

# Program Structure

	Freshman	Sophomore	Junior	Senior
* Skill Area	Well-rounded Beginner	Intermediate Athlete	Advanced Athlete	Elite Athlete

<b>Character</b>	Commitment: Attitude:	Respect: Self-Confidence:	Assistive: Team Oriented:	Leadership: Independence:
<b>Hips 1</b>	<b>Squats:</b> 50 free squats In 60 sec.	<b>Squats:</b> 100 free squats 120 sec. <b>Squat:</b> 1 x bodyweight	<b>Pistols:</b> 10 <i>each leg</i> <b>Squat:</b> 1 1/4 x bodyweight	<b>Pistols:</b> 25 <i>each leg</i> <b>Squat:</b> 1 1/2 x bodyweight
<b>Hips 2</b>	<b>Deadlift:</b> 3/4 x bodyweight	<b>Deadlift:</b> 1 1/4 x bodyweight	<b>Deadlift:</b> 1 1/2 x bodyweight	<b>Deadlift:</b> 2 x bodyweight
<b>Hips 3</b>	<b>Vertical Jump:</b> 18 inches	<b>Vertical Jump:</b> 24 inches	<b>Vertical Jump:</b> 30 inches	<b>Vertical Jump:</b> 36 inches
<b>Push 1</b>	<b>Push-ups:</b> Guys: 10- 60 sec. Gals: 5- 60 sec.	<b>Push-ups:</b> Guys: 30 strict Gals: 10 strict <b>Bench Press:</b> Guys: 3/4 x bw Gals: 1/2 x bw	<b>Push-ups:</b> Guys: 20 on rings Gals: 10 on rings <b>Bench Press:</b> Men: 1 x bw Gals: 3/4 x bw	<b>Push-ups:</b> Guys: 50 on rings Gals: 20 on rings <b>Bench Press:</b> Men: 1 1/4 x bw Gals: 1 x bw
<b>Push 2</b>	<b>Military Press:</b> 1/4 x bodyweight	<b>Military Press:</b> Guys: 0.5 x bw Gals: 0.4 x bw <b>Handstand Hold:</b> 1 minute	<b>Military Press:</b> Guys: 0.75 x bw Gals: 0.60 x bw <b>Handstand Push-up:</b> Guys: 10 Gals: 10 to 6" target	<b>Military Press:</b> Guys: 1 x bw Gals: 0.80 x bw <b>Handstand Push-up:</b> Guys: 21 full range Gals: 5 full range
<b>Push 3</b>	<b>Dips:</b> Guys: 10- 60 sec. Gals: 5- 60 sec.	<b>Dips:</b> Guys: 10 on rings 120- sec Gals: 5 on rings 90 sec <b>Dip:</b> Guys: 20- 90 sec    Gals: 10- 90 sec	<b>Dips:</b> Guys: 20 on rings Gals: 10 on rings <b>Dip:</b> Guys: 1 with 1/4 x bw Gals: 20- 120 sec	<b>Dips:</b> Guys: 30 on rings Gals: 15 on rings <b>Dip:</b> Guys: 1 with 1/2 x bodyweight Gals: 1 with 1/4 x bodyweight

