



## Athletic Levels & Milestones

	<b>APPRENTICE</b> (minimum requirements) 65% compliance - each section	<b>CRAFTSMAN</b> (minimum requirements) 70% compliance each section	<b>EXPERT</b> (minimum requirements) 75% compliance each section	<b>ELITE</b> (minimum requirements) 80% compliance each section
<b>BASELINE WORKOUT</b> 500m row, 40 squats, 30 situps, 20 pushups, 10 pullups	m-6:15; w- 7:30 2x jumping pullups OK sub	m-5:15; w-6:30 2x jumping pullups OK sub	m-4:30; w-5:35	m-3:55; w-4:40
<b>BODY WEIGHT EXERCISES</b>	Pushups - m-20; w-20 (knees)	Pushups - m-40; w-40 (knees)	Pushups - m-65; w-30 (toes)	Pushups - m-100; w-55
	Situps - in 2 minutes - 45	Situps in 2 minutes - 65	Situps in 2 minutes - 90	Situps in 2 minutes - 110
	Pullups - m-3; w-20 (jumping)	Pullups - m-15; w-1	Pullups - m-30; w-12	Pullups - m-40; w-28
	Squats - 55 in 2 minutes	Squats - 80 in 2 minutes	"L" Pullups - m-10; w-5 ("chair" pos)	"L" Pullups - 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 (medium band)	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	Dips - m-10; w-2	Dips - m-20; w-10	Dips - m-28; w-18
	Tuck Hold - hanging from bar - 45 secs	Box Jumps - 20 reps non-stop, 20" Box	Box Jumps - 30 reps non-stop, 24" box	Box Jumps - 20 reps non-stop, 32" box
	Hollow Rocks in Tuck - 30	Knees to Elbows - m-15; w-10	Toes to Bar - m-20; w-5	Toes to Bar to Inverted - m-15; w-5
Prone Cobra - 3 minute hold	Hollow Rocks (limbs vertical) - 30	Hollow Rocks (limbs fully extended) - 30	Hollow Rocks (limbs fully extended) - 50	
Prone Bridge (Plank) Hold - 2 min	GHD Combo Extension - 25	GHD Combo Extension - 50		
Lateral Bridge Hold (ea side) - 1 min	GHD Situps - 25	GHD Situps - 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	Handstand on Paralettes - 5 sec	Handstand on Paralettes - 5 sec	Handstand Pirouette
		Dive roll / 3' Elevated Shoulder Roll	6' Elevated Shoulder Roll	
		Handstand Forward Roll		
		Cartwheel	"Opposite" side Cartwheel	Roundoff
	Chair Sit - 45 secs	"L" Sit - 15 secs	"L" Sit - 50"	"L" Sit - 1:45
	Ring Support - m-30 secs, w-15 secs	Ring Chair Sit - m-30 secs, w-15 secs	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 secs	Muscle Up - m-1; w-5 (w/ mini band)	Muscle Ups - m-10; w-1
	Parallel Bar Support Walk (d&b) - m-2x; w-	Parallel Bar Sup Walk (d&b) - m-2x w-1x	Parallel Bar Low Support Walk - m-2x; w-1x	Back Kip/Roll Up to Dupport (rings) - 1
	Parallel Bar Swings - legs to 45 deg - 15x	Parallel Bar Swings - legs to 90 deg	Parallel Bar Swing to Bar Dismount	Parallel 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
	Handstand Pushup (wall) - m-2; w-1/2	Handstand Pushups - m-7; w-1	Handstand Pushups - 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	



## 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 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 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>COMBINE WORKOUTS</b>		"Cindy" w/ jumping pullups -14	"Jackie" men - no assistance - 12:00	"Nancy" - m - as written - complete	"Grace" - as written - complete
		"Cindy" w/ no assistance - 7	"Jackie" women-jumping pullups - 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 pullups - 12:30	"Fran" - as written - m-7:30, w-10:00	
			"Karen" - m - 18# ball - 12:00		
			"Karen" - w - 10# ball - 10:00		