

# Athletic Skill Levels

# LEVEL 3

A	BLUE Level 3 advanced athlete	B	BLUE Level 3 advanced athlete	C	BLUE Level 3 advanced athlete
<b>hips</b>	<i>single leg squats:</i> 8/leg <i>barbell squats:</i> 20 × .85 bodyweight <i>barbell squats:</i> 3 × 1.25 bodyweight <i>deadlift:</i> 3 × 1.75 bodyweight	<b>hips</b>	<i>single leg squats:</i> 15/leg <i>barbell squats:</i> 20 × .9 bodyweight <i>barbell squats:</i> 3 × 1.35 bodyweight <i>deadlift:</i> 3 × 1.9 bodyweight	<b>hips</b>	<i>single leg squats:</i> 20/leg <i>barbell squats:</i> 20 × .95 bodyweight <i>barbell squats:</i> 3 × 1.5 bodyweight <i>deadlift:</i> 3 × 2 bodyweight
<b>push</b>	<i>ring deep push ups:</i> 3 <i>ring push-ups:</i> 25 <i>one arm push-ups:</i> 3/arm <i>dips:</i> 15 <i>ring dips:</i> 8 <i>weighted ring dips:</i> 3 + .4 bodyweight  <i>military press:</i> 3 × .65 bodyweight <i>free standing handstand:</i> :30 hold <i>free standing handstand push-up:</i> 3	<b>push</b>	<i>ring deep push ups:</i> 5 <i>ring push ups:</i> 30 <i>one arm push-ups:</i> 5/arm <i>dips:</i> 20 <i>ring dips:</i> 12 <i>weighted ring dips:</i> 3 + .5 bodyweight  <i>military press:</i> 3 × .7 bodyweight <i>free standing handstand:</i> 1:00 hold <i>free standing handstand push-up:</i> 8	<b>push</b>	<i>ring deep push ups:</i> 8  <i>one arm push-ups:</i> 8/arm <i>dips:</i> 25 <i>ring dips:</i> 15 <i>weighted rings dips:</i> 3 + .6 bodyweight <i>ring deep dips:</i> 3 <i>military press:</i> 3 × .75 bodyweight <i>free standing handstand:</i> 1:30 hold <i>free standing handstand push-up:</i> 15
<b>pull</b>	<i>pull-ups:</i> 15 <i>chest to bar chin-ups:</i> 8 <i>weighted pull-ups:</i> 3 + .5 bodyweight <i>muscle-up:</i> 5  <i>archer ring rows:</i> 5/side <i>rope pull-ups:</i> 12  <i>rope climb:</i> ↑↓ 20', no feet  <i>bent over row:</i> 5 × .9 bodyweight	<b>pull</b>	<i>pull-ups:</i> 20 <i>chest to bar chin-ups:</i> 12 <i>weighted pull-ups:</i> 3 + .65 bodyweight <i>muscle-up:</i> 8  <i>archer ring rows:</i> 8/8 <i>rope pull-ups:</i> 15 <i>L-sit rope climb:</i> ↑ 20' <i>rope climb:</i> ↑↓↑ 20', no feet  <i>bent over row:</i> 5 × 1 bodyweight	<b>pull</b>	<i>pull-ups:</i> 25 <i>chest to bar chin-ups:</i> 15 <i>weighted pull-ups:</i> 3 + .8 bodyweight <i>muscle up:</i> 12 <i>archer ring pull-ups:</i> 3/3 <i>archer ring rows:</i> 12/12 <i>rope pull-ups:</i> 20 <i>L-sit rope climb:</i> ↑↓ 20' <i>rope climb:</i> ↑↓↑↓ 20', no feet <i>back lever hold:</i> :05 <i>bent over row:</i> 5 × 1.1 bodyweight
<b>core</b>	<i>overhead squat:</i> 10 × .6 bodyweight <i>stall bar straight leg raise:</i> 3 <i>rings L-sit:</i> :30 hold <i>knee ab roll-out</i> × 12	<b>core</b>	<i>overhead squat:</i> 10 × .8 bodyweight <i>stall bar straight leg raise:</i> 8 <i>rings L-sit:</i> :45 hold <i>full ab roll-out</i> × 3	<b>core</b>	<i>overhead squat:</i> 10 × .9 bodyweight <i>stall bar straight leg raise:</i> 15 <i>rings L-sit:</i> 1:00 hold <i>full ab roll-out</i> × 5
<b>work</b>	<i>barbell thrusters:</i> 45 × .55 bodyweight <i>2 kettlebell clean &amp; jerk:</i> 20 women 16Kg, men 20Kg <i>500 meter row:</i> women 1:50 men 1:32 <i>5 Km run:</i> 21:30	<b>work</b>	<i>barbell thrusters:</i> 50 × .55 <i>2 kettlebell clean &amp; jerk:</i> 35 women 16Kg, men 20Kg <i>2000 meter row:</i> women 8:00 men 6:40 <i>5 Km run:</i> 20:30	<b>work</b>	<i>barbell thruster:</i> 50 × .6 bodyweight <i>2 kettlebell clean &amp; jerk:</i> 50 women 16Kg, men 20Kg <i>row:</i> 5k row for women at 21:00 6k row for men at 21:45 <i>5 Km run:</i> 19:30
<b>speed</b>	<i>400 meter run:</i> 1:19 minutes <i>barbell clean:</i> 3 × .8 bodyweight <i>barbell snatch:</i> 3 × .6 bodyweight	<b>speed</b>	<i>800 meter run:</i> 2:50 minutes <i>barbell clean:</i> 3 × .9 bodyweight <i>barbell snatch:</i> 3 × .7 bodyweight	<b>speed</b>	<i>1 mile run:</i> 6 minutes <i>barbell clean:</i> 3 × 1 bodyweight <i>barbell snatch:</i> 3 × .75 bodyweight