#### Athletic Skill Standards

## How fit are you?

That simple question quickly gets complex. Fit for what? How fit is fit enough, and how do you evaluate your fitness?

- Develop fitness with sport-focused workouts, and test your fitness through competitive sports. It's
  rewarding to be good at a competitive sport. But most sport-focused workouts are specialized
  enough to leave weak areas you may not be aware of. Unexposed weaknesses can lead to
  performance plateaus and injuries.
- Test yourself in combat. This has some obvious disadvantages as a fitness test.
- Use a set of standards that encompass all components of physical fitness. We've developed the Athletic Skill Standards as a versatile and user-friendly tool to fill this role.

The ten generally recognized components of physical fitness are: **cardiorespiratory endurance**, **strength**, **stamina**, **flexibility**, **coordination**, **agility**, **balance**, **accuracy**, **power** and **speed**. A varied workout program like CrossFit develops all of these components. To maximize vertical growth (development of new strengths and skills), it helps to set goals, measure progress, and aim for balance among the skills. The Athletic Skill Standards make goal-setting more efficient and allow you to evaluate your progress through four levels of fitness.

### **Using the Athletic Skill Standards**

Developing expertise in any area requires determined, consistent effort. It takes "grit." But grit will not help you if you are only reinforcing existing strengths (horizontal growth) instead of developing weak areas into strength (vertical growth). The Standards are designed to provide a general fitness perspective, to help set appropriate goals, and to allow focus work on weak areas that results in the rewarding mastery of activities you couldn't do before. The levels are:

<u>Level I</u> – **Healthy beginner.** This level is the minimum standard for health. Lacking these basic levels of strength, flexibility and work capacity makes daily life unnecessarily limited. The complete Level I should be attainable within three to 12 months for those with no significant limitations. At this level, proper basic movements, such as hip flexion and active shoulder use, are developed, while healed injuries and structural problems are resolved.

<u>Level II</u> – Intermediate athlete. All healthy adults can aspire to this level of fitness and should perceive these skills as normal. Basic movements are perfected and advanced skills are introduced. The complete Level II may take from six months to several years to reach after achieving Level I. Along the way, you develop significant levels of strength, stamina, work capacity and speed, building on the Level I foundation already attained.

<u>Level III</u> – **Advanced athlete.** Few people posses this level of general fitness, although any healthy person can achieve it. The strength, work capacity, power and skill required to meet these goals can prepare you to tackle any kind of physical performance with competence and confidence. Expect to invest another three to five years of consistent effort. This is an appropriate level of general fitness for those who depend on their fitness: competitive athletes, military, law enforcement and firefighters. Engaging in combat or highly competitive sports without possessing the abilities of Level III is inviting injury or failure. Any additional requirements of your sport need to be added to this list.

<u>Level IV</u> – <u>Elite athlete.</u> This level of achievement requires long-term dedication and a passion for fitness. The skills required of Level IV are very advanced and, taken as a whole, represent a highly skilled and well-rounded athlete.

Each skill level contains its own progression of multi-joint movements of increasing skill, making it easy to expose weak areas, set goals, and gauge your progress. At the same time, you experience the rewards of increased general fitness. You develop strength, stamina and flexibility with measurable drills such as running, rowing and a selection of named CrossFit workouts. Increasingly complex movements bring improvement in coordination, balance and power output.

Finally, the Athletic Skill Standards are intended to be a gauge and a guide, not a standardized test you are obliged to "pass." Do not beat yourself up for not being "elite." Use the Standards to evaluate your strengths and weaknesses and to make smart choices about your training time. This guide is not a definitive guide to CrossFit, an exercise prescription, nor a complete guide to developing the skills. The skills are intended to be broadly representative of general fitness.

#### Caution

Proper form in all movements is imperative. Many resources are available to help with technique: coaching, videos, books, seminars, and workout partners. USE THEM!

Coach David T. Werner, CrossFit North Editor, Fran Mason



# Skill Level I -- White well rounded beginner

|                |                |                   | GOALS:   | 1 Month: | 3 Months: |
|----------------|----------------|-------------------|----------|----------|-----------|
| SQUATS         | Date           |                   |          |          |           |
| SQUATS         | Reps           |                   |          |          |           |
| Benchmark:     | 50 free squar  | ts                |          |          |           |
|                | ·              |                   | GOALS:   | 1 Month: | 3 Months: |
| DUGUUDA        | Date           |                   |          |          |           |
| PUSH UPS       | Reps           |                   |          |          |           |
| Benchmark:     | 10 pushups     |                   |          |          |           |
|                | , ,            |                   | GOALS:   | 1 Month: | 3 Months: |
| STATIC         | Date           |                   |          |          |           |
| HANG           | Time           |                   |          |          |           |
|                | 30 seconds     |                   |          |          |           |
| 20/10/III/a/K. | 20 00001140    |                   | GOALS:   | 1 Month: | 3 Months: |
|                | Date           |                   | OUALS.   | i wonth. | o months. |
| SITUPS         | Reps           |                   |          |          |           |
| Benchmark:     |                |                   |          |          |           |
| Benchinark.    | ου διίμρο      |                   | GOALS:   | 1 Month: | 3 Months: |
| KB             | Doto           |                   | GUALS:   | 1 WOUTH: | 3 WORMS:  |
| SWINGS         | Date           |                   |          |          |           |
|                | Reps           | owingo            |          |          |           |
| benchmark:     | 25 kettlebell  | Swings            | 00410    | 4 March  | 2 Manth s |
| 400 845755     | Data           | T T               | GOALS:   | 1 Month: | 3 Months: |
| 400 METER      |                |                   |          |          |           |
| RUN            | Time           |                   |          |          |           |
| Benchmark:     | 2:04 minutes   |                   |          |          |           |
|                |                | 1                 | GOALS:   | 1 Month: | 3 Months: |
| DEAD LIFT      | Date           |                   |          |          |           |
|                | Weight         |                   |          |          |           |
| Benchmark:     | 3/4 x bodywe   | eight deadlift    |          |          |           |
|                |                |                   | GOALS:   | 1 Month: | 3 Months: |
| MILITARY       | Date           |                   |          |          |           |
| PRESS          | Weight         |                   |          |          |           |
| Benchmark:     | 1/4 x bodywe   | eight military pr | ess      |          |           |
|                |                |                   | GOALS:   | 1 Month: | 3 Months: |
| HIGH BUIL      | Date           |                   |          |          |           |
| HIGH PULL      | Weight         |                   |          |          |           |
| Benchmark:     | 1/2 x bodywe   | eight high pull   |          |          |           |
|                |                |                   | GOALS:   | 1 Month: | 3 Months: |
| KNEES TO       | Date           |                   |          |          |           |
| CHEST          | Reps           |                   |          |          |           |
|                | 10 sitting kne | es to chest       |          |          |           |
|                |                |                   | GOALS:   | 1 Month: | 3 Months: |
| WALL           | Date           |                   | 007.1201 |          |           |
| BALL           | Reps           |                   |          |          |           |
|                | 25 wallballs   |                   |          |          |           |
| Donominark.    | LO Wallballs   |                   | GOALS:   | 1 Month: | 3 Months: |
| 800 METER      | Date           |                   | GUALS.   | I WOITH. | J WORLD   |
| RUN            | Time           |                   |          |          |           |
|                |                |                   |          |          |           |
| benchinark:    | 4:20 minutes   |                   |          |          |           |

