

REAL FITNESS STANDARDS

	LEVEL I (NOVICE)	LEVEL II (BEGINNER)	LEVEL III (INTERMEDIATE)	LEVEL IV (ADVANCED)	LEVEL V (ELITE)
HIPS	AIR SQUAT: 40 REPS IN 2 MINS	AIR SQUAT: 50 REPS IN 2 MINS	AIR SQUAT: 100 REPS IN 2 MINS	10 PISTOLS EACH LEG	25 PISTOLS EACH LEG
PUSH	PUSH UP: 20 REPS ON KNEES	PUSH UP: 20 REPS ON TOES	PUSH UP: 30 REPS ON TOES	RING PUSH UP: 40 REPS ON TOES	RING PUSH UPS: 60 REPS ON TOES
PULL	PULL UP: 10 REPS ON ANY POWER BAND	PULL UP: 10 REPS ON SMALL POWER BAND	PULL UP: 20 REPS + 1 REP WITH 0.25 X B/W	PULL UP: 40 REPS + PULL UP: 1 REP WITH 0.50 X B/W	DEAD HANG PULL UP: 40 REPS + 1 REP WITH 0.75 X B/W
CORE	4-POINT AB BRIDGE: 1.00 MINS	4-POINT AB BRIDGE: 1.30 MINS	4-POINT AB BRIDGE: 2.30 MIN	3-POINT AB BRIDGE: 2.30 MIN	3-POINT AB BRIDGE: 3 MIN
WORK CAPACITY	KETTLEBELL AMERICAN SWING: 50 REPS. FEMALE - 8KG, MALE - 12KG	KETTLEBELL AMERICAN SWING: 50 REPS. FEMALE - 10KG, MALE - 16KG	KETTLEBELL AMERICAN SWING: 50 REPS FEMALE 16KG, MALE 24KG	KETTLEBELL AMERICAN SWING: 50 REPS FEMALE 20KG, MALE 28KG	KETTLEBELL AMERICAN SWING: 50 REPS FEMALE 24KG, MALE 32KG
ENDURANCE	1KM ROW - SUB 5.00 MINS	1KM ROW - SUB 4.30 MINS	2KM ROW - SUB 7.30 MINS	2KM ROW - SUB 7.00 MINS	2KM ROW - SUB 6.30 MINS
SPEED	400M RUN: 2.15 MINS	400M RUN: 2.05 MINS	400M RUN: 1.35 MINS	400M RUN: 1.20 MINS	400M RUN: 1.10 MINS
HIPS	BACK SQUAT: 0.50 X B/W	BACK SQUAT: 0.75 X B/W	BACK SQUAT: 1 X B/W	BACK SQUAT: 1.5 X B/W	BACK SQUAT: 2 X B/W
PUSH	SHOULDER PRESS: 0.15 X B/W	SHOULDER PRESS: 0.25 X B/W	SHOULDER PRESS: 0.50 X B/W	SHOULDER PRESS: 0.75 X B/W	SHOULDER PRESS: 1 X B/W
PULL	POWER CLEAN: 0.25 X B/W	POWER CLEAN: 0.50 X B/W	POWER CLEAN: 0.75 X B/W	POWER CLEAN: 1 X B/W	POWER CLEAN: 1.25 X B/W
CORE	SIT UP: 10 REPS	TUCK SIT: 10 SECS	L-SIT: 30 SECS	L-SIT: 1 MIN	L-SIT: 1.30 MINS
WORK CAPACITY	KETTLEBELL SNATCH: 30 REPS/3 MINS FEMALE - 8KG MALE - 12 KG	KETTLEBELL SNATCH: 50 REPS/5 MINS FEMALE - 10KG MALE - 16 KG	KETTLEBELL SNATCH: 75 REPS/5 MINS FEMALE - 12KG MALE - 20KG	24KG KETTLEBELL SNATCH: 100 REPS/5 MINS FEMALE - 16KG MALE - 24KG	24KG KETTLEBELL SNATCH: 200 REPS/10MINS FEMALE - 16KG MALE - 24KG
ENDURANCE	2KM ROW - SUB 10 MINS	2KM ROW - SUB 9 MINS	10KM ROW - SUB 45 MINS	10KM ROW - SUB 42 MINS	10KM ROW - SUB 40 MINS
SPEED	800M RUN: SUB 5 MINS	800M RUN: SUB 4.20 MINS	800M RUN: SUB 3.20 MINS	800M RUN - SUB 2.50 MINS	800M RUN: SUB 2.20 MINS
HIPS	BOX JUMP: 12"	BOX JUMP: 21"	BOX JUMP: 31"	BOX JUMP: 42"	BOX JUMP: 50"
PUSH	DIP: 5 REPS ON ANY POWER BAND	DIP: 5 REPS ON SMALL POWER BAND	DIP: 20 REPS UNASSISTED	RING DIP: 30 REPS UNASSISTED	RING DIP: 40 REPS UNASSISTED
PULL	ROPE CLIMB: 5 CELL SCALED CLIMBS	ROPE CLIMB: 1 ASCENT WITH LEGS	ROPE CLIMB: 1 ASCENT. NO LEGS	ROPE CLIMB: 2 ASCENTS DOUBLE UP. NO LEGS	ROPE CLIMB: 4 ASCENTS DOUBLE UP, NO LEGS
CORE	OVERHEAD SQUAT: W/BROOM STICK	OVERHEAD SQUAT: 0.25 X B/W	OVERHEAD SQUAT: 0.75 X B/W	OVERHEAD SQUAT: 1.25 X B/W	OVERHEAD SQUAT: BODY WEIGHT X 15 REPS
WORK CAPACITY	SINGLE KETTLEBELL CLEAN & JERK - LONG CYCLE: 25 REPS EACH SIDE IN 5 MINS FEMALE - 8KG MALE 12KG	LONG CYCLE DOUBLE KB CLEAN & JERK: 25 REPS/5 MINS FEMALE - 10KG MALE -16KG	LONG CYCLE DOUBLE KB CLEAN & JERK: 50 REPS/5 MINS FEMALE - 12KG MALE - 20KG	LONG CYCLE DOUBLE KB CLEAN & JERK 75 REPS/10 MINS FEMALE - 16KG MALE - 24KG	LONG CYCLE DOUBLE KB CLEAN & JERK: 60 REPS/10 MINS FEMALE - 20KG MALE - 32KG
ENDURANCE	1.6KM RUN - SUB 8.30 MINS	2.5KM RUN - SUB 13.30 MINS	5KM RUN - SUB SUB 21 MINS	5KM RUN - SUB 19 MINS	5KM RUN SUB 17.30 MINS
SPEED	500M ROW: 2.15 MINS	500M ROW: 2.05 MINS	500M ROW: 1.35 MINS	500M ROW: 1.30 MINS	500M ROW: 1.25 MINS

