

Level 1

ALL 24 GRAY SKILLS required
plus 9 optional skills - 65%.
Complete in 30 days

Level 2

ALL 35 GRAY SKILLS required
plus 8 optional skills - 70%.
Complete in 30 days

Level 3

ALL 36 GRAY SKILLS required
plus 14 optional skills - 80%.
Complete in 30 days

Level 4

ALL 34 GRAY SKILLS required
plus 20 optional skills - 85%.
Complete in 30 days

	Baseline M=6:15 W=7:30 if jumping pull ups, 20	Baseline M=5:15 W=6:30	Baseline M=4:30 W=5:35	Baseline M=3:55 W=4:40
Body Weight	Push Ups M=10 W=1	Push Ups M=30 W=10	Ring Push Up M=30 W=20	Ring Push Up M=50 W=30
	Situps 45 in 2'	Situps 65 in 2'	Situps 90 in 2'	Situps 110 in 2'
	Pull Ups M=3 W=1	Pull Ups M=20 W=10	Pull ups M=40 W=20	Deadhang Pullups M=40 W=20
		Wtd. Pull M=1/3 BW W=.2 BW	Wtd. Pull M=.6 BW W=1/3 BW	Wtd. Pull M=.75 BW W=.6 BW
			L-Pull M=10 W=5 Tuck	L-Pull M=20 W=10 Tuck
	Dips M=10 W=3	Dips M=20 W=10	Ring Dips M=30 W=15	Ring Dips M=50 W=25
		Wtd. Dip M=1/3 BW W=1 Ring	Wtd. Dip M=.75 BW W=.25 BW	Wtd. Dip M=1+BW W=.6 BW
	Squats 50	Squats 100	Pistols 10/10 no switch	Pistols 20/20 no switch
	Squat thrusts 20	Burpees 1 minute = 10	Burpees 1 minute = 20	Burpees 1 minute = 30
	Box J. 12" x 15 non-stop	Box J. 20" x 20 non-stop	Box J. 24" x 30 non-stop	Box J. 32" x 20 non-stop
	Vertical Jump 10"	Vertical Jump 18"	Vertical Jump 25"	Vertical Jump 30"
	Hanging Tuck Hold 45"	K-to-Elbows M=15 W=10	Toes to Bar M=20 W=10	T-to-B+Inverted M=15 W=5
Static Back Extension 1 minute	GHD Situps 25	GHD Situps 50		
Plank Front - 2 minutes Side Plank(each) 1 minute	Rope Cl. M= 3 trips, 30 ft W=1 trip, 10 ft	Rope Cl. M= 2 trips, no feet. 20 ft. W=1 trip, no ft. 10 ft.	Rope Cl. M= 4 trips L, 40 ft. W=2 trips L, 20 ft.	
Dynamic ROM	Shoulder Bridge -hips chest high	shoulder bridge - hold ankles, hips above chest	Hand bridge, arms extended, don't have to be locked	Hand bridge, arms straight, chest to wall
	Hip Flexor - knee 6" from wall. Torso upright, press hips forward. Need 120 degree split angle, hips squared	back shin against wall. Shoulders and knee in line with hips. Need 100 degree split angle	Same as level 2 but 120 degree split angle	same as level 2, need 150 degree split angle
	Shoulders - prone on ground. Lift arms minimum of 2" off floor overhead	lift arms minimum of 4" off floor	lift arms minimum of 6" off floor	lift arms minimum of 8" off floor
	Hamstrings - with flat back, touch fingertips to wall	with flat back, touch fists to wall	with flat back, touch palms to wall	with flat back, touch chest to thighs & nose to knees
Weight Lifting	Back Squat 1/2 BW	Back Squat BW	Back Squat 1 1/2 BW	Back Squat 2xBW
	Front Squat 1/2 BW	Front Squat 3/4 BW	Front Squat BW	FS 1 1/2 BW
	Deadlift 3/4 BW	Deadlift 1 1/2 BW	Deadlift 2 BW	DL 2 1/2 BW
	Press 1/4 BW	Press 1/2 BW	Press M=3/4 BW W= 2/3 BW	Press M=BW W= 3/4 BW
	Bench M 3/4BW W 1/3 BW	Bench M = BW W= 2/3 BW	Bench M = 1.25 BW W=3/4 BW	Bench M=1.5 BW W= 1xBW
	Overhead Squat 1/4 BW	Overhead Squat 1/2 BW	Overhead Squat BW	OHS = BW x 15
	MB Cleans x 15	Clean 2/3 BW	Clean BW	Clean = 1.25 BW
	Snatch PVC	Snatch 1/3 BW	Snatch 3/4 BW	Snatch 1 1/8 BW
	Jerk PVC	Jerk 1/2 BW	Jerk BW	Jerk 1.25 BW
	Push Press x 15 M=55 W=35	Push Press x 15 M=65 W=45	Push Press x 15 M=75 W=55	PP x 15 M=85 W=65
	Turkish Get Up 1/10 BW X 2	TGU 1/4 BW X 2	TGU 1 each arm x 1/2 BW	TGU 1 each arm .6 x BW
		Thrusters x 15 M=95 W=65	Thrusters x 45 1/2 BW	

