

Athletic Skill Levels

LEVEL 2

A	GREEN Level 2 intermediate athlete	B	GREEN Level 2 intermediate athlete	C	GREEN Level 2 intermediate athlete
hips	<i>squats:</i> 100 air squats <i>barbell squat:</i> 20 × .5 bodyweight <i>barbell back squat:</i> 3 × .75 bodyweight <i>deadlift:</i> 3 × 1.25 bodyweight	hips	<i>barbell squats:</i> 20 × .6 bodyweight <i>barbell squats:</i> 3 × 1 bodyweight <i>deadlift:</i> 3 × 1.35 bodyweight	hips	<i>single leg squats:</i> 3/leg <i>barbell squats:</i> 20 × .75 bodyweight <i>barbell squats:</i> 3 × 1.15 bodyweight <i>deadlift:</i> 3 × 1.5 bodyweight
push	<i>push ups:</i> 20 <i>ring push-ups:</i> 12 <i>dips:</i> 5 <i>weighted dips:</i> 3 + .1 bodyweight <i>military press:</i> 8 × .5 bodyweight <i>wall handstand:</i> 1:00 hold	push	<i>push-ups:</i> 25 <i>ring push-ups:</i> 15 <i>dips:</i> 8 <i>weighted dips:</i> 3 + .25 bodyweight <i>ring dips:</i> 3 <i>military press:</i> 3 × .55 bodyweight <i>free standing handstand:</i> :05 hold	push	<i>push ups:</i> 30 <i>ring push-ups:</i> 20 <i>dips:</i> 12 <i>weighted dips:</i> 3 + .4 bodyweight <i>ring dips:</i> 5 <i>military press:</i> 3 × .6 bodyweight <i>free standing handstand:</i> :15 hold <i>wall headstand push-ups:</i> 3
pull	<i>pull-ups:</i> 5 <i>weighted pull-ups:</i> 3 + .1 bodyweight <i>ring rows:</i> 12 @ horizontal <i>rope pull-ups:</i> 3 <i>bent over row:</i> 5 × .6 bodyweight	pull	<i>pull-ups:</i> 8 <i>chest to bar chin-ups:</i> 3 <i>weighted pull-ups:</i> 3 + .25 bodyweight <i>muscle-up:</i> 1 <i>ring rows:</i> 15 @ horizontal <i>rope pull-ups:</i> 5 <i>bent over row:</i> 5 × .7 bodyweight	pull	<i>pull-ups:</i> 12 <i>chest to bar chin-ups:</i> 5 <i>weighted pull up:</i> 3 + .4 bodyweight <i>muscle up:</i> 3 <i>ring rows:</i> 20 @ horizontal <i>archer ring rows:</i> 3/3 <i>rope pull-ups:</i> 8 <i>rope climb:</i> ↑ 20', no feet <i>bent over row:</i> 5 × .8 bodyweight
core	<i>seated V-ups:</i> 15 <i>hanging straight leg raise:</i> 3 <i>L-sit:</i> :30 hold <i>knee ab roll-out</i> × 3	core	<i>seated V-ups:</i> 30 <i>hanging straight leg raise:</i> 8 <i>ring L-sit:</i> :05 hold <i>knee ab roll-out</i> × 5	core	<i>overhead squat:</i> 10 × .5 bodyweight <i>hanging straight leg raise:</i> 15 <i>rings L-sit:</i> :15 hold <i>knee ab roll-out</i> × 8
work	<i>barbell thrusters:</i> 45 × .25 bodyweight <i>2 kettlebell clean & jerk:</i> 20 women 12Kg, men 16Kg <i>500 meter row:</i> women 2:00 men 1:45 <i>5 Km run:</i> 27:00	work	<i>barbell thrusters:</i> 45 × .4 bodyweight <i>2 kettlebell clean & jerk:</i> 35 women 12Kg, men 16Kg <i>1000 meter row:</i> women 4:20 men 3:40 <i>5 Km run:</i> 25:00	work	<i>barbell thruster:</i> 45 × .5 bodyweight <i>2 kettlebell clean & jerk:</i> 50 women 12Kg, men 16Kg <i>2000 meter row:</i> women 8:50 men 7:30 <i>5 Km run:</i> 22:30
speed	<i>400 meter run:</i> 1:34 minutes <i>barbell power clean:</i> 3 × .5 bodyweight <i>barbell power snatch:</i> 3 × .3 bodyweight	speed	<i>800 meter run:</i> 3:20 minutes <i>barbell power clean:</i> 3 × .6 bodyweight <i>barbell power snatch:</i> 3 × .4 bodyweight	speed	<i>1 mile run:</i> 7 minutes <i>barbell power clean:</i> 3 × .75 bodyweight <i>barbell power snatch:</i> 3 × .5 bodyweight

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