|              |              |               | 1             | GOALS: | 1 Month: | 3 Months: |  |
|--------------|--------------|---------------|---------------|--------|----------|-----------|--|
| 500 METER    | Date         |               |               |        |          |           |  |
| ROW          | Time         |               |               |        |          |           |  |
|              | women 2:20   | men 1:55      |               |        |          |           |  |
|              |              |               |               | GOALS: | 1 Month: | 3 Months: |  |
| VERTICAL     | Date         |               |               |        |          |           |  |
| JUMP         | Height       |               |               |        |          |           |  |
| Benchmark:   |              |               |               |        |          |           |  |
|              |              |               |               | GOALS: | 1 Month: | 3 Months: |  |
| 5156         | Date         |               |               |        |          |           |  |
| DIPS         | Reps         |               |               |        |          |           |  |
| Benchmark:   | 3 dips       |               |               |        |          |           |  |
|              | •            |               |               | GOALS: | 1 Month: | 3 Months: |  |
| PULL UPS     | Date         |               |               |        |          |           |  |
| PULL UPS     | Reps         |               |               |        |          |           |  |
| Benchmark:   | 3 pull ups   |               |               |        | _        |           |  |
|              |              |               |               | GOALS: | 1 Month: | 3 Months: |  |
| L-SIT        | Date         |               |               |        |          |           |  |
| L-311        | Time         |               |               |        |          |           |  |
| Benchmark:   | 10 second L- | -sit          |               |        |          |           |  |
|              |              |               |               | GOALS: | 1 Month: | 3 Months: |  |
| 2000 METER   |              |               |               |        |          |           |  |
| ROW          | Time         |               |               |        |          |           |  |
| Benchmark:   | women 9:50   | men 8:10      |               |        |          |           |  |
|              |              |               |               | GOALS: | 1 Month: | 3 Months: |  |
| MB           | Date         |               |               |        |          |           |  |
|              | Reps         |               |               |        |          |           |  |
| Benchmark:   | 10 medicine  | ball cleans   |               |        |          |           |  |
|              |              |               |               | GOALS: | 1 Month: | 3 Months: |  |
| CHRISTINE    | Date         |               |               |        |          |           |  |
|              | Time         |               |               |        |          |           |  |
| Benchmark:   |              |               |               |        |          |           |  |
| Description: | 3 rounds for | time - 500m r | ow, 12 deadli |        |          |           |  |
|              | -            | T             | T             | GOALS: | 1 Month: | 3 Months: |  |
| 1 MILE       | Date         |               |               |        |          |           |  |
| RUN          | Time         |               |               |        |          |           |  |
| Benchmark:   | 9 minutes    |               |               |        |          |           |  |

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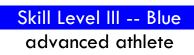
May 7, 2006





|                   |                      |                  |            | GOALS: | 1 Month:    | 3 Months:   |
|-------------------|----------------------|------------------|------------|--------|-------------|-------------|
| SQUATS            | Date                 |                  |            |        |             |             |
|                   | Reps                 |                  |            |        |             |             |
| Benchmark:        | 100 free squa        | ats              |            |        |             |             |
|                   |                      |                  |            | GOALS: | 1 Month:    | 3 Months:   |
| SQUAT             | Date                 |                  |            |        |             |             |
|                   | Weight               |                  |            |        |             |             |
| Benchmark:        | 1 x bodyweig         | ıht squat        |            |        |             |             |
|                   | -                    |                  |            | GOALS: | 1 Month:    | 3 Months:   |
| PUSH UPS          | Date                 |                  |            |        |             |             |
|                   | Reps                 |                  |            |        |             |             |
| Benchmark:        | 30 pushups           |                  |            | 00410  | 4.84 41     | O.M. with a |
| DENCH             | Data                 |                  |            | GOALS: | 1 Month:    | 3 Months:   |
| BENCH<br>PRESS    | Date                 |                  |            |        |             |             |
|                   | Weight  1 x bodyweig | tht banch proc   | 20         |        |             |             |
| Benchinalk.       | i x bodyweig         | in bench pres    | 00         | GOALS: | 1 Month:    | 3 Months:   |
| ROPE              | Date                 |                  |            | GUALS: | i wonth:    | 3 WORTHS:   |
| CLIMB             | Trip                 |                  |            |        |             |             |
|                   | 20 foot climb        | 1 trip           |            |        |             |             |
| Donominark.       | 20 1001 0111110      | , ι αιρ          |            | GOALS: | 1 Month:    | 3 Months:   |
|                   | Date                 |                  |            | OOALO. | 1 WOTH.     | J Months.   |
| V-UPS             | Reps                 |                  |            |        |             |             |
| Benchmark:        |                      |                  |            |        |             |             |
|                   |                      |                  |            | GOALS: | 1 Month:    | 3 Months:   |
| KB                | Date                 |                  |            |        |             |             |
| SNATCH            | Reps                 |                  |            |        |             |             |
|                   | 30 each arm          | men 24kg v       | vomen 16kg |        |             |             |
|                   |                      |                  |            | GOALS: | 1 Month:    | 3 Months:   |
| <b>400 METER</b>  | Date                 |                  |            |        |             |             |
| RUN               | Time                 |                  |            |        |             |             |
| Benchmark:        | 1:34 minutes         |                  |            |        |             |             |
|                   |                      |                  |            | GOALS: | 1 Month:    | 3 Months:   |
| DEAD LIET         | Date                 |                  |            |        |             |             |
| DEAD LIFT         | Weight               |                  |            |        |             |             |
| Benchmark:        | 1 1/2 x body         | weight deadlift  |            |        |             |             |
|                   |                      |                  |            | GOALS: | 1 Month:    | 3 Months:   |
| MILITARY          |                      |                  |            |        |             |             |
| PRESS             | Weight               | indet on "I"     |            |        |             |             |
| Benchmark:        | 1/2 x bodywe         | eignt military p | ress       | COALC  | 4.00        | O Manuthan  |
| HANDOTA           | Doto                 |                  |            | GOALS: | 1 Month:    | 3 Months:   |
| HANDSTAND<br>HOLD |                      |                  |            |        |             |             |
|                   | Time 1 minute hai    | ndetand hold     |            |        |             |             |
| Denominark.       | i illillule ilai     | านรเลทน ทบเน     |            | GOALS: | 1 Month:    | 3 Months:   |
| POWER             | Date                 |                  |            | GUALS. | I WOILII.   | J WOTHINS.  |
| CLEAN             | Weight               |                  |            |        |             |             |
|                   | 3/4 x bodywe         | eight power cle  | ean        |        |             |             |
| Sonorimark.       | J. I. A. Dody We     | agar power or    |            | GOALS: | 1 Month:    | 3 Months:   |
| KNEES TO          | Date                 |                  |            | JOALS. | i inolitii. | o months.   |
|                   | Reps                 |                  |            |        |             |             |
|                   | 15 hanging k         | nees to elbow    | /S         |        |             |             |
|                   | - Jg                 |                  |            |        |             |             |

