



## Athletic Levels & Milestones

|   | <b>Apprentice</b><br>(minimum requirements)<br>65% compliance each section | <b>Journeyman</b><br>(minimum requirements)<br>70% compliance each section | <b>Master</b><br>(minimum requirements)<br>75% compliance each section | <b>ELITE</b><br>(minimum requirements)<br>80% compliance each section |
|---|--|--|--|---|
| <b>BASELINE WORKOUT</b><br>500m row, 40 squats, 30 sit ups,<br>20 push ups, 10 pull ups | m-6:15; w- 7:30<br>2x jumping pull ups OK sub                              | m-5:15; w-6:30<br>2x jumping pull ups OK sub                               | m-4:30; w-5:35   | m-3:55; w-4:40  |
| <b>BODY WEIGHT EXERCISES</b>  | 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   | Rope Climb - m-2 trips, down no feet                                       | ghd sit ups - 50   |  |   |
| Rope Climb - m-2 trips; w-1 trip  | Rope Climb - m-2 trips, down no feet                                       | Rope Climb - m-1 trips from seated, no feet                                | Rope Climb - m-2 trips from seated in "L"                              |   |
|   | Rope Climb - w-1 trip, down no feet  | Rope Climb - w-1 trip, no feet   | Rope Climb - w-1 trip, in "L"  |   |
| <b>GYMNASTIC MOVEMENTS</b>  | 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   |
|   | Skin the cat - 1x  | Handstand pushup (wall) - m-2; w-1/2                                       | Handstand push ups - m-7; w-1  | Handstand push ups - m-15; w-5  |
|   |  | Skin the cat - 7x  | Skin the cat - 15x   | Skin the cat - 25x  |
|   |  |  | Iron Cross from elbows - 5   | Iron Cross  |
|   |  |  | Glide kip  |   |



## Athletic Levels & Milestones (pg 2)

|                                   |                                 |   |  |   |                                      |
|-----------------------------------|---------------------------------|---|--|---|--------------------------------------|
| <b>WEIGHTLIFTING</b>              |                                 | 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               |                                      |
| <b>METABOLIC<br/>CONDITIONING</b> | <b>run</b>                      | 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               |
|                                   | <b>row</b>                      | 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              |
|                                   | <b>jump<br/>rope</b>            | 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)           |
| <b>COMBINED<br/>WORKOUTS</b>      | "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          |  |   |                                      |