

Athletic Skill Levels

LEVEL 4

A	BLACK	B	BLACK	C	BLACK
	Level 4 elite athlete		Level 4 elite athlete		Level 4 elite athlete
hips	<i>single leg squats:</i> 8/leg + .2 bodyweight <i>barbell squats:</i> 20 × 1.1 bodyweight <i>barbell squats:</i> 3 × 1.75 bodyweight <i>deadlift:</i> 3 × 2.2 bodyweight	hips	<i>single leg squats:</i> 15/leg + .2 bodyweight <i>barbell squats:</i> 20 × 1.2 bodyweight <i>barbell squats:</i> 3 × 1.9 bodyweight <i>deadlift:</i> 3 × 2.4 bodyweight	hips	<i>single leg squats:</i> 20/leg + .2 bodyweight <i>barbell squats:</i> 20 × 1.3 bodyweight <i>barbell squats:</i> 3 × 2 bodyweight <i>deadlift:</i> 3 × 2.5 bodyweight
push	<i>ring deep push ups:</i> 12 <i>ring one arm push-ups:</i> 3/arm <i>one arm push-ups:</i> 12/arm <i>dips:</i> 30 <i>ring dips:</i> 20 <i>weighted ring dips:</i> 3 + .7 bodyweight <i>ring deep dips:</i> 5 <i>military press:</i> 3 × .85 bodyweight <i>free standing handstand:</i> 2:00 hold <i>free standing handstand push-up:</i> 3	push	<i>rings deep push ups:</i> 15 <i>rings one arm push-ups:</i> 5/arm <i>one arm push-ups:</i> 15/arm <i>ring dips:</i> 25 <i>weighted ring dips:</i> 3 + .8 bodyweight <i>ring deep dips:</i> 8 <i>military press:</i> 3 × .95 bodyweight <i>free standing handstand:</i> 2:30 hold <i>free standing handstand push-up:</i> 5	push	<i>ring deep push ups:</i> 18 <i>rings one arm push-ups:</i> 8/arm <i>one arm push-ups:</i> 18/arm <i>ring dips:</i> 30 <i>weighted rings dips:</i> 3 + .9 bodyweight <i>ring deep dips:</i> 12 <i>military press:</i> 3 × 1 bodyweight <i>free standing handstand:</i> 3:00 hold <i>free standing handstand push-up:</i> 8
pull	<i>pull-ups:</i> 30 <i>chest to bar chin-ups:</i> 20 <i>weighted pull-ups:</i> 3 + .9 bodyweight <i>muscle-up:</i> 15 <i>archer ring pull-ups:</i> 5/5 <i>archer ring rows:</i> 15/15 <i>L-sit rope climb:</i> ↑↑↑ 20' <i>front lever hold:</i> :05 <i>back lever hold:</i> :08 <i>bent over row:</i> 8 × 1.1 bodyweight	pull	<i>one arm pull-ups:</i> 3/3 <i>chest to bar chin-ups:</i> 25 <i>weighted pull-ups:</i> 3 + .95 bodyweight <i>muscle-up:</i> 18 <i>archer ring pull-ups:</i> 8/8 <i>L-sit rope climb:</i> ↑↑↑↓ 20' <i>front lever hold:</i> :08 <i>back lever hold:</i> :15 <i>bent over row:</i> 5 × 1.25 bodyweight	pull	<i>one arm pull-up:</i> 5/5 <i>chest to bar chin-ups:</i> 30 <i>weighted pull-ups:</i> 3 + 1 bodyweight <i>muscle up:</i> 20 <i>archer ring pull-ups:</i> 12/12 <i>L-sit rope climb:</i> ↑↑↑↓↑ 20' <i>front lever hold:</i> :15 <i>back lever hold:</i> :30 <i>bent over row:</i> 8 × 1.25 bodyweight
core	<i>overhead squat:</i> 10 × 1 bodyweight <i>rings L-sit:</i> 1:15 hold <i>full ab roll-out</i> × 8	core	<i>overhead squat:</i> 12 × 1 bodyweight <i>rings L-sit:</i> 1:30 hold <i>full ab roll-out</i> × 12	core	<i>overhead squat:</i> 15 × 1 bodyweight <i>rings L-sit:</i> 1:45 minutes <i>full ab roll-out</i> × 15
work	<i>barbell thrusters:</i> 50 × .65 bodyweight <i>2 kettlebell clean & jerk:</i> 20 women 20Kg, men 24Kg <i>500 meter row:</i> women 1:40 men 1:25 <i>5 Km run:</i> 18:30	work	<i>barbell thrusters:</i> 50 × .7 bodyweight <i>2 kettlebell clean & jerk:</i> 35 women 20Kg, men 24Kg <i>2000 meter row:</i> women 7:40 men 6:08 <i>5 Km run:</i> 17:45	work	<i>barbell thrusters:</i> 50 × .75 bodyweight <i>2 kettlebell clean & jerk:</i> 50 women 20Kg, men 24Kg <i>row:</i> 5k row for women at 20:00 6k row for men at 20:00 <i>5 Km run:</i> 17:00
speed	<i>400 meter run:</i> 1:04 minutes <i>barbell clean:</i> 3 × 1.2 bodyweight <i>barbell snatch:</i> 3 × .8 bodyweight	speed	<i>800 meter run:</i> 2:20 minutes <i>barbell clean:</i> 3 × 1.4 bodyweight <i>barbell snatch:</i> 3 × .9 bodyweight	speed	<i>1 mile run:</i> 5 minutes <i>barbell clean:</i> 3 × 1.5 bodyweight <i>barbell snatch:</i> 3 × bodyweight

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