



Athletic Levels & Milestones

	APPRENTICE (minimum requirements) 65% compliance - each section	CRAFTSMAN (minimum requirements) 70% compliance each section	EXPERT (minimum requirements) 75% compliance each section	ELITE (minimum requirements) 80% compliance each section
BASELINE WORKOUT 500m row, 40 squats, 30 sit ups, 20 push ups, 10 pull ups	m-6:15; w- 7:30 2x jumping pull ups OK sub	m-5:15; w-6:30 2x jumping pull ups OK sub	m-4:30; w-5:35	m-3:55; w-4:40
BODY WEIGHT EXERCISES	Push Ups - m-20; w-20 (knees)	Push Ups - m-40; w-40 (knees)	Push ups - m-65; w-30 (toes)	Push Ups - m-100; w-55
	Sit Ups - in 2 minutes - 45	Sit Ups in 2 minutes - 65	Sit Ups in 2 minutes - 90	Sit Ups in 2 minutes - 110
	Pull Ups - m-3; w-20 (jumping)	Pull Ups - m-15; w-1	Pull Ups - m-30; w-12	Pull Ups - m-40; w-28
	Squats - 55 in 2 minutes	Squats - 80 in 2 minutes	"L" Pull Ups - m-10; w-5 ("chair" pos)	"L" Pull Ups - m-20; w-10 ("chair" pos)
	Squat Thrusts - 20 continuous	Burpees in 1 min - 10	Squats - 100 in 2 minutes	Squats - 115 in 2 minutes
	Dips - m-5; w-5 (black rb)	Dips - m-10; w-2	Pistols - 5 each leg	Pistols - 10 each leg
	Flexed Arm Hang - 60 sec		Burpees in 1 min - 20	Burpees in 1 min - 28
	Box Jumps - 15 reps non stop, 12" box	Box Jumps - 20 reps non-stop, 20" Box	Dips - m-20; w-10	Dips - m-28; w-18
	tuck hold - hanging from bar - 45"	Knees to Elbows - m-15; w-10	Box jumps - 30 reps non-stop, 24" box	Box jumps - 20 reps non-stop, 32" box
	hollow rocks in tuck - 30	hollow rocks (limbs vertical) - 30	Toes to bar - m-20; w-5	Toes to bar to inverted - m-15; w-5
prone cobra - 3 minute hold	ghd combo extension - 25	hollow rocks (limbs fully extended) - 30	hollow rocks (limbs fully extended) - 50	
prone bridge (plank) hold - 2 min	ghd sit ups - 25	ghd combo extension - 50		
lateral bridge hold (ea side) - 1 min		ghd sit ups - 50		
Rope Climb - m-2 trips; w-1 trip	Rope Climb - m-2 trips, down no feet		Rope Climb - m-2 trips from seated in "L"	
	Rope Climb - w-1 trip, down no feet	Rope Climb - m-1 trips from seated, no feet	Rope Climb - w-1 trip, in "L"	
		Rope Climb - w-1 trip, no feet		
GYMNASTIC MOVEMENTS	Handstand hold (against wall) - 20 sec	Handstand hold (against wall) - 90 sec	1 arm handstand hold - wall - 10 sec	Walk on hands - 30'
	Headstand (freestanding)	Headstand straddle press - 15	headstand pike press - 15	headstand to handstand - 5 reps
		Teeter totters - 10 ea side	Freestanding handstand - 10 sec	Freestanding handstand - 45 sec
			Handstand straddle press - against wall	Handstand straddle press
			Handstand pike press - against wall	Handstand pike press
	Forward roll / shoulder roll	dive roll / 3' elevated shoulder roll	Handstand on paralettes - 5 sec	Handstand pirouette
		Handstand forward roll	6' elevated shoulder roll	
		Cartwheel	"Opposite" side cartwheel	Roundoff
	Chair Sit - 45"	"L" Sit - 15"	"L" Sit - 50"	"L" Sit - 1:45
	ring support - m-30", w-15"	ring chair sit - m-30 sec, w-15 sec	ring "L" sit - m-20 sec; w-10 sec	ring "L" sit - m-45 sec; w-30 sec
		ring dips - m-7; w-20 (jumping)	ring dips - m-13; w-2	ring dips - m-20; w-6
		False grip hang / 30"	Muscle up - m-1; w-5 (w/ mini rb)	Muscle Ups - m-10; w-1
	pbar support walk (d&b) - m-2x; w-1x	Pbar sup walk f/b - m-2x w-1x	pbar low support walk - m-2x; w-1x	Back kip/roll up to support (rings) - 1
	Pbar swings - legs to 45 deg - 15x	Pbar swings - legs to 90 deg	Pbar swing to bar dismount	P Bar swing to handstand hold
	Backward shoulder roll	Backward roll	Back extension roll bent arms	back extension roll straight arms
Inverted hang (rings)	front/rear lever (1 leg tucked) to 45 deg	front/rear lever (1 leg tucked) to 90 deg	front / rear lever (both legs straight) to 45 deg	
		Back Pullover - 1x	Back Pullover - 10x	
	Hndstnd pushup (wall) - m-2; w-1/2	Handstand push ups - m-7; w-1	Handstand push ups - m-15; w-5	
Skin the cat - 1x	Skin the cat - 7x	Skin the cat - 15x	Skin the cat - 25x	
		Iron Cross from elbows - 5	Iron Cross	
			Glide kip	