|              |                  |                 |                | 00410         | 4.84()    | O Manda    |
|--------------|------------------|-----------------|----------------|---------------|-----------|------------|
|              |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| THRUSTERS    | Date             |                 |                |               |           |            |
|              | Reps             |                 |                |               |           |            |
| Benchmark:   | : 45 1/2 x bo    | dyweight thrus  | ters           |               |           |            |
|              |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| 800 METER    | Date             |                 |                |               |           |            |
| RUN          | Time             |                 |                |               |           |            |
| Benchmark:   | 3:20 minutes     |                 |                |               |           |            |
| L            |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| 500 METER    | Date             |                 |                |               |           |            |
| ROW          | Time             |                 |                |               |           |            |
|              | women 2:00       | men 1:45        |                |               |           |            |
| Bononmant.   | Wolfloll 2.00    | 111011 1.10     |                | GOALS:        | 1 Month:  | 3 Months:  |
| VERTICAL     | Data             |                 |                | GOALS.        | 1 WOTEN.  | 5 WOTHIS.  |
| JUMP         | Height           |                 |                |               |           |            |
| Benchmark:   |                  |                 |                |               |           |            |
| benchmark.   | 16 Inches        |                 |                | 00410         | 4.84 41.  | O.M. and a |
|              | Data             |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| DIPS         | Date             |                 |                |               |           |            |
|              | Reps             |                 |                |               |           |            |
| Benchmark:   | 20 dips          |                 |                | 1             |           |            |
|              |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| DIP          | Date             |                 |                |               |           |            |
|              | Reps             |                 |                |               |           |            |
| Benchmark:   | : 1 dip with 1/3 | x bodyweight    |                |               |           |            |
|              |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| PULL UPS     | Date             |                 |                |               |           |            |
| PULL UPS     | Reps             |                 |                |               |           |            |
| Benchmark:   | 20 pull ups      |                 |                |               |           |            |
|              |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
|              | Date             |                 |                |               |           |            |
| PULL UP      | Weight           |                 |                |               |           |            |
| Benchmark:   | 1 with 1/3 x k   | podvweiaht      |                |               |           |            |
|              |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| MUSCLE       | Date             |                 |                | 007.120.      |           |            |
| UP           | Reps             |                 |                |               |           |            |
| Benchmark:   |                  |                 |                |               |           |            |
| Bonominark.  | 1                |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
|              | Date             |                 |                | GUALS.        | I WOITHI. | 3 WOTHIS.  |
| L-SIT        | Time             |                 |                |               |           |            |
| Ponohmark    | 30 second L      | cit             |                |               |           |            |
| benchinark:  | 30 Second L      | -આ              |                | 00410         | 4 10      | O Mandhar  |
| 0000 11====  | Doto             |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| 2000 METER   |                  |                 |                |               |           |            |
| ROW          | Time             | 7.00            |                |               |           |            |
| Benchmark:   | women 8:50       | men 7:30        |                | lee c         | 4 55      |            |
| B 2117       | In .             |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| POWER        | Date             |                 |                |               |           |            |
| SNATCH       |                  |                 |                |               |           |            |
| Benchmark:   | 1/2 x bodywe     | eight power sna | atch           |               |           |            |
| _            |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| HELEN        | Date             |                 |                |               |           |            |
|              | Time             |                 |                |               |           |            |
| Benchmark:   | 11:30 minute     | es              |                |               |           |            |
| Description: | 3 rounds for     | time - 400m ru  | ın, 21 kb swii | ngs, 12 pullu | ıps       |            |
|              |                  |                 |                | GOALS:        | 1 Month:  | 3 Months:  |
| 1 MILE       | Date             |                 |                |               |           |            |
| RUN          | Time             |                 |                |               |           |            |
| Benchmark:   |                  |                 |                |               |           |            |
|              |                  |                 |                |               |           |            |





|                         |                                  | 1           | 00410       |          |               |
|-------------------------|----------------------------------|-------------|-------------|----------|---------------|
|                         |                                  |             | GOALS:      | 1 Month: | 3 Months:     |
| PISTOLS                 | Date                             |             |             |          |               |
| 1 101 020               | Reps                             |             |             |          |               |
| Benchmark:              | 10 each leg                      |             |             |          |               |
|                         |                                  |             | GOALS:      | 1 Month: | 3 Months:     |
|                         | Date                             |             |             |          |               |
| SQUAT                   | Weight                           |             |             |          |               |
| Ronchmark:              | 1 1/2 x bodyweight squat         |             |             |          |               |
| Dericilliark.           | 1 1/2 x bodyweight squat         |             | GOALS:      | 1 Month: | 3 Months:     |
|                         | Data                             | 1           | GUALS.      | 1 WOTH.  | 3 MOTHUS.     |
| PUSH UPS                | Date                             |             |             |          |               |
|                         | Reps                             |             |             |          |               |
| Benchmark:              | 40 ring pushups                  |             |             |          |               |
|                         |                                  |             | GOALS:      | 1 Month: | 3 Months:     |
| BENCH                   | Date                             |             |             |          |               |
| PRESS                   | Weight                           |             |             |          |               |
| Benchmark:              | 1 1/4 x bodyweight bench         | press       |             |          |               |
|                         | , ,                              | •           | GOALS:      | 1 Month: | 3 Months:     |
| ROPE                    | Date                             |             |             |          |               |
| CLIMB                   | Trip                             |             |             |          |               |
|                         | 20 foot climb, 1 trip, no fee    | ) <i>t</i>  |             |          |               |
| benchinark.             | 20 100t Cilitib, 1 trip, 110 fee | <i>5</i> 1  | 00410       | 4 Manth. | O Manually as |
|                         |                                  | I           | GOALS:      | 1 Month: | 3 Months:     |
| OVERHEAD                |                                  |             |             |          |               |
| SQUAT                   | Weight                           |             |             |          |               |
| Benchmark:              | 1 x bodyweight overhead          | squat       |             |          |               |
|                         |                                  |             | GOALS:      | 1 Month: | 3 Months:     |
| KB                      | Date                             |             |             |          |               |
| SNATCH                  | Reps                             |             |             |          |               |
| Benchmark:              | 10 minute snatch test, 200       | reps. men 2 | 4ka women 1 | 6ka      |               |
|                         | ,                                | ,           | GOALS:      | 1 Month: | 3 Months:     |
| 400 METER               | Date                             |             | COMEC.      |          |               |
| RUN                     | Time                             |             |             |          |               |
| _                       | 1:19 minutes                     |             |             |          |               |
| benchinark.             | 1.19 minutes                     |             | 00410       | 4.88 41  | O Mary than   |
|                         | 1= :                             | T           | GOALS:      | 1 Month: | 3 Months:     |
| DEAD LIFT               | Date                             |             |             |          |               |
|                         | Weight                           |             |             |          |               |
| Benchmark:              | 2 x bodyweight deadlift          |             |             |          |               |
|                         |                                  |             | GOALS:      | 1 Month: | 3 Months:     |
| MILITARY                | Date                             |             |             |          |               |
| PRESS                   | Weight                           |             |             |          |               |
| Benchmark:              | 3/4 x bodyweight military p      | oress       |             |          |               |
|                         |                                  |             | GOALS:      | 1 Month: | 3 Months:     |
| HANDSTAND               | Date                             |             | 00/1201     |          |               |
| PUSH UP                 | Time                             |             |             |          |               |
|                         | 10 handstand push ups            |             |             |          |               |
| Denominark.             | το παπαδιαπά ράδιτ άρδ           |             | COALC       | 1 Manth: | 2 Manths:     |
|                         | Data                             | I           | GOALS:      | 1 Month: | 3 Months:     |
| CLEAN                   | Date                             |             |             |          |               |
|                         | Weight                           |             |             |          |               |
| Benchmark:              | 1 x bodyweight clean             |             |             |          |               |
|                         |                                  |             | GOALS:      | 1 Month: | 3 Months:     |
| HANGING<br>STRAIGHT LEG | Date                             |             |             |          |               |
| RAISE                   | Reps                             |             |             |          |               |
|                         | 20 hanging straight leg rai      | ises        |             |          |               |
|                         |                                  |             |             |          |               |