Level 1

Level 2

Level 3

Level 4

MetCon	100 M Run M=18.5 W=21.5	100 M Run M=15.5 W=17.8	100 M Run M=14 W=16.1	100 M Run M=13 W=15
	400 M Run M=2:04 W=2:25	400 M Run M=1:34 W=1:55	400 M Run M=1:19 W=1:35	400 M Run M=1:04 W=1:19
	800 M Run M=4:20 W=4:50	800 M Run M=3:20 W=4:00	800 M Run M=3:00 W=3:20	800 M Run M=2:35 W=2:55
	1 Mile Run M=9:15 W=10:00	1 Mile Run M=7:30 W=8:10	1 Mile Run M=6:10 W=6:50	1 Mile Run M=5:30 W=6:00
	5K M=25 W=28	5K M=22:30 W=25:30	5K M=19 W=22	5K M=17:45 W=20:45
	500m Row M=1:55 W=2:20	500m Row M=1:45 W=2:00	500m Row M=1:34 W=1:50	500m Row M=1:29 W=1:40
		1000m Row M=3:35 W=4:10	1000m Row M=3:22 W=3:47	1000m Row M=3:15 W=3:30
	2000m Row M=8:10 W=9:50	2000m Row M=7:30 W=8:50	2000m Row M=7:10 W=8:00	2000m Row M=6:50 W=7:20
	100xjump rope(no miss)	500xjump rope(no miss)	500xjump rope(multi patterns)	75xcrossover(no miss)
	1 x double under	15 x double under(no miss)	40 x double under(no miss)	90 x double under(no miss)
Gymnastic Movements	Handstand wall - 20"	Handstand wall - 1 minute	Wall Run - 10 reps each arm	HS Walk 30 ft
	Headstand - free 20"	Headstand straddle press 15	Headstand Pike Press 15	Head to Hand stand - 5 reps
	Fwd Roll/Shoulder Roll	Dive Roll	Free HS - 10"	Free HS 45"
	L-Sit 10"	HS - FWD Roll	Opposite Cartwheels	HS Straddle Press
	Ring Support 45"	Cartwheel	L-Sit 50"	HS Pike Press
	Pbar walk M=x2 W=x1	L-Sit 30"	Ring L-Sit m=20" w=10"	Round Off
	Pbar swings 45 degree x 15	Ring Tuck Sit M=30" W=15"	Muscle Up M=10 W=1	L-Sit 90"
	Frog Stand 15"	Muscle Up x 1 Men only	W=x1	Ring L-Sit M=45" W= 30"
	Back Shoulder Roll	Pbar Fwd/BWD M=x2 W=x1	Pbar swing to dismount	Muscle Up M=15 W=10
	Inverted Hang Rings	Pbar swings 90 degree x 15	Frog Tuck Planche x 10"	Back roll to support = 1
	Skin the Cat x 1	Frog Stand 60"	Back roll to bent arms	Pbar swings to HS
		Backward Roll	1/2 ext Back Lever - 5"	Straddle Planche 6"
		Flat Tuck Front Lever 10"	1/2 ext front lever - 10"	Back roll to straight arms
		Flat Tuck Back Lever 10"	HeSPU wall M =10 W=1	Back Lever 6"
		HeSPU wall M=2 W=1/2	Skin the Cat x 15	Straddle Front Lever 10"
		skin the Cat x 7	Cross Pulls w Strap = 5	Pull Over x 10
			Pull Over x 1	HSPU M= 3 full range W= 5 floor
				Skin the cat = 25
				Iron Cross
				Glide Kip
Work Outs	"Christine" 15 minutes or less	"Helen" M=11:30 W=15	"Chelsea" - 30 minutes, every minute on minute.	"Mary" 15 Rouns in 20'
	3 Rounds	3 Rounds - 400 M Run,		5 HSPU, 5/5 Pistols,
	500M row, 12 DL(1/2 BW)	21 KB Swings M 24kg W 16 kg	5 pullups-10 Pushups-15 Sqts	15 Pullups
	21 Box Jumps (14")	12 Pull Ups		
		"Jackie" M=12 W=12 Jmp PL	"Fight Gone Bad" Rx	"Grace" - 30 x135/95 C & J
	"Cindy" w/jumping pull ups	Row 1000, 50 Thrusters 45/33	Men 245, W= 220	"Isabel" - 30 x 135/95 Snatches
	14 rounds in 20' or	30 Pull Ups		
	7 rounds no assistance		"Fran" RX M= 7:30 W=10	"Elizabeth" - 21-15-9
	"Karen" M= 13:00 W=10:00		Clean Jerks, Ring Dips	
	150 Wallballs 20#/10#			
Other	25 KB Swings	20/20 KB Snatch, can switch	30/30 KB Snatch M 24KG W 16 KG , one switch	100/100 KB Snatch in 10'
	25 Side Semis each side	25 side semis 25# M 15# W		switch at will M 24KG W 16KG
			15/15 Hammers M 35# W 25#	15/15 Hammers M45# W35#
			Sandbag Carry 1 mile 1/2 BW	Sandbag carry 1 mile 3/4 BW