



# STRONG|FIT|PROFICIENT

## BEGINNER

Pass 85% of the Beginner items plus a MetCon to progress to Intermediate

## INTERMEDIATE

Pass 85% of the Intermediate items plus a MetCon to progress to Advanced

## ADVANCED

Pass 85% of the Advanced items plus a MetCon to progress to Elite

## ELITE

### MONOSTRUCTURAL

200m Run	m: 44 secs / w: 46 secs	m: 36 secs / w: 40 secs	m: 30 secs / w: 35 secs	m: 28 secs / w: 32 secs
400m Run	m: 1:40 / w: 1:55	m: 1:20 / w: 1:37	m: 1:10 / w: 1:25	m: 1:02 / w: 1:14
800m Run	m: 3:47 / w: 4:15	m: 3:00 / w: 3:30	m: 2:48 / w: 3:12	m: 2:28 / w: 2:52
1 Mile Run (1600m)	m: 8:22 / w: 9:28	m: 6:15 / w: 7:15	m: 5:50 / w: 6:40	m: 5:40 / w: 6:20
3km Run	m: 17:22 / w: 19:08	m: 12:43 / w: 13:37	m: 10:48 / w: 11:55	m: 9:37 / w: 10:38
500m Row	m: 2:00 / w: 2:18	m: 1:45 / w: 1:58	m: 1:34 / w: 1:48	m: 1:25 / w: 1:42
1km Row	m: 4:20 / w: 4:55	m: 3:45 / w: 4:20	m: 3:35 / w: 4:10	m: 3:20 / w: 3:55
2km Row	m: 9:32 / w: 11:00	m: 8:25 / w: 9:40	m: 7:40 / w: 8:44	m: 7:00 / w: 8:08
Double Unders (unbroken)	5	25	60	150

### GYMNASTICS/BODYWEIGHT

Air Squat / Pistols	70 in 2 mins	5 pistols/side (in a row)	12 pistols/side (in a row)	20 pistols/side (in a row)
Pull-ups	m: 3 / w: 1 (strict)	m: 20 / w: 12	m: 30 / w: 18	m: 40 / w: 24
Push-ups	m: 10 / w: 6	m: 30 / w: 18	m: 50 / w: 32	m: 65 / w: 40
HSPU	n/a	m: 5 / w: 3	m: 12 / w: 7	m: 8 / w: 5 (parallettes)
HS Hold	2 wall walks (chest to wall)	60 secs (wall facing)	Free Standing - 10 secs	Free standing - 20 secs
Muscle-Up / Ring Dip	m: 5 / w: 3 (ring dips)	m: 3 / w: 1 (or m: 12 / w: 8 ring dips)	m: 8 / w: 3	m: 15 / w: 8
Rope Climb	1	3	m: 2 / w: 1 (legless)	m: 5 / w: 3 (legless)
Burpee - In 1min	18	24	28	32
Box Jump (height)	m: 24" / w: 20"	m: 30" / w: 24"	m: 44" / w: 30"	m: 50" / w: 40"
Toes to Bar	Knee raise (to chest) - m: 10 / w: 7	m: 10 / w: 7	m: 20 / w: 15	m: 15 / w: 10 (no kip)

## BEGINNER

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## INTERMEDIATE

Pass 85% of the Intermediate items plus a MetCon to progress to Advanced

## ADVANCED

Pass 85% of the Advanced items plus a MetCon to progress to Elite

## ELITE

### WEIGHTLIFTING

Turkish Get-Up	m: 16kg / w: 12kg - 2 each arm	m: 20kg / w: 16kg - 2 each arm	m: 32kg / w: 24kg	m: 40kg / w: 28kg
Back Squat	m: 60kg / w: 40kg - 5 reps	m: 100kg / w: 70kg - 3 reps	m: 125kg / w: 85kg - 3 reps	m: 160kg / w: 100kg - 3 reps
Front Squat	m: 50kg / w: 35kg - 5 reps	m: 80kg / w: 55kg - 3 reps	m: 100kg / w: 75kg - 3 reps	m: 130kg / w: 85kg - 3 reps
Overhead Squat	m: 20kg / w: 15kg - 5 reps	m: 50kg / w: 35kg - 5 reps	m: 70kg / w: 47.5kg - 3 reps	m: 90kg / w: 60kg - 3 reps
Thruster	m: 40kg / w: 30kg - 5 reps	m: 50kg / w: 35kg - 5 reps	m: 70kg / w: 47.5kg - 3 reps	m: 100kg / w: 60kg - 3 reps
Deadlift	m: 70kg / w: 50kg - 5 reps	m: 120kg / w: 80kg - 3 reps	m: 150kg / w: 100kg - 3 reps	m: 190kg / w: 120kg - 3 reps
Shoulder Press	m: 30kg / w: 20kg - 5 reps	m: 45kg / w: 30kg - 3 reps	m: 70kg / w: 40kg	m: 85kg / w: 50kg
Push-Press	m: 40kg / w: 30kg - 5 reps	m: 60kg / w: 40kg - 3 reps	m: 80kg / w: 50kg - 3 reps	m: 100kg / w: 60kg - 3 reps
Push Jerk	m: 50kg / w: 35kg - 5 reps	m: 75kg / w: 50kg - 3 reps	m: 100kg / w: 60kg - 3 reps	m: 120kg / w: 72.5kg - 3 reps
Snatch	m: 20kg / w: 15kg - Hang Snatch	m: 60kg / w: 40kg	m: 75kg / w: 45kg	m: 90kg / w: 55kg
Clean & Jerk	m: 40kg / w: 30kg - Hang Clean	m: 70kg / w: 45kg	m: 90kg / w: 57.5kg	m: 115kg / w: 70kg

### METCON

Helen	m: 9:30 / w: 11:00 (jump PU; 20/12kg KB)	m: 9:00 / w: 10:30	m: 8:20 / w: 9:50	m: 7:40 / w: 8:30
Jackie	m: 9:00 / w: 10:30 (jump PU)	m: 8:30 / w: 10:00	m: 7:25 / w: 8:30	m: 6:20 / w: 7:30
Fran	m: 10:00 / w: 12:00 (Rx weight; jump PU)	m: 6:00 / w: 8:00	m: 3:20 / w: 5:00	m: 2:45 / w: 3:40
Elizabeth (squat cleans)	m: 10:00 / w: 12:30 (40/30kg; push-ups)	m: 8:00 / w: 14:00	m: 7:00 / w: 11:30	m: 6:00 / w: 9:00