

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
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: FEMALE - 15 REPS, MALE - 20 REPS	PUSH UP: FEMALE - 25 REPS, MALE - 40 REPS	RING PUSH UP: FEMALE - 30 REPS, MALE - 45 REPS	RING PUSH UPS: FEMALE - 45 REPS, MALE - 60 REPS
PULL	PULL UP: 10 REPS ON ANY POWER BAND	PULL UP: 10 REPS ON SMALL POWER BAND	PULL UP: FEMALE - 15 REPS + 1 REP WITH 15% B/W, MALE - 25 REPS + 1 REP WITH 25% X B/W	PULL UP: FEMALE - 25 REPS + 1 REP WITH 25% B/W, MALE - 40 REPS + 1 REP WITH 50% B/W	PULL UP: FEMALE - 35 REPS + 1 REP WITH 50% B/W, MALE - 50 REPS + 1 REP WITH 75% B/W
CORE	4-POINT AB BRIDGE: 1.00 MINS	4-POINT AB BRIDGE: 1.30 MINS	4-POINT AB BRIDGE: 2.00 MIN	4-POINT AB BRIDGE: 3.00 MIN	4-POINT AB BRIDGE: 4.00 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 - FEMALE - SUB 5.10 MINS, MALE - SUB 4.40 MINS	1KM ROW - FEMALE - SUB 4.49 MINS, MALE - SUB 3.59 MINS	2KM ROW - FEMALE - SUB 9.30 MINS, MALE - SUB 8.00 MINS	2KM ROW - FEMALE SUB 8.30 MINS, MALE - SUB 7.30 MINS	2KM ROW - FEMALE SUB 8.00 MINS, MALE - SUB 7.00 MINS
SPEED	400M RUN: FEMALE - SUB 2.15 MINS MALE - SUB 2.05 MINS	400M RUN: FEMALE - SUB 2.05 MINS, MALE - SUB 1.50 MINS	400M RUN: FEMALE - SUB 1.50 MALE - SUB 1.30 MINS	400M RUN: FEMALE - SUB 1.30 MINS, MALE - SUB - 1.10 MINS	400M RUN: FEMALE - SUB 1.10 MINS, MALE - SUB 1.00 MIN
HIPS	BACK SQUAT: FEMALE - 50% B/W, MALE - 85% B/W	BACK SQUAT: FEMALE - 75% B/W, MALE - 125% B/W	BACK SQUAT: FEMALE - 90% B/W, MALE - 150% B/W	BACK SQUAT: FEMALE - 115% B/W, MALE - 175% B/W	BACK SQUAT: FEMALE - 150% B/W, MALE - 200% B/W
PUSH	SHOULDER PRESS: FEMALE - 30% B/W, MALE 50% B/W	SHOULDER PRESS: FEMALE - 40% B/W, MALE 60% B/W	SHOULDER PRESS: FEMALE - 50% B/W, MALE - 70% B/W	SHOULDER PRESS: FEMALE - 60% B/W, MALE 85% B/W	SHOULDER PRESS: FEMALE - 70% B/W, MALE - 100% B/W
PULL	POWER CLEAN: FEMALE - 30% B/W, MALE - 50% B/W	POWER CLEAN: FEMALE - 50% B/W, MALE - 75% B/W	POWER CLEAN: FEMALE - 65% B/W, MALE 110% B/W	POWER CLEAN: FEMALE - 85% B/W, MALE - 125% B/W	POWER CLEAN: FEMALE - 105% B/W, MALE - 150% B/W
CORE	SIT UP: 30 REPS	TUCK SIT: 10 SECS	L-SIT: 15 SECS	L-SIT: 30 SECS	L-SIT: 1.00 MIN
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 - FEMALE - SUB 11.00 MINS, MALE - SUB 10 MINS	5KM ROW - FEMALE - SUB 26.00 MINS, MALE - SUB 22.00 MINS	5KM ROW - FEMALE - SUB 24.00 MINS, MALE - SUB 20.30 MINS	5KM ROW - FEMALE - SUB 22.30 MINS, SUB 19.30 MINS	5KM ROW - FEMALE - SUB 21.30 MINS, MALE - SUB 18.30 MINS
SPEED	800M RUN: FEMALE - SUB 5.10 MINS MALE - SUB 5 MINS	800M RUN: FEMALE - SUB 5 MINS, MALE - SUB 4.20 MINS	800M RUN: FEMALE - SUB 4.20 MINS, MALE - SUB 3.30 MINS	800M RUN - FEMALE - SUB 3.30 MINS, MALE - SUB 2.50 MINS	800M RUN: FEMALE - 2.50 MINS, MALE - SUB 2.20 MINS
HIPS	BOX JUMP: 12"	BOX JUMP: FEMALE - 18", MALE - 21"	BOX JUMP: FEMALE - 24", MALE - 30"	BOX JUMP: FEMALE 30", MALE - 42"	BOX JUMP: FEMALE - 42". MALE - 50"
PUSH	DIP: 5 REPS ON ANY POWER BAND	DIP: 5 REPS ON SMALL POWER BAND	DIP: FEMALE 10 REPS, MALE - 20 REPS	RING DIP: FEMALE - 20 REPS, MALE - 30 REPS	RING DIP: FEMALE - 30 REPS, MALE - 40 REPS
PULL	ROPE CLIMB: 5 CELL SCALED CLIMBS	ROPE CLIMB: 1 ASCENT WITH LEGS	ROPE CLIMB: 2 ASCENTS IN 45 SECS	ROPE CLIMB: 3 ASCENTS, TOUCH & GO	ROPE CLIMB: 5 ASCENTS TOUCH & GO
CORE	OVERHEAD SQUAT: FEMALE - LADIES OLYMPIC BARBELL, MALE - MEN'S OLYMPIC BARBELL	OVERHEAD SQUAT: FEMALE - 35% B/W MALE - 45%	OVERHEAD SQUAT: FEMALE - 55% B/W, MALE - 65% B/W	OVERHEAD SQUAT: FEMALE - 80% B/W, MALE - 100% B/W	OVERHEAD SQUAT: FEMALE 100% B/W, MALE - 125% B/W
WORK CAPACITY	KETTLEBELL CLEAN & JERK: 25 REPS EACH SIDE/5 MINS FEMALE - 8KG MALE 12KG	DOUBLE KB CLEAN & JERK: 25 REPS/5 MINS FEMALE - 10KG MALE -16KG	DOUBLE KB CLEAN & JERK: 50 REPS/5 MINS FEMALE - 12KG MALE - 20KG	DOUBLE KB CLEAN & JERK 75 REPS/10 MINS FEMALE - 16KG MALE - 24KG	DOUBLE KB CLEAN & JERK: 60 REPS/10 MINS FEMALE - 20KG MALE - 32KG