| SANDBAG Date CARRY Benchmark: 1 mile sandbag carry with 1/2 x bodyweight  BOO METER Date RUN Time Benchmark: 2:50 minutes  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SOO METER Date ROW Benchmark: 2:50 minutes  GOALS: 1 Month: 3 Months:  VERTICAL JUMP Benchmark: 25 inches  GOALS: 1 Month: 3 Months:  DIPS Reps Benchmark: 30 ring dips  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  DIP Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  DIP Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  DIP Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  DIP Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  DIP Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 10  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DATE Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DATE Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DATE Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DATE Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DATE Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DATE Reps Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  DATE Reps Benchmark: 3 minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | SANDRAG Date CARRY Benchmark: 1 mile sandbag carry with 1/2 x bodyweight  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SOO METER Date Time Benchmark: 2:00 minutes  GOALS: 1 Month: 3 Months:  SOO METER Date Time Benchmark: 2:00 minutes  GOALS: 1 Month: 3 Months:  VERTICAL JUMP Benchmark: 25 inches  GOALS: 1 Month: 3 Months:  DIPS Benchmark: 30 ming dips  GOALS: 1 Month: 3 Months:  DIPS Benchmark: 30 ming dips  GOALS: 1 Month: 3 Months:  DIPS Benchmark: 40 puth 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  PULL UPS Benchmark: 40 puth 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  PULL UP Benchmark: 1 vith 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  Benchmark: 1 vith 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  COALS: 1 Month: 3 Months:  Benchmark: 1 vith 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  MUSCLE UP Benchmark: 1 vith 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  Benchmark: 1 vith 3/4 x bodyweight snatch  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 3 x bodyweight snatch  GOALS: 1 Month: 3 Months:  |              |                 |               |               | GOALS:       | 1 Month: | 3 Months:                             |
|--|--|--------------|-----------------|---------------|---------------|--------------|----------|---------------------------------------|
| CARY Benchmark: 1 mile sandbag carry with 1/2 x bodyweight  SOO METER RUN Time Benchmark: 2:50 minutes  GOALS: 1 Month: 3 Months:  SOO METER Date RUN Time Benchmark: 2:50 minutes  GOALS: 1 Month: 3 Months:  VERTICAL JUMP Benchmark: 25 inches  GOALS: 1 Month: 3 Months:  VERTICAL JUMP Benchmark: 25 inches  GOALS: 1 Month: 3 Months:  DIPS Benchmark: 30 ring dips  GOALS: 1 Month: 3 Months:  DIPS Benchmark: 30 ring dips  GOALS: 1 Month: 3 Months:  DIP Date Reps Benchmark: 7 dip with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  PULL UPS Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Weight Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 3 months:  CHELSEA Reps Benchmark: 3 minutes Benchmark: 1 minutes Benchmark: 1 m | CARY   Reps   Benchmark: 1 mile sandbag carry with 1/2 x bodyweight   GOALS: 1 Month: 3 Months:  | SANDRAG      | Date            |               |               | GUALS.       | 1 WOTH.  | 5 MOTHUS.                             |
| Benchmark: 1 mile sandbag carry with 1/2 x bodyweight   GOALS: 1 Month: 3 Months:  | Benchmark: 1 mile sandbag carry with 1/2 x bodyweight   GOALS: 1 Month: 3 Months:  |              |                 |               |               |              |          |                                       |
| SOO METER   Date   | SOO METER   Date   |              |                 | ag carry with | 1/2 v hodywe  | eiaht        |          |                                       |
| SOO METER   Date   | SOO METER   Date   | Denominark.  | T TIME Sariab   | ag carry with | 1/2 X DOGYWO  |              | 1 Month: | 3 Months:                             |
| RUN Time Benchmark: 2:50 minutes  GOALS: 1 Month: 3 Months:  SOM METER Date Time Benchmark: women 1:50 men 1:32  VERTICAL JUMP Benchmark: 25 inches  GOALS: 1 Month: 3 Months:  VERTICAL JUMP Benchmark: 25 inches  GOALS: 1 Month: 3 Months:  DIPS Benchmark: 30 ing dips  GOALS: 1 Month: 3 Months:  DIP Benchmark: 30 ing dips  GOALS: 1 Month: 3 Months:  DIP Benchmark: 1 dip with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  PULL UPS Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Benchmark: 4 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  PULL UP Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  L-SIT Date Weight Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Date GOALS: 1 Month: 3 Months:  Benchmark: 1 x bodyweight snatch  CHELSEA Date Reps Benchmark: 1 x bodyweight snatch   | RUN   Time   Benchmark: 2:50 minutes   GOALS: 1 Month: 3 Months:   | 800 METER    | Date            |               |               | GOALS.       | 1 WOTEN. | 5 WOILUIS.                            |
| Benchmark: 2.50 minutes   GOALS: 1 Month: 3 Months:  | Benchmark: 2:50 minutes   GOALS: 1 Month: 3 Months:  |              |                 |               |               |              |          |                                       |
| GOALS: 1 Month: 3 Months:   South Month: 3 M   | GOALS: 1 Month: 3 Months:   Soon METER   Date   Time   Soon METER   Date   Time   Soon METER   Date   Soon METER   Date   Time   Soon Meter   Soon   |              |                 |               |               |              |          |                                       |
| SOO METER   Date   ROW   Time   Benchmark: women 1:50 men 1:32   GOALS: 1 Month: 3 Months:   | SOO METER   Date   ROW   Time   Benchmark: women 1:50 men 1:32   GOALS: 1 Month: 3 Months:   | Borionmank.  | 2.00 1111114100 |               |               | GOALS:       | 1 Month: | 3 Months:                             |
| Time   | Time   Benchmark:   Time   Date   Time   Date   Time   Benchmark:   Time   Date   Time   Benchmark:   Time   Date   Time   Benchmark:   Time   Time   Date   Time   Benchmark:   Time   Time   Date   Time   Benchmark:   Time   Time   Time   Time   Date   Time   Benchmark:   Time   Time   Time   Time   Benchmark:   Time   Tim   | 500 METER    | Date            |               |               | 00/1201      |          |                                       |
| Benchmark: women 1:50 men 1:32   GOALS: 1 Month: 3 Months:   | Benchmark: women 1:50 men 1:32   GOALS: 1 Month: 3 Months:   |              |                 |               |               |              |          |                                       |
| VERTICAL JUMP Height Benchmark: 25 inches    Date Reps   Benchmark: 30 ring dips   | VERTICAL JUMP Benchmark: 25 inches  GOALS: 1 Month: 3 Months:  DIPS Benchmark: 30 ing dips  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 40 individual pub Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Date Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Date Weight Benchmark: 40 vill ups  GOALS: 1 Month: 3 Months:  PULL UP Reps Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  L-SIT Date Time Benchmark: 40 minute L-sit  GOALS: 1 Month: 3 Months:  COALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  COALS: 1 Mon |              |                 | men 1:32      |               |              |          |                                       |
| VERTICAL JUMP Height Benchmark: 25 inches    Date Reps   Benchmark: 30 ring dips   | VERTICAL JUMP Benchmark: 25 inches  GOALS: 1 Month: 3 Months:  DIPS Benchmark: 30 ing dips  GOALS: 1 Month: 3 Months:  DIP Reps Benchmark: 40 individual pub Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Date Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Date Weight Benchmark: 40 vill ups  GOALS: 1 Month: 3 Months:  PULL UP Reps Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  L-SIT Date Time Benchmark: 40 minute L-sit  GOALS: 1 Month: 3 Months:  COALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  COALS: 1 Mon |              |                 |               |               | GOALS:       | 1 Month: | 3 Months:                             |
| Benchmark: 25 inches    GOALS: 1 Month: 3 Months:  | Dips   | VERTICAL     | Date            |               |               |              |          |                                       |
| DIPS   Date   Reps   Benchmark: 30 ning dips   | DIPS   Date   Reps      | JUMP         | Height          |               |               |              |          |                                       |
| DIPS Benchmark: 30 ring dips    Date   Reps   Benchmark: 30 ring dips  | DIPS   Date   Reps   Benchmark: 30 fing dips    DIP   Date   Reps   Benchmark: 1 dip with 3/4 x bodyweight    PULL UPS   Reps   Benchmark: 40 pull ups    Benchmark: 40 pull ups    GOALS: 1 Month: 3 Months:    PULL UP   Date   Reps   Benchmark: 1 with 3/4 x bodyweight    Benchmark: 1 with 3/4 x bodyweight    MUSCLE   UP   Reps   Reps   Benchmark: 1 minute L-sit    Date   Time   Benchmark: 1 minute L-sit    GOALS: 1 Month: 3 Months: 3 Months:    Boate   Time   Benchmark: 3 Months: 3 Months:    Boate   Time   Benchmark: 3 Months: 3 Months:    CHELSEA   Date   Time   Benchmark: 1 x bodyweight snatch    CHELSEA   Date   Reps   Benchmark: 1 x bodyweight snatch    CHELSEA   Date   Reps   Benchmark: 3 Months: 3 Months:    Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats    GOALS: 1 Month: 3 Months:    1 MILE   RUN   Time   Tim | Benchmark:   | 25 inches       |               |               |              |          |                                       |
| Benchmark: 30 ring dips    GOALS: 1 Month: 3 Months:   | Benchmark: 30 ring dips    GOALS: 1 Month: 3 Months:   |              |                 |               |               | GOALS:       | 1 Month: | 3 Months:                             |
| Date   Reps   Benchmark: 30 ring dips   GOALS: 1 Month: 3 Months:  | Reps   Benchmark: 30 ring dips   GOALS: 1 Month: 3 Months:   | DIDE         | Date            |               |               |              |          |                                       |
| DIP Date Reps Benchmark: 1 dip with 3/4 x bodyweight    COALS: 1 Month: 3 Months:  | Dip   Date   Reps   Benchmark: 1 dip with 3/4 x bodyweight   | DIFS         | Reps            |               |               |              |          |                                       |
| DIP Reps Benchmark: 1 dip with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  PULL UPS Date Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Weight Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  MUSCLE UP Reps Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Date Time GOALS: 1 Month: 3 Months:  ROW Date Time GOALS: 1 Month: 3 Months:  SOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  COALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SOALS: 1 Month: 3 Months:  CHELSEA Date Reps Benchmark: 30 minutes Benchmark: 30 minutes Description: every minute on the minute for 30 minutes-5 pull ups, 10 push ups, 15 squats  | DIP Reps Benchmark: 1 dip with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  PULL UPS Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Weight Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  MUSCLE Date Weight Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Date Time GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  CHELSEA Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  CHELSEA Date Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Date Reps Benchmark: 30 minutes Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats GOALS: 1 Month: 3 Months:  1 MILE Date RUN Time   | Benchmark:   | 30 ring dips    |               |               |              |          |                                       |
| Benchmark: 1 dip with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  PULL UPS Reps  Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Weight  Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  MUSCLE UP Reps  Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Date GOALS: 1 Month: 3 Months:  L-SIT Time GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SOALS: 1 Month: 3 Months:  COALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Date GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes-5 pull ups, 10 push ups, 15 squats   | Reps   Benchmark: 1 dip with 3/4 x bodyweight  |              |                 |               |               | GOALS:       | 1 Month: | 3 Months:                             |
| Reps   Benchmark: 1 dip with 3/4 x bodyweight  | Reps   GOALS: 1 Month: 3 Months:   | DIP          |                 |               |               |              |          |                                       |
| PULL UPS   | PULL UPS Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Weight Benchmark: 1 with 3/4 x bodyweight  MUSCLE PReps Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months: 3 Months:  MUSCLE PReps Benchmark: 10  GOALS: 1 Month: 3 Months: 3 Months: 4 Month: 3 Months: 4 Month: 4 Month: 5 Month: 5 Month: 6 Mont |              |                 |               |               |              |          |                                       |
| PULL UPS   Reps   Rep   | PULL UPS Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Weight Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  MUSCLE UP Reps Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Time Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  ROW Date Time Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 3 ominutes  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 30 minutes  GOALS: 1 Month: 3 Months:  CHELSEA Reps Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE Date Time   | Benchmark:   | 1 dip with 3/4  | x bodyweight  |               |              |          |                                       |
| Reps Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  MUSCLE UP Reps Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Date Time Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Date GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 3 minutes  Date Reps Benchmark: 30 minutes Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | Benchmark: 40 pull ups  GOALS: 1 Month: 3 Months:  PULL UP  Weight  Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:  MUSCLE UP Reps Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Time Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  ROW Time Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes-5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE Date Reps Benchmark: 30 minutes  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes-5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:   | _            |                 |               |               | GOALS:       | 1 Month: | 3 Months:                             |
| Reps   Benchmark: 40 pull ups   GOALS: 1 Month: 3 Months:  | Reps   Benchmark: 40 pull ups   GOALS: 1 Month: 3 Months:  | PULL UPS     |                 |               |               |              |          |                                       |
| PULL UP  | PULL UP Benchmark: 1 with 3/4 x bodyweight  GOALS: 1 Month: 3 Months:    MUSCLE   Date   Reps   Benchmark: 10  |              |                 |               |               |              |          |                                       |
| PULL UP  | PULL UP   Date   Weight   Benchmark: 1 with 3/4 x bodyweight   GOALS: 1 Month: 3 Months:    MUSCLE   Date   Reps   Benchmark: 10   GOALS: 1 Month: 3 Months:    L-SIT   Date   Time   Benchmark: 1 minute L-sit   GOALS: 1 Month: 3 Months:    ROW   Date   Time   Benchmark: 5k row for women at 21:00, 6k row for men at 21:45    SNATCH   Date   Reps   Benchmark: 1 x bodyweight snatch   GOALS: 1 Month: 3 Months:    SNATCH   Date   GOALS: 1 Month: 3 Months:    GOALS: 1 Month: 3 Months:   GOALS: 1 Month: 3 Months:    SNATCH   Date   Reps   Benchmark: 1 x bodyweight snatch   GOALS: 1 Month: 3 Months:    CHELSEA   Date   Reps   Benchmark: 30 minutes   GOALS: 1 Month: 3 Months:    Description: every minute on the minute for 30 minutes-5 pull ups, 10 push ups, 15 squats    GOALS: 1 Month: 3 Months:   GOALS: 1 Month: 3 Months:    1 MILE   Date   Time   Date   Time   | Benchmark:   | 40 pull ups     |               |               |              |          |                                       |
| Weight   Benchmark: 1 with 3/4 x bodyweight   GOALS: 1 Month: 3 Months:  | Weight   Benchmark: 1 with 3/4 x bodyweight   GOALS: 1 Month: 3 Months:  |              | ln /            |               |               | GOALS:       | 1 Month: | 3 Months:                             |
| Benchmark: 1 with 3/4 x bodyweight   GOALS: 1 Month: 3 Months:   | Benchmark: 1 with 3/4 x bodyweight   GOALS: 1 Month: 3 Months:   | PULL UP      |                 |               |               |              |          |                                       |
| MUSCLE   Date   Reps   Benchmark: 10   GOALS: 1 Month: 3 Months:   | GOALS: 1 Month: 3 Months:  | Danahmark    |                 | ad musicipt   |               |              |          |                                       |
| MUSCLE   UP   Reps   Benchmark: 10   GOALS: 1 Month: 3 Months:   | MUSCLE UP Reps Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Date Time Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  ROW Date Time Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps Benchmark: 30 minutes Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  SNATCH Reps Benchmark: 30 minutes Description: 30 minutes GOALS: 1 Month: 3 Months:  SOALS: 1 Month: 3 Months:  SOALS: 1 Month: 3 Months:  CHELSEA Reps Benchmark: 30 minutes Date Reps Benchmark: 30 minutes Date Time  GOALS: 1 Month: 3 Months:  SOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:   | benchmark.   | I WILLI 3/4 X L | loayweigin    |               | COALS        | 4 Manth. | 2 Months:                             |
| Pack   Benchmark: 10   GOALS: 1 Month: 3 Months:   | Pack   Benchmark: 10   GOALS: 1 Month: 3 Months:   | MUSCLE       | Doto            |               |               | GUALS:       | i wonth: | 3 WORTHS:                             |
| Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Date Time  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  ROW Date Time  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Date Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | Benchmark: 10  GOALS: 1 Month: 3 Months:  L-SIT Date Time  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  ROW Date Time  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Date Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE Date GOALS: 1 Month: 3 Months:   |              |                 |               |               |              |          |                                       |
| CHELSEA   Date   Time   Date   Date   Time   Date   | CHELSEA   Date   Reps   Benchmark: 1 x bodyweight snatch   |              |                 |               |               |              |          |                                       |
| L-SIT Date Time  | L-SIT   Date   Time   Benchmark: 1 minute L-sit    ROW   Date   Time   Benchmark: 5k row for women at 21:00, 6k row for men at 21:45    SNATCH   Date   Reps   Benchmark: 1 x bodyweight snatch    CHELSEA   Date   Reps   Benchmark: 30 minutes   Benchmark: 30 minutes    Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats    GOALS: 1 Month: 3 Months:    HILE   Date   Date   Date   Date   Date    RUN   Time   Date   Time   Date   Date    Time   Date   Time   Date   Date    Time   Date   Time   Date   Time   Date    Time   Date   Date   Date    Time   Date   Date   Date    Time   Date   Date | Denominark.  | 10              |               |               | COALS:       | 1 Month: | 2 Months:                             |
| Time   Benchmark: 1 minute L-sit   GOALS: 1 Month: 3 Months:   | Time  Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  ROW Date Time  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Date Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE Date Time   |              | Date            |               |               | GUALS.       | 1 WOTH.  | 5 MOTHUS.                             |
| Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  ROW Date Time  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Date Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  | Benchmark: 1 minute L-sit  GOALS: 1 Month: 3 Months:  ROW Date Time  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE Date Time  | L-SIT        |                 |               |               |              |          |                                       |
| ROW Date Time Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  SNATCH Date Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | ROW   Date   Time   Benchmark: 5k row for women at 21:00, 6k row for men at 21:45   GOALS: 1 Month: 3 Months:  | Benchmark:   |                 | it .          |               |              |          |                                       |
| ROW    Date   Time   | ROW Date Time  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE RUN Time   | Donominari.  | . Timido E di   |               |               | GOALS:       | 1 Month: | 3 Months:                             |
| Time  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  SNATCH  Date Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  CHELSEA  Benchmark: 3 Months:  CHELSEA  Date Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | Time  Benchmark: 5k row for women at 21:00, 6k row for men at 21:45  GOALS: 1 Month: 3 Months:  SNATCH  Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA  Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE  RUN  Time  |              | Date            |               |               | JOALS.       | ondi.    | o months.                             |
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| SNATCH Date Reps Senchmark: 1 x bodyweight snatch  CHELSEA Reps Senchmark: 30 minutes  Date Reps Senchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | Date   Reps   Benchmark: 1 x bodyweight snatch   GOALS: 1 Month: 3 Months:   | Benchmark:   |                 | men at 21:00. | 6k row for r  | men at 21:45 |          |                                       |
| SNATCH Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  | SNATCH Reps  Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:  GOALS: 1 Month: 3 Months:   |              |                 |               |               | _            | 1 Month: | 3 Months:                             |
| Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | Reps Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE RUN  Time  | Chiator      | Date            |               |               |              |          |                                       |
| Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | Benchmark: 1 x bodyweight snatch  GOALS: 1 Month: 3 Months:  CHELSEA  Reps  Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE RUN  Time   | SNATCH       |                 |               |               |              |          |                                       |
| CHELSEA Date Reps Benchmark: 30 minutes Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | CHELSEA Date Reps Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE RUN Time  | Benchmark:   |                 | ıht snatch    |               |              |          |                                       |
| Reps Benchmark: 30 minutes Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  | Reps Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE RUN  Time  |              |                 |               |               | GOALS:       | 1 Month: | 3 Months:                             |
| Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  | Benchmark: 30 minutes  Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE RUN Time  | CHEI SEV     |                 |               |               |              |          |                                       |
| Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats   | Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats  GOALS: 1 Month: 3 Months:  1 MILE RUN Time   |              |                 |               |               |              |          |                                       |
|  | GOALS: 1 Month: 3 Months:   1 MILE   |              |                 |               |               |              |          |                                       |
|  | 1 MILE Date RUN Time   | Description: | every minute    | on the minute | e for 30 minu |              |          | · · · · · · · · · · · · · · · · · · · |
|  | RUN Time   |              |                 |               |               | GOALS:       | 1 Month: | 3 Months:                             |
|  |  |              |                 |               |               |              |          |                                       |
|  |  |              |                 |               |               |              |          |                                       |
| Donahmarki 6 minutaa   | Benchmark: 6 minutes   | Benchmark:   | 6 minutes       |               |               |              |          |                                       |





