

BEGINNER

Pass a selection (8 out of 9) of Beginner items plus a MetCon to progress to Intermediate **

INTERMEDIATE

Pass a selection (8 out of 9) of Intermediate items plus a MetCon to progress to Advanced **

ADVANCED

Pass a selection (8 out of 9) of Advanced items plus a MetCon to progress to Elite **

EXPERT

Pass a selection (8 out of 9) of Expert items plus a MetCon and you win! **

MONOSTRUCTURAL

200m run*
400m run*
800m run*
1 mile run*
3km run*
500m row
1km row
2km row

m: 44 sec / w: 46 sec
m: 1:40 / w: 1:55
m: 3:47 / w: 4:15
m: 8:22 / w: 9:28
m: 17:22 / w: 19:08
m: 2:00 / w: 2:18
m: 4:20 / w: 4:55
m: 9:32 / w: 11:00
5

Double unders (unbroken)

m: 36 sec / w: 40 sec
m: 1:20 / w: 1:37
m: 3:00 / w: 3:30
m: 6:15 / w: 7:15
m: 12:43 / w: 13:37
m: 1:45 / w: 1:58
m: 3:45 / w: 4:20
m: 8:25 / w: 9:40
25

m: 30 sec / w: 35 sec
m: 1:10 / w: 1:25
m: 2:48 / w: 3:12
m: 5:50 / w: 6:40
m: 10:48 / w: 11:55
m: 1:34 / w: 1:48
m: 3:35 / w: 4:10
m: 7:40 / w: 8:44
60

m: 28 sec / w: 32 sec
m: 1:02 / w: 1:14
m: 2:28 / w: 2:52
m: 5:40 / w: 6:20
m: 9:37 / w: 10:38
m: 1:25 / w: 1:42
m: 3:20 / w: 3:55
m: 7:00 / w: 8:08
150

GYMNASTICS/BODYWEIGHT

Air squat / Pistol
Pull-up
Push-up
HSPU
HS Hold
Muscle-up / Ring dip
Rope climb
Burpee – In 1 minute
Box jump (height)
Toes to Bar

70 squats in 2 min
m: 3 / w: 1 (strict)
m: 10 / w: 6
n/a
2 wall walks (chest to wall)
m: 5 / w: 3 (ring dips)
1
18
m: 24" / w: 20"
Knee raise (to chest) – m: 10 / w: 7

5 pistols/side (in a row)
m: 20 / w: 12
m: 30 / w: 18
m: 5 / w: 3
60 sec (wall facing)
m: 3 / w: 1 (or m: 12 / w: 8 ring dips)
3
24
m: 30" / w: 24"
m: 10 / w: 7

12 pistols/side (in a row)
m: 30 / w: 18
m: 50 / w: 32
m: 12 / w: 7
Free standing – 10 sec
m: 8 / w: 3
m: 2 / w: 1 (legless)
28
m: 44" / w: 30"
m: 20 / w: 15

20 pistols/side (in a row)
m: 40 / w: 24
m: 65 / w: 40
m: 8 / w: 5 (paralettes)
Free standing – 20 sec
m: 15 / w: 8
m: 5 / w: 3 (legless)
32
m: 50" / w: 40"
m: 15 / w: 10 (no kip)

WEIGHTLIFTING

Turkish Get-Up
Back squat
Front squat
Overhead squat
Thruster
Deadlift
Shoulder press
Push-Press
Push Jerk
Snatch
Clean & Jerk

m: 35 / w: 26lbs (16/12kg) 2 each arm
m: 135 / w: 95lbs (60/40kg) 5 reps
m: 115 / w: 75lbs (50/35kg) 5 reps
m: 45 / w: 33lbs (20/15kg) 5 reps
m: 95 / w: 65lbs (40/30kg) 5 reps
m: 155 / w: 115lbs (70/50kg) 5 reps
m: 65 / w: 45lbs (30/20kg) 5 reps
m: 95 / w: 65lbs (40/30kg) 5 reps
m: 115 / w: 75lbs (50/35kg) 5 reps
m: 45 / w: 33lbs (20/15kg) Hang snatch
m: 95 / w: 65lbs (40/30kg) Hang clean

m: 44 / w: 35lbs (20/16kg) 2 each arm
m: 225 / w: 155lbs (100/70kg) 3 reps
m: 175 / w: 125lbs (80/55kg) 3 reps
m: 115 / w: 75lbs (50/35kg) 5 reps
m: 115 / w: 75lbs (50/35kg) 5 reps
m: 265 / w: 175lbs (120/80kg) 3 reps
m: 100 / w: 65lbs (45/30kg) 3 reps
m: 135 / w: 95lbs (60/40kg) 3 reps
m: 165 / w: 115lbs (75/50kg) 3 reps
m: 135 / w: 95lbs (60/40kg)
m: 155 / w: 100lbs (70/45kg)

m: 70 / w: 53lbs (32/24kg)
m: 275 / w: 185lbs (125/85kg) 3 reps
m: 225 / w: 165lbs (100/75kg) 3 reps
m: 155 / w: 105lbs (70/47.5kg) 3 reps
m: 165 / w: 105lbs (75/47.5kg) 3 reps
m: 330 / w: 225lbs (150/100kg) 3 reps
m: 155 / w: 95lbs (70/40kg)
m: 175 / w: 115lbs (80/50kg) 3 reps
m: 225 / w: 135lbs (100/60kg) 3 reps
m: 165 / w: 100lbs (75/45kg)
m: 200 / w: 125lbs (90/57.5kg)

m: 88 / w: 62lbs (40/28kg)
m: 350 / w: 225lbs (160/100kg) 3 reps
m: 285 / w: 185lbs (130/85kg) 3 reps
m: 200 / w: 135lbs (90/60kg) 3 reps
m: 225 / w: 135lbs (100/60kg) 3 reps
m: 420 / w: 265lbs (190/120kg) 3 reps
m: 185 / w: 115lbs (85/50kg)
m: 225 / w: 135lbs (100/60kg) 3 reps
m: 265 / w: 165lbs (120/72.5kg) 3 reps
m: 200 / w: 125lbs (90/55kg)
m: 255 / w: 155lbs (115/70kg)

MET CON

Helen*
Jackie
Fran
Elizabeth (squat cleans)

m: 9:30 / w: 11:00 (jump PU; 44/25lbs; 20/12kg KB)
m: 09:00 / w: 10:30 (jump PU)
m: 10:00 / w: 12:00 (Rx weight; jump PU)
m: 10:00 / w: 12:30 (95/65lbs; 40/30kg; push-ups)

m: 9:00 / w: 10:30
m: 8:30 / w: 10:00
m: 6:00 / w: 8:00
m: 8:00 / w: 14:00

m: 8:20 / w: 9:50
m: 7:25 / w: 8:30
m: 3:20 / w: 5:00
m: 7:00 / w: 11:30

m: 7:40 / w: 8:30
m: 6:20 / w: 7:30
m: 2:45 / w: 3:40
m: 6:00 / w: 9:00