ENDURANCE	1 MILE RUN: FEMALE - SUB 9.45 MINS, MALE - SUB 8.30 MINS	1.5 MILE RUN: FEMALE - 15.00 MINS, MALE - SUB 13.30 MINS	3 MILE RUN: FEMALE - SUB 23.30 MINS, MALE - SUB SUB 21.30 MINS	3 MILE RUN: FEMALES - SUB 21.30 MINS, MALE - SUB 19.30 MINS	3 MILE RUN: FEMALE - SUB 19.30 MINS, MALE - SUB 17.30 MINS
SPEED	500M ROW: FEMALE - 2.25 MINS MALE - 2.10 MINS	500M ROW FEMALE - 2.15 MINS MALE - 1.50 MINS	500M ROW: FEMALE - 2.02 MINS, MALE - 1.40 MINS	500M ROW: FEMALE - 1.53 MINS, MALE - 1.35 MINS	500M ROW: FEMALE - 1.46 MINS, MALE - 1.28 MINS
HIPS	BROAD JUMP: 1.00 METRE	BROAD JUMP: 1.50 METRES	BROAD JUMP: 2 METRES	BROAD JUMP: 2.25 METRES	BROAD JUMP: 2.50 METRES
PUSH	KICK UP TO HANDSTAND & HOLD 5 SECS	HANDSTAND HOLD: 30 SECS	HSPU (HANDS ON FLOOR). FEMALE - TOP OF HEAD TO AB MAT: 1 REP, MALE - TOP OF HEAD TO FLOOR: 1 REP	HSPU: FEMALE - TOP OF HEAD TO FLOOR. HANDS ON FLOOR - 1 REP, MALE - HANDSTAND PUSH UP HEAD TO FLOOR. HANDS ON 25KG PLATES - 4 REPS	FEMALE - HANDSTAND PUSH UP HEAD TO FLOOR. HANDS ON 25KG PLATES - 4 REPS, MEN - RING HSPU. RINGS 1 FIST ABOVE FLOOR. HEAD TO FLOOR - 4 REPS
PULL	DEADLIFT: FEMALE - 50% B/W, MALE - 80% B/W	DEADLIFT: FEMALE - 85% B/W, MALE - 150% B/W	DEADLIFT: FEMALE - 115% B/W, MALE - 175% B/W	DEADLIFT: FEMALE - 150% B/W, MALE - 215% B/W	DEADLIFT: FEMALE - 175% B/W, MALE - 250% B/W
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 @ FEMALE - 25% B/W, MALE 35% B/W	THRUSTER: 21 REPS @ FEMALE 30% B/W, MALE - 40% B/W	THRUSTER: 21 REPS @ FEMALE 40% B/W, MALE - 50% B/W	THRUSTER: 21 REPS @ FEMALE - 50% B/W, MALE - 60% B/W	THRUSTER: 30 REPS @ FEMALE - 60% B/W, MALE - 70% 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	"EVA" AS RX'D SUB 50 MINS	"EVA" SUB 40 MINS
SPEED	DOUBLE UNDER: 2 REPS IN 30 SECS	DOUBLE UNDER: 10 REPS IN 1 MIN	DOUBLE UNDER: 40 REPS IN 90 SECS	DOUBLE UNDER: 60 REPS IN 90 SECS	DOUBLE UNDER: 80 REPS IN 90 SECS
WOD	THE CELL BASELINE WOD W/ASSISTANCE. REPS AS RX'D FEMALE - SUB 7.00 MINS, MALE - SUB 6.45 MINS	THE CELL BASELINE WOD AS RX'D FEMALE - SUB 6.45 MINS, MALE - SUB 6.30 MINS	"FRAN" AS RX'D FEMALE - SUB 6.30 MINS, MALE - SUB 5.30 MINS	"FIGHT GONE BAD" AS RX'D FEMALE - 325+ POINTS, MALE - 350+ POINTS	"ESCAPE FROM THE CELL" AS RX'D FEMALE - SUB 12 MINS, MALE - SUB 11 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. 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.

LEVEL II - This level demonstrates a sound level of fitness and skill for a well rounded beginner. 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..

LEVEL III - This level demonstrates an intermediate level of fitness and skill. 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 a year to three 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.

LEVEL IV - This level demonstrates an advanced level of fitness and skill. Few people possess this level of general fitness, although any healthy person can achieve it. This level may require an investment of three to five years.

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.