

Athletic Skill Levels

LEVEL 1

A	WHITE	B	WHITE	C	WHITE
	Level 1 well rounded beginner		Level 1 well rounded beginner		Level 1 well rounded beginner
hips	<i>squats:</i> 50 air squats <i>barbell back squat:</i> 8 × .3 bodyweight <i>deadlift:</i> 8 × .5 bodyweight, rack pull OK	hips	<i>squats:</i> 75 air squats <i>barbell back squat:</i> 8 × .4 bodyweight <i>deadlift:</i> 8 × .65 bodyweight, rack pull OK	hips	<i>squats:</i> 75 air squats below parallel <i>barbell back squat:</i> 8 × .5 bodyweight <i>deadlift:</i> 8 × .75 bodyweight, full depth
push	<i>push ups:</i> 8 <i>ring push-ups:</i> 3 <i>dip support:</i> :30 second hold <i>military press:</i> 3 × .3 bodyweight <i>pike wall handstand:</i> 4 × :15 holds complete all 4 holds within 1:30	push	<i>push-ups:</i> 12 <i>ring push-ups:</i> 5 <i>dip support:</i> :45 hold <i>military press:</i> 3 + .4 bodyweight <i>wall handstand:</i> :30 hold <i>wall walk:</i> 1 trip	push	<i>push ups:</i> 15 <i>ring push-ups:</i> 8 <i>dip support:</i> 1:00 hold <i>dips:</i> 3 <i>military press:</i> 3 × .45 bodyweight <i>wall handstand:</i> :45 hold <i>wall walk:</i> 2 trips
pull	<i>assisted pull-up:</i> 3 <i>active bar hang:</i> :45 hold <i>ring row:</i> 8 @ 30° <i>ring row:</i> 3 @ horizontal <i>active rope hang:</i> :30 hold <i>bent over row:</i> 5 × .3 bodyweight	pull	<i>assisted pull-ups:</i> 5 <i>active bar hang:</i> 1:00 hold <i>ring rows:</i> 5 @ horizontal <i>active rope hang:</i> :45 hold <i>bent over row:</i> 5 × .4 bodyweight	pull	<i>pull-ups:</i> 3 <i>active bar hang:</i> 1:30 hold <i>ring rows:</i> 8 @ horizontal <i>active rope hang:</i> 1:00 hold <i>bent over row:</i> 5 × .5 bodyweight
core	<i>sit ups:</i> 30 <i>ring plank:</i> :30 hold <i>tuck L-sit:</i> :15 hold	core	<i>seated knees to chest:</i> 30 <i>ring plank:</i> :45 hold <i>tuck L-sit:</i> :30 hold	core	<i>seated V-ups:</i> 8 <i>hanging knees to elbows:</i> 3 <i>L-sit:</i> :15 hold <i>ring plank:</i> 1:00 hold
work	<i>kettlebell swings:</i> 25 women 12Kg, men 16Kg <i>500 meter row:</i> women 2:20 men 1:55 <i>2 mile run:</i> 18:40	work	<i>1 kettlebell clean:</i> 15/arm women 12Kg, men 16Kg <i>1000 meter row:</i> women 4:50 men 4:00 <i>2.5 mile run:</i> 23:20	work	<i>2 dumbbell thruster:</i> 20 women 2×15 lb, men 2×25 lb <i>1 kettlebell clean & jerk:</i> 15/arm women 12Kg, men 16Kg <i>2000 meter row:</i> women 9:50 men 8:10 <i>5 Km run:</i> 29:00
speed	<i>400 meter run:</i> 2:04 minutes	speed	<i>800 meter run:</i> 4:20 minutes	speed	<i>1 mile run:</i> 9 minutes <i>dumbbell power snatch:</i> 10/arm women 30 lbs / men 40 lbs