

## Athletic Skill Levels 2.0 ©

### Level 1

A	WHITE Level 1 well rounded beginner	B	WHITE Level 1 well rounded beginner	C	WHITE Level 1 well rounded beginner
hips	squats: 50 air squats barbell back squat: 8 × 3 bodyweight deadlift: 8 × .5 bodyweight, rack pull OK	hips	squats: 75 air squats barbell back squat: 8 × 4 bodyweight deadlift: 8 × .65 bodyweight, rack pull OK	hips	squats: 75 air squats below parallel barbell back squat: 8 × 5 bodyweight deadlift: 8 × .75 bodyweight, full depth
push	push-ups: 8 ring push-ups: 3 dip support: :30 second hold military press: 3 × 3 bodyweight pike wall handstand: 4 × 15 holds complete all 4 holds within 1:30	push	push-ups: 12 ring push-ups: 5 dip support: :45 hold military press: 3 × 4 bodyweight wall handstand: :30 hold wall walk: 1 trip	push	push-ups: 15 ring push-ups: 8 dip support: 1:00 hold dips: 3 military press: 3 × 4.5 bodyweight wall handstand: :45 hold wall walk: 2 trips
pull	assisted pull-ups: 3 active bar hang: :45 hold ring row: 8 @ 30° ring row: 3 @ horizontal active rope hang: :30 hold bent over row: 5 × 3 bodyweight	pull	assisted pull-ups: 5 active bar hang: 1:00 hold ring rows: 5 @ horizontal active rope hang: :45 hold	pull	pull-ups: 3 active bar hang: 1:30 hold ring rows: 8 @ horizontal active rope hang: 1:00 hold
core	sit-ups: 30 ring plank: :30 hold tuck L-sit: :15 hold	core	seated knees to chest: 30 ring plank: :45 hold tuck L-sit: :30 hold	core	seated V-ups: 8 hanging knees to elbows: 3 L-sit: :15 hold ring plank: 1:00 hold
work	kettlebell swings: 25 women 12 Kg, men 16 Kg 500 meter row: women 2:20 men 1:55 2 mile run: 18:40	work	1 kettlebell clean: 15/arm women 12 Kg, men 16 Kg 1000 meter row: women 4:50 men 4:00 2.5 mile run: 23:20	work	2 dumbbell thrusters: 20 women 2×15 lb, men 2×25 lb 1 kettlebell clean & jerk: 15/arm women 12 Kg, men 16Kg 2000 meter row: women 9:50 men 8:10 5 Km run: 29:00
speed	400 meter run: 2:04 minutes	speed	800 meter run: 4:20 minutes	speed	1 mile run: 9 minutes dumbbell power snatch: 10/arm women 30 lbs / men 40 lbs

### Level 2

A	GREEN Level 2 intermediate athlete	B	GREEN Level 2 intermediate athlete	C	GREEN Level 2 intermediate athlete
hips	squats: 100 air squats barbell squat: 20 × 5 bodyweight barbell back squat: 3 × 75 bodyweight deadlift: 3 × 1.25 bodyweight	hips	barbell squats: 20 × 6 bodyweight barbell squat: 3 × 1 bodyweight barbell squats: 3 × 1.15 bodyweight deadlift: 3 × 1.35 bodyweight	hips	single leg squats: 3/leg barbell squats: 20 × .75 bodyweight barbell squat: 3 × 1.25 bodyweight deadlift: 3 × 1.5 bodyweight
push	push-ups: 20 ring push-ups: 12 dips: 5 weighted dips: 3 × 1 bodyweight military press: 8 × 5 bodyweight wall handstand: 1:00 hold	push	push-ups: 25 ring push-ups: 15 dips: 8 weighted dips: 3 × 2.5 bodyweight ring dips: 3 military press: 3 × .55 bodyweight free standing handstand: :05 hold	push	push-ups: 30 ring push-ups: 20 dips: 12 weighted dips: 3 × 4 bodyweight ring dips: 5 military press: 3 × 6 bodyweight free standing handstand: :15 hold wall handstand push-up: 3
pull	pull-ups: 5 weighted pull-ups: 3 × 1 bodyweight ring rows: 12 @ horizontal rope pull-ups: 3 bent over row: 5 × 6 bodyweight	pull	pull-ups: 8 chest to bar chin-ups: 3 weighted pull-ups: 3 × 2.5 bodyweight muscle-up: 1 ring rows: 15 @ horizontal archer ring rows: 3/3 rope pull-ups: 5 bent over row: 5 × 7 bodyweight	pull	pull-ups: 12 chest to bar chin-ups: 5 weighted pull-up: 3 × 4 bodyweight muscle-up: 3 ring rows: 20 @ horizontal archer ring rows: 3/3 rope pull-ups: 8 rope climb: ⬆️ 20', no feet bent over row: 5 × 8 bodyweight
core	seated V-ups: 15 hanging straight leg raises: 3 L-sit: :30 hold knee ab roll-out: × 3	core	seated V-ups: 30 hanging straight leg raises: 8 ring L-sit: :05 hold knee ab roll-out: × 5	core	overhead squat: 10 × 5 bodyweight stall bar straight leg raises: 15 rings L-sit: :15 hold fall ab roll-out: × 8
work	barbell thrusters: 45 × 2.5 bodyweight 2 kettlebell clean & jerk: 20 women 12 Kg, men 16 Kg 500 meter row: women 4:20 men 3:40 5 Km run: 27:00	work	barbell thrusters: 45 × 4 bodyweight 2 kettlebell clean & jerk: 35 women 12 Kg, men 16 Kg 1000 meter row: women 8:20 men 7:30 5 Km run: 25:00	work	barbell thrusters: 45 × 5 bodyweight 2 kettlebell clean & jerk: 50 women 12 Kg, men 16 Kg 2000 meter row: women 8:50 men 7:30 5 Km run: 22:30
speed	400 meter run: 1:34 minutes barbell power clean: 3 × 5 bodyweight barbell power snatch: 3 × 3 bodyweight	speed	800 meter run: 3:20 minutes barbell power clean: 3 × 6 bodyweight barbell power snatch: 3 × 6 bodyweight	speed	1 mile run: 7 minutes barbell power clean: 3 × 7.5 bodyweight barbell power snatch: 3 × 5 bodyweight

