

Athletic Skill Levels I-IV

	WHITE	GREEN	BLUE	BLACK
	Level I well rounded beginner	Level II intermediate athlete	Level III advanced athlete	Level IV elite athlete
hips	<i>squats</i> : 50 free squats	<i>squats</i> : 100 free squats <i>squat</i> : 1 x bodyweight	<i>pistols</i> : 10 each leg <i>squat</i> : 1 1/2 x bodyweight	<i>pistols</i> : 25 each leg <i>squat</i> : 2 x bodyweight
push	<i>push ups</i> : 10	<i>push ups</i> : 30 <i>bench press</i> : 1 x bodyweight	<i>push ups</i> : 40 on rings <i>bench press</i> : 1 1/4 x bodyweight	<i>push ups</i> : 60 on rings <i>bench press</i> : 1 1/2 x bodyweight
pull	<i>static hang</i> : 30 seconds	<i>rope climb</i> : 20 foot climb, 1 trip	<i>rope climb</i> : 20 foot climb 1 trip, no feet	<i>rope climb</i> : 20 foot climb 2 trips touch and go, no feet
core	<i>sit ups</i> : 30	<i>v-ups</i> : 30	<i>overhead squat</i> : 1 x bodyweight	<i>overhead squat</i> : 15 repetitions at 1 x bodyweight
work	<i>kettlebell swings</i> : 25	<i>kettlebell snatch</i> : 30 each arm men 24kg women 16kg	<i>kettlebell snatch</i> : 10 minute test 200 reps men 24kg women 16kg	<i>2 db/kb clean & jerk</i> : 150 reps in 10 minutes men 24kg women 16kg
speed	<i>400 meter run</i> : 2:04 minutes	<i>400 meter run</i> : 1:34 minutes	<i>400 meter run</i> : 1:19 minutes	<i>400 meter run</i> : 1:04 minutes
hips	<i>deadlift</i> : 3/4 x bodyweight	<i>deadlift</i> : 1 1/2 x bodyweight	<i>deadlift</i> : 2 x bodyweight	<i>deadlift</i> : 2 1/2 x bodyweight
push	<i>military press</i> : 1/4 x bodyweight	<i>military press</i> : 1/2 x bodyweight <i>handstand hold</i> : 1 minute	<i>military press</i> : 3/4 x bodyweight <i>handstand push up</i> : 10	<i>military press</i> : 1 x bodyweight <i>handstand push up</i> : 10 full range
pull	<i>medicine ball cleans</i> : 10	<i>power clean</i> : 3/4 x bodyweight	<i>clean</i> : 1 x bodyweight	<i>clean</i> : 1 1/2 x bodyweight
core	<i>knees to chest</i> : 10 sitting	<i>hanging knees to elbows</i> : 15	<i>hanging straight leg raise</i> : 20	<i>front lever</i> : 15 seconds
work	<i>wall ball</i> : 25 <i>800 meter run</i> : 4:20 minutes	<i>thrusters</i> : 45 reps at 1/2 x bodyweight <i>800 meter run</i> : 3:20 minutes	<i>sandbag carry</i> : 1 mile with 1/2 x bodyweight <i>800 meter run</i> : 2:50 minutes	<i>sandbag carry</i> : 1 mile with 3/4 x bodyweight <i>800 meter run</i> : 2:20 minutes
speed	<i>500 meter row</i> : women 2:20 men 1:55	<i>500 meter row</i> : women 2:00 men 1:45	<i>500 meter row</i> : women 1:50 men 1:32	<i>500 meter row</i> : women 1:40 men 1:25
hips	<i>vertical jump</i> : 10 inches	<i>vertical jump</i> : 18 inches	<i>vertical jump</i> : 25 inches	<i>vertical jump</i> : 30 inches
push	<i>dips</i> : 3	<i>dips</i> : 20 <i>dip</i> : 1 with 1/3 x bodyweight	<i>dips</i> : 30 on rings <i>dip</i> : 1 with 3/4 x bodyweight	<i>dips</i> : 50 on rings <i>dip</i> : 1 with 1 x bodyweight
pull	<i>pull ups</i> : 3	<i>pull ups</i> : 20 <i>pull up</i> : 1 with 1/3 x bodyweight <i>muscle up</i> : 1	<i>pull ups</i> : 40 <i>pull up</i> : 1 with 3/4 x bodyweight <i>muscle up</i> : 10	<i>pull ups</i> : 40 dead hang <i>pull up</i> : 1 with 1 x bodyweight <i>muscle up</i> : 15
core	<i>L-sit</i> : 10 seconds	<i>L-sit</i> : 30 seconds	<i>L-sit</i> : 1 minute	<i>L-sit</i> : 1:30 minutes
work	<i>2000 meter row</i> : women 9:50 men 8:10	<i>2000 meter row</i> : women 8:50 men 7:30	<i>row</i> : 5k row for women at 21:00 6k row for men at 21:45	<i>row</i> : 5k row for women at 20:00 6k row for men at 20:00
speed	<i>dumbbell snatch</i> : 10/arm	<i>power snatch</i> : 1/2 x bodyweight	<i>snatch</i> : 1 x bodyweight	<i>snatch</i> : 1 1/4 x bodyweight
work	<i>Christine</i> : 15 minutes 3 rounds for time -- 500 m row, 12 deadlifts, 21 box jumps <i>1 mile run</i> : 9 minutes	<i>Helen</i> : 11:30 minutes 3 rounds for time -- 400 meter run, 21 kb swings, 12 pull ups <i>1 mile run</i> : 7 minutes	<i>Chelsea</i> : 30 minutes every minute on the minute for 30 minutes - 5 pull ups, 10 push ups, 15 squats <i>1 mile run</i> : 6 minutes	<i>Mary</i> : 15 rounds in 20 minutes 5 handstand push ups, 10 pistols, 15 pull ups <i>1 mile run</i> : 5 minutes