



Movements	Wellness	Fitness	Performance
Strict Pull-Ups	30s Active Bar Hang	6 reps for females and 10 reps for males	20 reps for males and 12 for females
Push-Ups	10 for males and 6 for females at 6 inch box	12 reps for females and 20 reps for males	40 reps for males and 24 for females
HSPU	60s DownDog Hold	30s headstand and 60s handstand	20 reps for males and 12 for females
Front Squat	3 Reps at 50% of your Bodyweight	100% of your bodyweight for 3 Reps	150% of your Bodyweight x 3 Reps
Deadlift	10 Reps at 50% of your bodyweight	150% of your bodyweight for 1 Rep	225% of your Bodyweight
Strict Press	1 Rep at 50% of your Bodyweight	75% of your bodyweight for 1 rep	100% of your Bodyweight
Clean and Jerk		100% of your bodyweight for 1 rep	150% of your Bodyweight
Snatch		75% of your bodyweight for 3 reps	125% of your Bodyweight
1 mile Run	Under 12 minutes	Under 7:30	Under 6:30 minutes
2k Row	Under 12 minutes	Under 8:45 for females and 7:45 for males	Under 7:00 for males & 8:00 for female
Double Unders	100 Single Unders in 90 seconds	125 Double Unders in 2 minutes	200 Double Unders in 2 minutes
Core Strength	60s Hollow Tuck Hold	60s Hanging Knee Tuck	60s Hanging L-Sit