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<b>Pull 1</b>	<b>Static Hang:</b> 30 seconds	<b>Rope Climb:</b> 15-foot climb, 1 trip	<b>Rope Climb:</b> Guys: 15-foot climb 2 trips touch and go, no feet Gals: 15-foot climb, 1 trip, no feet	<b>Rope Climb:</b> 20-foot climb 4 trips touch and go, no feet
<b>Pull 2</b>	<b>High Pull:</b> 1/2 x bodyweight	<b>Power Clean:</b> 3/4 x bodyweight	<b>Clean:</b> 1/2 x bodyweight	<b>Clean:</b> 1 x bodyweight
<b>Pull 3</b>	<b>Pull-ups:</b> Guys: 10 Gals: 1	<b>Pull-ups:</b> Guys: 20 Gals: 5 <b>Pull-up:</b> Guys: 1 with 1/3 x bw Gals: 1 with 1/5 x bw <b>Muscle-up:</b> 1 (Men-only)	<b>Pull-ups:</b> Guys: 40 Gals: 10 <b>Pull-up:</b> Guys: 1 with 1/2 x bw Gals: 1 with 1/4 x bw <b>Muscle-up:</b> Guys: 5 Gals: 1	<b>Pull-ups:</b> Guys: 40 dead hang Gals: 20 dead hang <b>Pull-up:</b> Guys: 1 with 1 x bw Gals: 1 with 0.60 bw <b>Muscle-up:</b> Guys: 10 Gals: 5
<b>Core 1</b>	<b>Sit-ups:</b> 30	<b>V-ups:</b> 30	<b>Overhead Squat:</b> 1 x 1/2 bodyweight	<b>Overhead Squat:</b> 5 repetitions at 1 x bodyweight
<b>Core 2</b>	<b>Knees to Chest:</b> 10 sitting	<b>KTE's:</b> 15- 60 sec.	<b>KTE's:</b> 30- 90 sec.	<b>KTE's:</b> 60- 120 sec.
<b>Core 3</b>	<b>L-sit:</b> 10 seconds	<b>L-sit:</b> 30 seconds	<b>L-sit:</b> 1 minute	<b>L-sit:</b> 1:30 minutes
<b>Work 1</b>	<b>Kettlebell Swings:</b> Guys: 35 Gals: 25 60 sec.	<b>Kettlebell Snatch:</b> 30 each arm Guys 24kg , Gals 16kg 120 sec	<b>Kettlebell Snatch:</b> 10 minute test 200 reps Guys 24kg Gals 16kg	<b>2 db/kb Clean &amp; Jerk:</b> 100 reps in 10 minutes Guys 16kg Gals 12kg
<b>Work 2</b>	<b>Wall Ball:</b> Guys: 25- 60 sec Gals: 20- 60 sec <b>800-meter Run:</b> 4:20	<b>Thrusters:</b> 45 reps at 1/4 x bodyweight in 90 sec. <b>800-meter Run:</b> 3:50	<b>Sandbag Carry:</b> Guys: 1 mile with 1/2 x bw Gals: 1 mile with 1/3 x bw <b>800-meter Run:</b> 3:00	<b>Sandbag Carry:</b> Guys: 1 mile with 3/4 x bw Gals: 1 mile with 1/2 x

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	minutes	minutes	minutes	bw <b>800-meter Run:</b> 2:30 minutes
<b>Work 3</b>	<b>2000-meter Row:</b> Gals 9:50 Guys 8:10	<b>2000-meter Row:</b> Gals 8:50 Guys 7:30	<b>2000-meter Row:</b> Gals: 8:00 Guys: 7:10	<b>2000-meter Row:</b> Gals: 7:10 Guys: 6:50
<b>Work 4</b>	<b>Christine:</b> 15 minutes 3 rounds for time -- 500 m row, 12 deadlifts (1/2 bodyweight), 21 box jumps <b>1-mile run:</b> 10 minutes	<b>Helen:</b> 11:30 minutes (Guys), 15:00 (Gals) 3 rounds for time -- 400 meter run, 21 kb swings, 12 pull- ups <b>1-mile run:</b> 9:00 minutes	<b>Cindy:</b> 22 rounds in 20 minutes -- 5 pull-ups, 10 push- ups, 15 squats <b>1-mile run:</b> 8 minutes	<b>Mary:</b> 15 rounds in 20 minutes 5 handstand push-ups, 10 pistols, 15 pull-ups  <b>1-mile run:</b> 7 minutes
<b>Speed 1</b>	<b>400-meter run:</b> 2:05 minutes	<b>400-meter run:</b> 1:50 minutes	<b>400-meter run:</b> 1:25 minutes	<b>400-meter run:</b> 1:15 minutes
<b>Speed 2</b>	<b>500-meter Row:</b> Gals 2:20 Guys 1:55	<b>500-meter Row:</b> Gals 2:00 Guys 1:45	<b>500-meter Row:</b> Gals 1:50 Guys 1:32	<b>500-meter Row:</b> Gals 1:40 Guys 1:25
<b>Speed 3</b>	<b>Medicine Ball Cleans:</b> 10	<b>Power Snatch:</b> 1/4 x bodyweight	<b>Snatch:</b> 1/2 x bodyweight	<b>Snatch:</b> 3/4 x bodyweight