

# ATHLETIC LEADER BOARD STANDARDS



|                     | NOVICE   | BEGINNER   | INTERMEDIATE                                     | ADVANCED   | MASTER   | ELITE   |
|---------------------|--|--|--|--|--|---|
| <b>Press</b>        | 2 min. Push-up Position Plank                                | Push-ups x 20                                    | Push-ups w/ 45lb Plate x10                       | Bodyweight Bench Press x 5                       | Bodyweight Bench Press x 15                      | 1.5 x Bodyweight Bench Press x 1                  |
| <b>Deadlift</b>     | Hinge with Dowel, 5 reps ea. without it popping off the back | KB Deadlift w/ 2 80lb KBs x 10                   | KB Swing w/ 53lb KB x 20                         | Bodyweight Deadlift x 1                          | 1.5 x Bodyweight Deadlift x 1                    | 2 x Bodyweight Deadlift x 1                       |
| <b>Squat</b>        | Proper Form (below parallel) Goblet Squat x 10               | Goblet Squat w/ 80lb KB x 10                     | 2-KB Front Squat w/ 53lb KBs x 10                | Bodyweight Back Squat x 1                        | 1.5 x Bodyweight Squat x 1                       | 2 x Bodyweight Back Squat x 1                     |
| <b>Pull</b>         | Parallel TRX Rows x10  | Feet-elevated TRX Rows x 10                      | Neutral Grip Pull-ups x 5                        | Neutral Grip Pull-ups x 10                       | Neutral Grip Pull-ups x 15                       | Pull-up w/ 53lb KB x 10                           |
| <b>Carry</b>        | Color appropriate for weight class for 50 yards              | Color appropriate for weight class for 100 yards | Color appropriate for weight class for 150 yards | Color appropriate for weight class for 200 yards | Color appropriate for weight class for 250 yards | Color appropriate for weight class Full Perimeter |
| <b>Row</b>          | Minutes: 1:56 – 2:00   | Minutes: 1:51 – 1:55                             | Minutes: 1:46 – 1:50                             | Minutes: 1:41 – 1:45                             | Minutes: 1:36 – 1:40                             | Minutes: 1:35 and below                           |
| <b>VersaClimber</b> | Seconds: 29 – 30   | Seconds: 27 – 28                                 | Seconds: 25 – 26                                 | Seconds: 23 – 24                                 | Seconds: 21 – 22                                 | Seconds: 20 and below                             |



|                     | NOVICE   | BEGINNER   | INTERMEDIATE                                     | ADVANCED   | MASTER   | ELITE   |
|---------------------|--|--|--|--|--|---|
| <b>Press</b>        | 2 min. Push-up Position Plank                                | Push-ups x 5                                     | 1-arm Bench Press w/ 35lb DB x 5                 | 1-arm KB Press 26lb KB x 5 ea.                   | Push-ups x 15                                    | Bodyweight Bench Press x 1                        |
| <b>Deadlift</b>     | Hinge with Dowel, 5 reps ea. without it popping off the back | KB Deadlift 80lb KB x 10                         | KB Swing w/ 35lb KB x 20                         | Bodyweight Deadlift x 1                          | 1.5 x Bodyweight Deadlift x 1                    | 2 x Bodyweight Deadlift x 1                       |
| <b>Squat</b>        | Proper Form (below parallel) Goblet Squat x 10               | Goblet Squat w/ 44lb KB x 10                     | 2-KB Front Squat w/ 35lb KBs x 10                | Bodyweight Back Squat x 1                        | Bodyweight Back Squat x 10                       | 1.5 x Bodyweight Back Squat x 1                   |
| <b>Pull</b>         | 45 Degree TRX Rows x 10                                      | Parallel TRX Rows x10                            | Band-Assisted Pull-up x 10                       | Neutral Grip Pull-up x 5                         | Neutral Grip Pull-up w/ Weight Vest x 5          | Neutral Grip Pull-up with 35lb KB x 1             |
| <b>Carry</b>        | Color appropriate for weight class for 50 yards              | Color appropriate for weight class for 100 yards | Color appropriate for weight class for 150 yards | Color appropriate for weight class for 200 yards | Color appropriate for weight class for 250 yards | Color appropriate for weight class Full Perimeter |
| <b>Row</b>          | Minutes: 2:06 – 2:10   | Minutes: 2:01 – 2:05                             | Minutes: 1:56 – 2:00                             | Minutes: 1:51 – 1:55                             | Minutes: 1:46 – 1:50                             | Minutes: 1:45 and below                           |
| <b>VersaClimber</b> | Seconds: 34 – 35   | Seconds: 32 – 33                                 | Seconds: 30 – 31                                 | Seconds: 28 – 29                                 | Seconds: 26 – 27                                 | Seconds: 25 and below                             |

# LEVEL UP