### Level 3

A	BLUE Level 3 advanced athlete	B	BLUE Level 3 advanced athlete	C	BLUE Level 3 advanced athlete
hips	single leg squats: 8/leg barbell squats: 20 × 85 bodyweight barbell squat: 3 × 1.25 bodyweight deadlift: 3 × 1.75 bodyweight	hips	single leg squats: 15/leg barbell squats: 20 × 95 bodyweight barbell squat: 3 × 1.35 bodyweight deadlift: 3 × 1.9 bodyweight	hips	single leg squats: 20/leg barbell squats: 20 × 95 bodyweight barbell squat: 3 × 1.5 bodyweight deadlift: 3 × 2 bodyweight
push	ring deep push-ups: 3 ring push-ups: 25 one arm push-ups: 3/arm dips: 15 ring dips: 8 weighted ring dips: 3 × 4 bodyweight military press: 3 × 65 bodyweight free standing handstand: :30 hold free standing handstand push-up: 3	push	ring deep push-ups: 5 ring push-ups: 30 one arm push-ups: 5/arm dips: 20 ring dips: 12 weighted ring dips: 3 × 5 bodyweight military press: 3 × 7 bodyweight free standing handstand: 1:00 hold free standing handstand push-up: 8	push	ring deep push-ups: 8 one arm push-ups: 8/arm dips: 25 ring dips: 15 weighted ring dips: 3 × 6 bodyweight ring deep dips: 3 military press: 3 × 7.5 bodyweight free standing handstand: 1:30 hold free standing handstand push-up: 15
pull	pull-ups: 15 chest to bar chin-ups: 8 weighted pull-ups: 3 × 5 bodyweight muscle-up: 5 archer ring rows: 5/side rope pull-ups: 12 rope climb: ⬆️ 20', no feet bent over row: 5 × 9 bodyweight	pull	pull-ups: 20 chest to bar chin-ups: 12 weighted pull-ups: 3 × 6.5 bodyweight muscle-up: 8 archer ring rows: 8/8 rope pull-ups: 15 L-sit rope climb: ⬆️ 20' rope climb: ⬆️ 20', no feet bent over row: 5 × 1 bodyweight	pull	pull-ups: 25 chest to bar chin-ups: 15 weighted pull-ups: 3 × 8 bodyweight muscle-up: 12 archer ring pull-ups: 3/3 rope pull-ups: 20 L-sit rope climb: ⬆️ 20' rope climb: ⬆️ 20', no feet back lever hold: :05 bent over row: 5 × 1.1 bodyweight
core	overhead squat: 10 × 6 bodyweight stall bar straight leg raises: 3 rings L-sit: :30 hold fall ab roll-out: × 3	core	overhead squat: 10 × 8 bodyweight stall bar straight leg raises: 8 rings L-sit: :45 hold fall ab roll-out: × 5	core	overhead squat: 10 × 9 bodyweight stall bar straight leg raises: 15 rings L-sit: 1:00 hold fall ab roll-out: × 8
work	barbell thrusters: 45 × .55 bodyweight 2 kettlebell clean & jerk: 20 women 16Kg, men 20Kg 500 meter row: women 8:00 men 7:30 5 Km run: 21:30	work	barbell thrusters: 50 × .55 bodyweight 2 kettlebell clean & jerk: 35 women 16Kg, men 20Kg 2000 meter row: women 8:00 men 6:40 5 Km run: 20:30	work	barbell thrusters: 50 × 6 bodyweight 2 kettlebell clean & jerk: 50 women 16Kg, men 20Kg 500 meter row: women 7:40 men 7:00 5 Km run: 19:30
speed	400 meter run: 1:19 minutes barbell clean: 3 × 8 bodyweight barbell snatch: 3 × 6 bodyweight	speed	800 meter run: 2:50 minutes barbell clean: 3 × 9 bodyweight barbell snatch: 3 × 7 bodyweight	speed	1 mile run: 6 minutes barbell clean: 3 × 1 bodyweight barbell snatch: 3 × 7.5 bodyweight

### Level 4

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