL UP	7			M: BAR M UP F: (K) C 2 B	M: 1 F: 1			BAR M UP	M: 3 F: 1			(S) RING M UP	M: 3 F: 1			(K) RING M UP	M: 8 F: 5		
PUSH	PUSH UP - TECHNIQUE CHECK	M: 5 F: 1			PUSH UP	M: 15 F: 10			RING PUSH UP	M: 10 F: 7			RING DIP	M: 10 F: 7			(S) HSPU	M: 5 F: 3			(S) HSPU	M: 10 F: 8			(K) HSPU	M: 20 F: 17		
CORE	PIKE LEG RASIES	10			BODY WEIGHT SUPPORT PIKE HOLD	10s			TUCK HOLD	10s			1 LEG STRAIGHT 1 TUCK HOLD	10s/side			L SIT	10s			STRICT TOES TO BAR	M: 15 F: 12			STRICT TOES TO BAR	M: 20 F: 17		
CORE	TUCK HOLLOW HOLD	30s			TUCK HOLLOW HOLD	60s			HOLLOW BODY HOLD	30s			TUCK ROCK	20			HOLLOW ROCK	20			HOLLOW ROCK	50 in 2 mins			HOLLOW ROCK	100 in 3 mins		
BALANCE	PIKE HOLD	30s			45° INCLINE WALL FACING HOLD	30s			NOSE & TOES TO WALL HOLD	30s			KICK UP TO WALL HOLD	30s			FREE STANDING HANDSTAND	5s			FREE STANDING HANDSTAND	20s			FREE STANDING HSPU	3		
<b>METABOLIC CONDITIONING</b>																												
RUN	400m RUN	M: 2:20 F: 2:30			400m RUN	M: 2:00 F: 2:10			400m RUN	M: 1:40 F: 1:50			400m RUN	M: 1:30 F: 1:40			400m RUN	M: 1:20 F: 1:30			400m RUN	M: 1:15 F: 1:25			400m RUN	M: 1:10 F: 1:20		
RUN	1 MILE RUN	M: 10:00 F: 11:00			1 MILE RUN	M: 9:00 F: 9:50			1 MILE RUN	M: 8:00 F: 8:45			1 MILE RUN	M: 7:20 F: 8:00			5K RUN	M: 25:00 F: 26:30			5K RUN	M: 23:00 F: 25:00			10K RUN	M: 46:00 F: 50:00		
ROW	500m ROW	M: 2:10 F: 2:30			500m ROW	M: 2:00 F: 2:20			500m ROW	M: 1:50 F: 2:05			500m ROW	M: 1:45 F: 2:00			500m ROW	M: 1:40 F: 1:55			500m ROW	M: 1:38 F: 1:50			500m ROW	M: 1:35 F: 1:45		
ROW	1K ROW	M: 5:00 F: 5:30			1K ROW	M: 4:30 F: 5:10			1K ROW	M: 3:55 F: 4:30			2K ROW	M: 7:30 F: 9:00			2K ROW	M: 7:30 F: 8:30			5K ROW	M: 19:20 F: 22:10			5K ROW	M: 18:45 F: 21:30		
BIKE	10 MINUTES FOR CALORIES	M: 50 F: 30			10 MINUTES FOR CALORIES	M: 70 F: 50			10 MINUTES FOR CALORIES	M: 80 F: 60			10 MINUTES FOR CALORIES	M: 90 F: 70			10 MINUTES FOR CALORIES	M: 120 F: 100			10 MINUTES FOR CALORIES	M: 150 F: 125			10 MINUTES FOR CALORIES	M: 175 F: 150		
ROPE	JUMP ROPE	50 (UB)			JUMP ROPE	75 (UB)			DOUBLE UNDER	10 (UB)			DOUBLE UNDER	50 (UB)			DOUBLE UNDER	75 (UB)			DOUBLE UNDER	100 (UB)			DOUBLE UNDER	150 (UB)		
BENCHMARK	BASELINE (with ring rows)	M: 9:15 F: 10:30			BASELINE (with jumping pullups)	M: 8:15 F: 9:30			BASELINE	M: 7:15 F: 8:30			BASELINE	M: 6:15 F: 7:30			BASELINE	M: 5:15 F: 6:30			BASELINE	M: 4:30 F: 5:35			BASELINE	M: 3:45 F: 4:40		
BENCHMARK	GRACE (from hang) M: 45 F: 35	M: 7:00 F: 8:00			GRACE	M: 6:00 F: 7:00			GRACE	M: 5:30 F: 6:00			GRACE	M: 5:00 F: 5:15			GRACE	M: 3:45 F: 4:00			GRACE	M: 2:45 F: 2:55			GRACE	M: 2:30 F: 2:30		