"THE LIST" (pg 2)

WEIGHTLIFTING		Back Squat - 1/2 bw	Back Squat - bw	Back Squat - 1 1/2x bw	Back Squat - 2x bw
		Front Squat - 1/2 bw	Front Squat - 3/4 bw	Front Squat - bw	Front Squat - 1 1/2x bw
		Deadlift - 3/4 bw	Deadlift - 1 1/2x bw	Deadlift - 2x bw	Deadlift - 2 1/2x bw
		Shoulder Press - 1/4 bw	Shoulder Press - 1/2 bw	Shoulder Press - m-3/4 bw; w-2/3 bw	Shoulder press - m-bw; w-3/4 bw
		Bench Press - m-3/4 bw; w-1/3 bw	Bench Press - m-bw; w-2/3 bw	Bench Press - m-1 1/4x bw; w-3/4 bw	Bench Press - m-1 1/2x bw; w-bw
		Overhead squat - 1/4 bw	Overhead squat - 1/2 bw	Overhead squat - 1x bw	Overhead squat - 1x bw - 15 reps
		medicine ball cleans - 15 reps	Clean - 2/3 bw	Clean - bw	Clean - 1 1/4 bw
		Snatch - broomstick	Snatch - 1/3 bw	Snatch - 3/4 bw	Snatch - 1 1/8 bw
		Jerk - broomstick	Jerk - 1/2 bw	Jerk - bw	Jerk - 1 1/4x bw
		push press, 15x - m-55 lbs, w-35 lbs	push press, 15x - m-65 lbs, w-45 lbs	push press, 15x - m-75 lbs, w-55 lbs	push press, 15x - m-85 lbs, w-65 lbs
		Thrusters, 15x - m-75 lbs, w-45 lbs	Thrusters, 15x - m-95 lbs, w-65 lbs	Thrusters, 15x - m-115 lbs, w-75 lbs	
		Wall Ball, 20x - m- 16 lbs, w-12 lbs	Wall Ball, 40x - m-20 lbs, w-14 lbs	Wall Ball, 55x - m-20 lbs, w-14 lbs	
METABOLIC CONDITIONING	run	400m run - m-2:15; w-2:25	400m run - m-1:45; w-1:55	400m run - m-1:25; w-1:35	400m run - m-1:10; w-1:20
		800m run - m-4:30; w-4:50	800m run - m-3:40; w-4:00	800m run - m-3:00; w-3:20	800m run - m-2:35; w-2:55
		1 mile run - m-9:15; w-10:00	1 mile run - m-7:30; w-8:10	1 mile run - m-6:10; w-6:50	1 mile run - m-5:30; w-6:00
		5k - m-25:00, w 28:00	5k - m-22:30, w-25:30	5k - m-19:00, w-22:00	5k - m-17:45, w-20:45
			10k - m-45:00; w-47:00	10k - m-40:00; w-42:30	10k - m-38:15; w-40:45
	row	500m - m-1:56, w-2:20	500m - m-1:45, w-2:00	500m - m-1:34, w-1:50	500m - m-1:29, w-1:40
			1,000m - m-3:55, w-4:30	1,000m - m-3:25, w-4:00	1,000m - m-3:15, w-3:50
				2,000m - m-7:15, w-8:25	2,000m - m-6:50; w-8:00
	jump rope	100 jumps (no miss)	500 jumps (no miss)	500 jumps (multi-patterns - hop, run, cross, etc)	75 crossovers (no miss)
		1 double under	15 double unders (no miss)	40 double unders (no miss)	90 double unders (no miss)
COMBINED WORKOUTS		"Cindy" w/ jumping pull ups -14	"Jackie" men - no assistance - 12:00	"Nancy" - m - as written - complete	"Grace" - as written - complete
		"Cindy" w/ no assistance - 7	"Jackie" women-jumping pull ups - 12:00	"Nancy" - w - 65# - complete	"Isabel" - as written - complete
			"Helen" - m- 24 kg - 11:00	"Fight Gone Bad" - as written - m-245, w-220	"Elizabeth" - as written - complete
			"Helen" - w - 16kg & j pull ups - 12:30	"Fran" - as written - m-7:30, w-10:00	
			"karen" - m - 18# ball - 12:00		
			"karen" - w - 10# ball - 10:00		