|  |                         |                 |               | GOALS:   | 1 Month: | 3 Months: |
|--|-------------------------|-----------------|---------------|----------|----------|-----------|
| PISTOLS  | Date                    |                 |               |          |          |           |
|  | Reps                    |                 |               |          |          |           |
| Benchmark:   | 25 each leg             |                 |               |          |          |           |
|  |                         |                 |               | GOALS:   | 1 Month: | 3 Months: |
| SQUAT  | Date                    |                 |               |          |          |           |
|  | Weight                  |                 |               |          |          |           |
| Benchmark:   | 2 x bodyweigh           | t squat         |               |          |          |           |
|  |                         |                 |               | GOALS:   | 1 Month: | 3 Months: |
| PUSH UPS   | Date                    |                 |               |          |          |           |
|  | Reps                    |                 |               |          |          |           |
| Benchmark:   | 60 ring pushup          | os <u> </u>     |               |          |          |           |
|  |                         | T               |               | GOALS:   | 1 Month: | 3 Months: |
| BENCH  | Date                    |                 |               |          |          |           |
| PRESS  | Weight                  |                 |               |          |          |           |
| Benchmark:   | 1 1/2 x bodywe          | ا eight bench   | oress         | T        |          |           |
|  |                         | T               |               | GOALS:   | 1 Month: | 3 Months: |
| ROPE   | Date                    |                 |               |          |          |           |
| CLIMB  | Trips                   |                 |               |          |          |           |
| Benchmark:   | 20 foot climb,          | 2 trips touch   | and go, no fe | 1        |          |           |
|  | -                       |                 |               | GOALS:   | 1 Month: | 3 Months: |
| OVERHEAD   | Date                    |                 |               |          |          |           |
| SQUAT  | Reps                    |                 |               |          |          |           |
| Benchmark:   | 15 repetitions          | at 1 x bodyw    | eight         | I        |          |           |
| 0.000  | 1-                      |                 |               | GOALS:   | 1 Month: | 3 Months: |
| 2 DB/KB  | Date                    |                 |               |          |          |           |
| C&J  | Reps                    |                 | 101           | 101      |          |           |
| Benchmark:   | 100 reps in 10          | minutes, me     | en 16kg wor   | men 12kg |          |           |
|  | In .                    |                 |               | GOALS:   | 1 Month: | 3 Months: |
| 400 METER  |                         |                 |               |          |          |           |
| RUN  | Time                    |                 |               |          |          |           |
| Benchmark:   | 1:04 minutes            |                 |               | 00410    | 4.8.5.41 |           |
|  | <b>D</b> .              |                 |               | GOALS:   | 1 Month: | 3 Months: |
| <b>DEAD LIFT</b>   | Date                    |                 |               |          |          |           |
| D = == =   == = =   == = =   == = =   == = =   == = =   == = =   == =   == =   == = =   == = =   ==   == =   == =   == =   == =   == =   == =   == =   == =   ==   == =   == | Weight                  |                 |               |          |          |           |
| Benchmark:   | 2 1/2 x bodyw           | eignt aeaaiii   | t             | 00410    | 4.88 (1) | 0.84      |
| MUITADY  | Dete                    |                 |               | GOALS:   | 1 Month: | 3 Months: |
| MILITARY   |                         |                 |               |          |          |           |
| PRESS  | Weight                  | t militar i pro |               |          |          |           |
| benchmark.   | 1 x bodyweigh           | it military pre | 88            | OCAL C   | 4 Mantha | 2 Manthay |
| HANDOTAND  | Doto                    |                 |               | GOALS:   | 1 Month: | 3 Months: |
| HANDSTAND<br>PUSH UP   |                         |                 |               |          |          |           |
|  | Time<br>10 full range h | andstand no     | ch uno        |          |          |           |
| benchmark:   | To Tull Tange n         | аниѕани ри      | sii ups       | COME     | 1 Months | 3 Months: |
|  | Doto                    |                 |               | GOALS:   | 1 Month: | 3 WORKES: |
| CLEAN  | Date<br>Weight          |                 |               |          |          |           |
| Renchmark  | Weight  1 1/2 x bodywe  | eight clean     |               |          |          |           |
| Denominark.  | 1 1/2 x Dodywe          | oigni oican     |               | GOALS:   | 1 Month: | 3 Months: |
| FRONT  | Date                    |                 |               | GUALS.   | i Monui. | J WOULDS. |
| LEVER  | Reps                    |                 |               |          |          |           |
|  | 15 seconds              |                 |               |          |          |           |
| Donominant.  | 10 00001103             |                 |               |          |          |           |