<b>TOTAL AVAILABLE</b>		20			20				20				20				20				20				20			
<b>TOTAL REQUIRED</b>		18			17				16				16				16				16				16			
<b>Benchmark Guide</b>																												
Isabel	35/15 Hang snatch	<8 mins			45/35 Snatch	<7 mins			75/55 Snatch	<7 mins			95/65 Thruster	<6 mins			135/95 Snatch	<5 mins			135/95 Snatch	<4 mins			135/95 Snatch	<3 mins		
Fran	Empty barbell thruster Ring rows	<9 mins			75/55 Thruster Jumping pullups	<8 mins			95/65 Thruster Pull ups	<8 mins			95/65 Thruster Pull ups	<7 mins			95/65 Thruster Pull ups	<6 mins			95/65 Thruster Pull ups	<5 mins			95/65 Thruster Pull ups	<4 mins		
Annie	Single unders Ab mat sit ups	<12 mins			Single unders Ab mat sit ups	<10 mins			Double unders Ab mat sit ups	<10 mins			Double unders Ab mat sit ups	<8 mins			Double unders Ab mat sit ups	<7 mins			Double unders Ab mat sit ups	<6.5 mins			Double unders Ab mat sit ups	<6 mins		
Filthy 50 (Dirty 30 for L1 & 2)	18/12" Box step ups Jumping pull ups 26/150 Russian KBS Walking lunges Knee raises 25/150 Push press BW good-mornings 14/10lbs Wallballs Up downs Single unders	<35 mins			20/18" Box step ups Jumping pull ups 26/150 American KBS Walking lunges Knee raises 25/200 Push press BW good-mornings 14/12lbs Wallballs Burpees Single unders	<30 mins			24/20" Box step ups Jumping pull ups 35/200 American KBS Walking lunges Knees to 90 45/350 Push press Barbell good-mornings 20/14lbs Wallballs Burpees Single unders	<30 mins			24/20" Box step ups Jumping pull ups 35/200 American KBS Walking lunges Knees to elbow 45/350 Push press Barbell good-mornings 20/14lbs Wallballs Burpees Double unders	<28 mins			24/20" Box step ups Jumping pull ups 35/200 American KBS Walking lunges Knees to elbow 45/350 Push press Barbell good-mornings 20/14lbs Wallballs Burpees Double unders	<25 mins			24/20" Box step ups Jumping pull ups 35/200 American KBS Walking lunges Knees to elbow 45/350 Push press Barbell good-mornings 20/14lbs Wallballs Burpees Double unders	<22 mins			24/20" Box step ups Jumping pull ups 35/200 American KBS Walking lunges Knees to elbow 45/350 Push press Back extensions 20/14lbs Wallballs Burpees Double unders	<20 mins		
Murph	1/2 Murph partitioned No weight vest Ring rows	<40 mins			1/2 Murph partitioned No weight vest Assisted pull ups	<35 mins			Full Murph partitioned No weight vest Assisted pull ups ok	<60 mins			Full Murph partitioned Weight vest Assisted pull ups ok	<60 mins			Full Murph partitioned Weight vest Pull ups	<50 mins			Full Murph unpartitioned Weight vest Pull ups	<45 mins			Full Murph unpartitioned Weight vest Pull ups	<40 mins		