HIPS	BROAD JUMP: 1.00 METRE	BROAD JUMP: 1.50 METRES	BROAD JUMP: 2 METRES	BROAD JUMP: 2.5 METRES	BROAD JUMP: 2.75 METRES
PUSH	KICK UP TO HANDSTAND & HOLD 5 SECS	HANDSTAND HOLD: 30 SECS	HANDSTAND PUSH UP. TOP OF HEAD TO FLOOR. HANDS ON FLOOR: 1 REP	HANDSTAND PUSH UP. ON PARALETTES. FULL ROM: 5 REPS	HANDSTAND PUSH UP. ON PARALETTES. FULL ROM: 10 REPS
PULL	DEADLIFT: 0.75 X BODY WEIGHT	DEADLIFT: 1 X BODY WEIGHT	DEADLIFT: 1.5 X BODY WEIGHT	DEADLIFT: 2 X BODY WEIGHT	DEADLIFT: 2.5 X BODY WEIGHT
CORE	KNEES TO CHEST: 5 REPS	KNEES TO ELBOWS: 5 REPS	KNEES TO ELBOWS: 20 REPS	SKIN THE CAT: 5 REPS	BACK LEVER
WORK CAPACITY	THRUSTER: 15 REPS @ 0.25 x B/W	THRUSTER: 21 REPS @ 0.25 x B/W	THRUSTER: 21 REPS @ 0.50 B/W	THRUSTER: 21 REPS @ 0.75 X B/W	THRUSTER: 30 REPS @ 0.75 X B/W
ENDURANCE	"EVA" (SCALED) SUB 30 MINS 3 ROUNDS FOR TIME OF: RUN 600M KB AMERICAN SWING X 30 REPS FEMALE 8KG, MALE 12KG PULL UPS X 15 ON ANY POWER BAND	"EVA" (SCALED) SUB 30 MINS 3 ROUNDS FOR TIME OF: RUN 600M KB AMERICAN SWING X 30 REPS FEMALE 10KG, MALE 16KG PULL UPS X 15 ON SMALL POWER BAND	"EVA" AS RX'D SUB 1 HOUR MINS	"EVA" AS RX'D SUB 50 MINS	"EVA" SUB 40 MINS
SPEED	DOUBLE UNDER: 2 REPS	DOUBLE UNDER: 10 REPS	DOUBLE UNDER: 40 REPS	DOUBLE UNDER: 60 REPS	DOUBLE UNDER: 80 REPS
WOD	THE CELL BASELINE WOD W/ASSISTANCE. REPS AS RX'D SUB 7.00 MINS	THE CELL BASELINE WOD UNASSISTED AND AS RX'D SUB 6.30 MINS	"FRAN" UNASSISTED & AS RX'D SUB 5.30 MINS	"FIGHT GONE BAD" AS RX'D 400+ POINTS	"ESCAPE FROM THE CELL" AS RX'D SUB 10 MINS

LEVELS

LEVEL I - This level demonstrates a basic level of fitness and skill for a novice and is the minimum standard required to lead a functional life. This level is attainable within 0 to 6 months.

LEVEL II- This level demonstrates a sound level of fitness and skill for a well rounded beginner. This level is attainable within 3 to 12 months.

LEVEL III- This level demonstrates an intermediate level of fitness and skill. This level is attainable in 6 months to 2 years.

LEVEL IV - This level demonstrates an advanced level of fitness and skill. This level is attainable in 12 months to 3 years. This is the minimum standard required for operational Military personnel, operational Police Officers and Fire Fighters.

LEVEL V - This level demonstrates an elite level of fitness and skill and a dedication to fitness beyond most. This level is attainable by all, but requires supreme commitment and sacrifice.