|               |                 |                 |              | GOALS:       | 1 Month: | 3 Months:  |
|---------------|-----------------|-----------------|--------------|--------------|----------|------------|
| SANDBAG       | Dato            |                 |              | GUALS.       | 1 WOTH.  | 3 WOITHS.  |
| CARRY         | Reps            |                 |              |              |          |            |
|               |                 | ag carry with 3 | 3/4 x hodywe | eiaht        |          |            |
| Denominark.   | T TITILE SATION | ag carry with   | 3/4 X DOGYWC | GOALS:       | 1 Month: | 3 Months:  |
| 800 METER     | Date            |                 |              | GOALS.       | 1 WOTH.  | 5 WOILTIS. |
| RUN           | Time            |                 |              |              |          |            |
|               | 2:20 minutes    |                 |              |              |          |            |
| Benommant.    | Z.Zo minatoc    |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| 500 METER     | Date            |                 |              | 007.120.     |          |            |
| ROW           | Time            |                 |              |              |          |            |
|               | women 1:40      | men 1:25        |              |              |          |            |
|               |                 |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| VERTICAL      | Date            |                 |              |              |          |            |
| JUMP          | Height          |                 |              |              |          |            |
| Benchmark:    | 30 inches       |                 |              |              |          |            |
|               |                 |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| DIPS          | Date            |                 |              |              |          |            |
|               | Reps            |                 |              |              |          |            |
| Benchmark:    | 50 ring dips    |                 |              |              |          |            |
|               |                 |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| DIP           | Date            |                 |              |              |          |            |
|               | Reps            |                 |              |              |          |            |
| Benchmark:    | 1 dip with 1 x  | bodyweight      |              |              |          |            |
|               |                 |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| PULL UPS      | Date            |                 |              |              |          |            |
|               | Reps            |                 |              |              |          |            |
| Benchmark:    | 40 dead han     | g pull ups      |              |              |          |            |
|               | 1= .            |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| PULL UP       | Date            |                 |              |              |          |            |
| Danalana anto | Weight          | -l :l- (        |              |              |          |            |
| Benchmark:    | 1 with 1 x bo   | ayweignt        |              | OOAL C       | 4 Mantha | O Manshay  |
| MUSCLE        | Doto            |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| UP            | Date            |                 |              |              |          |            |
| Benchmark:    | Reps            |                 |              |              |          |            |
| benchinark.   | 15              |                 |              | GOALS:       | 4 Months | 2 Months:  |
|               | Date            |                 |              | GUALS:       | 1 Month: | 3 Months:  |
| L-SIT         | Time            |                 |              |              |          |            |
| Renchmark:    | 1:30 minute     | l -sit          |              |              |          |            |
| Donominark.   | 7.00 minute     | _ 0/1           |              | GOALS:       | 1 Month: | 3 Months:  |
|               | Date            |                 |              | JUALU.       | i wondi. | J MOILLIS. |
| ROW           | Time            |                 |              |              |          |            |
| Benchmark:    |                 | men at 20:00,   | 6k row for r | men at 20:00 |          |            |
|               |                 | 21.21.20.00,    | 2            | GOALS:       | 1 Month: | 3 Months:  |
| 0115          | Date            |                 |              |              |          |            |
| SNATCH        | Reps            |                 |              |              |          |            |
| Benchmark:    |                 | weight snatch   |              |              |          |            |
|               |                 |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| BA A D.V      | Date            |                 |              |              |          |            |
| MARY          | Reps            |                 |              |              |          |            |
| Benchmark:    | 15 rounds in    | 20 minutes      |              |              |          |            |
| Description:  | 10 handstan     | d pushups, 10   | pistols and  | 15 pull ups  |          |            |
|               |                 |                 |              | GOALS:       | 1 Month: | 3 Months:  |
| 1 MILE        | Date            |                 |              |              |          |            |
| RUN           | Time            |                 |              |              |          |            |
| Benchmark:    | 5 minutes       |                 |              |              |          |            |
|               |                 |                 |              |              |          |            |



