

## Athletic Skill Levels

A	YELLOW	B	YELLOW	C	YELLOW
	Pre-Level 1 general fitness		Pre-Level 1 general fitness		Pre-Level 1 general fitness
<b>hips</b>	<i>squats:</i> 10 air squats <i>barbell back squat:</i> 3 repetitions women 15Kgs, men 20Kgs <i>deadlift:</i> 8 × .25 bodyweight, rack pull OK	<b>hips</b>	<i>squats:</i> 20 air squats <i>barbell back squat:</i> 5 repetitions women 15Kgs, men 20Kgs <i>deadlift:</i> 8 × .3 bodyweight, rack pull OK	<b>hips</b>	<i>squats:</i> 30 air squats <i>barbell back squat:</i> 8 repetitions women 15Kgs, men 20Kgs <i>deadlift:</i> 8 × .4 bodyweight, rack pull OK
<b>push</b>	<i>push ups:</i> 8 @ 45° <i>push ups:</i> 3 @ 30°  <i>military press:</i> 8 x .1 bodyweight <i>dip support:</i> 2 × :05 holds within 0:20 <i>pike box handstand:</i> :15 hold	<b>push</b>	<i>push ups:</i> 12 @ 45° <i>push ups:</i> 5 @ 30° <i>push-ups:</i> 3 <i>military press:</i> 12 × .1 bodyweight <i>dip support:</i> :10 hold <i>pike wall handstand:</i> :15 hold	<b>push</b>	<i>push-ups:</i> 8 @ 30° <i>push-ups:</i> 5 <i>military press:</i> 8 × .25 bodyweight <i>dip support hold:</i> 2 × :15 within 0:45 <i>pike wall handstand:</i> 3 × :15 complete all 3 holds within 2:00
<b>pull</b>	<i>active bar hang:</i> 2 × :05 holds within :15 <i>ring row:</i> 8 @ 60°  <i>bent over row:</i> 5 × .1 bodyweight	<b>pull</b>	<i>active bar hang:</i> 2 × 0:15 within 0:45 <i>ring row:</i> 12 @ 60°  <i>bent over row:</i> 12 × .1 bodyweight	<b>pull</b>	<i>active bar hang:</i> :30 hold <i>ring row:</i> 3 @ 30° <i>ring row:</i> 8 @ 45° <i>bent over row:</i> 8 × .25 bodyweight
<b>core</b>	<i>sit ups:</i> 10 <i>plank:</i> :30 hold	<b>core</b>	<i>sit ups:</i> 15 <i>plank:</i> :45 hold	<b>core</b>	<i>sit-ups:</i> 20 <i>plank:</i> 1:00 hold
<b>work</b>	<i>kettlebell swings:</i> 10 women 8Kg, men 12Kg <i>500 meter row:</i> women 2:40 men 2:15 <i>½ mile run:</i> 4:40	<b>work</b>	<i>kettlebell swings:</i> 15 women 8Kg, men 12Kg <i>1000 meter row:</i> women 5:20 men 4:30 <i>1 mile run:</i> 9:20	<b>work</b>	<i>kettlebell swings:</i> 20 women 8Kg, men 12Kg <i>row:</i> women 2500 m in 13:20 men 3000 m in 13:30 <i>1.5 mile run:</i> 14:00
<b>speed</b>		<b>speed</b>		<b>speed</b>	

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