

## Level Testing

	Level 1	Level 2	Level 3	Level 4
<b>Squats</b>	50 squats	100 squats, 1Xbodyweight	20 Tabata squats + 1 2X body weight Squat	1 1.5X body weight Front Squat + 5 2X body weight back squat
<b>Pull</b>	Static Hang 30 seconds	10 strict pull ups, 5 strict	30/15 unbroken kipping pull ups + 2 .25 bodyweight strict pull ups	55/30 kipping pull ups + 2 .5 body weight strict pull ups
<b>Push</b>	10/5 strict	35 push ups, 1/2body weight Press	60 /35 push ups + bodyweight press	bodyweight + 10 lbs press
<b>Skill</b>	10 hanging power cleans @ 1/4 body weight	5 Full snatch @ 1/4 body weight	Clean Body weight + Snatch 3/4 Body weight	Clean 1.5 body weight + Snatch body weight
<b>Work</b>	25 Kettlebell swings - 1 pood / 1/2 pood - unbroken	50 KB swings 1 / 1.5 pood - unbroken	40 swings @ 2/1.5 pood - unbroken	30 swings @ 100lbs / 2 pood - unbroken
<b>Power</b>	Deadlift 3/4 bodyweight	Deadlift 1X Body weight	Deadlift 2X Body weight	Deadlift 500 /375 lbs
<b>Speed</b>	400 m Run - 2:05	400 m run - 1:40	400 m run - 1:20	400 m run - 1:00
<b>Endurance</b>	1k row - 4:00 / 4:50	2K row - 8:05 / 8:30	2K row - 7:30 / 8:10 + Run 1 mile under 7:30 / 8:00	2K row - 7:00 / 7:50 + Run 1 mile under 6:00 / 7:00
<b>Hips</b>	25 Wall balls - in 60 seconds	25 thrusters - 75 / 55 - unbroken	25 unbroken 95lbs / 65thrusters	75 unbroken Wall balls + 35 Unbroken 95lb / 65 thrusters

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<b>Core</b>	25 ab mat sits ups	25 Parallel GHD sit ups	25 Full Rom GHD sit ups	75 Unbroken Full ROM GHD Sit ups + 50 Unbroken Toes to bar
<b>Jumping</b>	100 unbroken Single unders	25 unbroken 24/20" box jumps	50 unbroken Double unders + 50 24/20" box jumps in 1:10	100 unbroken Double unders + 100 24/20" box jumps in 2:15
<b>Gymnastic</b>	35 Ring Row Unbroken	20/10 Ring Dips	7/2 Unbroken Muscle Ups full turn out	8 Unbroken Ring HSPU