## 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                                   | pistols: 10 each leg  | pistols: 25 each leg   |
|-------|------------------------------------|---|---|--|
|       |                                    | squat: 1 x bodyweight                                     | squat: 1 1/2 x bodyweight   | squat: 2 x bodyweight  |
| push  | push ups: 10                       | push ups: 30  | push ups: 40 on rings   | push ups: 60 on rings  |
|       |                                    | bench press: 1 x bodyweight                               | bench press: 1 1/4 x bodyweight                                   | bench press: 1 1/2 x bodyweight                                  |
| pull  | static hang: 30 seconds            | rope climb: 20 foot climb, 1 trip                         | rope climb: 20 foot climb 1 trip, no feet                         | rope climb: 20 foot 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<br>men 24kg women 16kg     | kettlebell snatch: 10 minute test<br>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  |
| work  | wall ball: 25                      | thrusters: 45 reps at 1/2 x bodweight                     | sandbag carry: 1 mile with 1/2 x bodyweight                       | sandbag carry: 1 mile with 3/4 x bodyweight                      |
|       | <b>800 meter run:</b> 4:20 minutes | 800 meter run: 3:20 minutes                               | 800 meter run: 2:50 minutes                                       | 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                                | <b>500 meter row:</b> women 1:40 men 1:25                        |

Level I well rounded beginner

Level II intermediate athlete

Level III advanced athlete

Level IV elite athlete

| hips  | vertical jump: 10 inches  | vertical jump: 18 inches  | vertical jump: 25 inches   | vertical jump: 30 inches  |
|-------|---|---|--|---|
| 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  | <i>L-sit</i> : 1:30 minutes   |
| work  | <b>2000 meter row:</b> women 9:50 men 8:10                                    | <b>2000 meter row:</b> women 8:50 men 7:30                                      | row: 5k row for women at 21:00<br>6k row for men at 21:45  | row: 5k row for women at 20:00<br>6k row for men at 20:00                   |
| speed | medicine ball cleans: 10  | power snatch: 1/2 x bodyweight  | snatch: 1 x bodyweight   | <i>snatch:</i> 1 1/4 x bodyweight   |
| work  | Christine: 15 minutes 3 rounds for time 500 m row, 12 deadlifts, 21 box jumps | Helen: 11:30 minutes 3 rounds for time 400 meter run, 21 kb swings, 12 pull ups | Chelsea: 30 minutes every minute on the minute for 30 minutes - 5 pull ups, 10 push ups, 15 squats | Mary: 15 rounds in 20 minutes 5 handstand push ups, 10 pistols, 15 pull ups |
|       | 1 mile run: 9 minutes   | 1 mile run: 7 minutes   | 1 mile run: 6 minutes  | 1 mile run: 5 minutes   |

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