

Levels of Fitness

Must do strength then cardio for all levels



White

STRENGTH

1. Body Squat- 10 reps
2. TRX Push Up- 10 reps
(Mod. Smith machine or Barbell in rack)
3. TRX Row- 10 reps
4. Plank- 30 seconds
(Mod. from knees)

CARDIO

- Rowing- 250 Meters (damper at 5)
Burpies with bench- 10 reps
***Two rounds**

Choose One

1 Mile- 15 minutes

Time Limit: 15 min on cardio, 30 min total

Yellow

Level Completed ____ Date ____/____/____

STRENGTH

1. **Goblet Squat-** 10 reps
Women 12 kg
Men 16 kg
2. **Bench Press-** 10 reps
Women 35lbs
Men 45lbs
3. **Lat pull down-** 8 reps
Woman 40 lbs
Men 60 lbs
(Lat pull down: bar must clear chin)
4. **Plank-** 45 seconds

Choose One

1. **Deadlift-** 10 reps
Women 16 kg
Men 24 kg
2. **Push-ups:** hand release
Women 5 reps
Men 10 reps
3. **TRX Rows-** 15 reps

Choose One

CARDIO

- Rowing-** 500 Meters (damper at 5)
Burpies- 10 reps (no push up)

Sled push- 1 down and back
(two cones placed 60 ft. apart)

***Two rounds**

Choose One

1 Mile- 12 minutes

Time Limit: 15 min on cardio, 40 min total
**Max of 5 min rest between strength & cardio*

Red

STRENGTH

1. **Squat-** 5 reps
Women .65x BW or 100 lbs
Men .85x BW or 150 lbs
2. **Bench Press-** 5 reps
Women .6x BW
Men BW
3. **Lat pull down-** 8 reps
Women 70 lbs.
Men 90 lbs.
(Bar must clear chin)
4. **Plank-** 1 minute

Choose One

1. **Dead Lift-** 1 rep
Women BW
Men 1.25x BW

Choose One

2. **Push-ups:** hand release
Women 10 reps
Men 20 reps

Choose One

3. **Pull ups-**
Women 1
Men 3
(strict, no kip-chin must clear bar)

CARDIO

- Rowing-** 500 Meters (damper at 5)
Burpies- 15 (no push-up)

Sled Push- 2 down and back
(two cones placed 60 ft. apart)

***Two rounds**

Choose One

1 Mile- 10 minutes

Time Limit: 15 min on cardio, 50 min total
**Max of 5 min rest between strength & cardio*

Level Completed ____ Date ____/____/____

Blue

STRENGTH

1. **Squat-** 1 rep
Women BW
Men 1.5x BW



1. **Dead Lift-** 1 rep
Women 1.25x BW
Men 1.75x BW

2. **Bench Press-** 1 rep
Women .8x BW
Men 1.25x BW



2. **Push-ups:** hand release
Women 20 reps
Men 30 reps

3. **Lat pull down-** 8 reps
Women 100 lbs
Men 120 lbs
(Bar must clear chin)



3. **Pull ups-**
Women 5
Men 10
(strict, no kip-chin must clear bar)

4. **Plank-** 2 minutes

Level Completed _____ Date ___/___/___

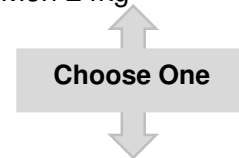
CARDIO

Rowing- 500 Meters (damper at 5)

Burpies- 20 (no push up)

Sled Push- 3 down and back
(two cones placed 60 ft. apart)

KB swings- 25 reps *(only in the second round)*
Women 16 kg
Men 24kg



***Two rounds**

1 Mile- 8 minutes

Time Limit: 15 min on cardio, 60 min total
**Max of 5 min rest between strength & cardio*

Black

STRENGTH

1. **Squat-** 1 rep
Women 1.25x BW
Men 1.75x BW



1. **Dead Lift-** 1 rep
Women 1.5x BW
Men 2x BW

2. **Bench Press-** 1 rep
Women BW
Men 1.5x BW



2. **Push-ups:** hand release
Women 30 reps
Men 40 reps

3. **Lat pull down-** 8 reps
Women 130 lbs
Men 170 lbs
(Lat pull down: bar must clear chin)



3. **Pull ups-**
Women 10
Men 20
(strict, no kip-chin must clear bar)

4. **Plank-** 3 minutes

Level Completed _____ Date ___/___/___

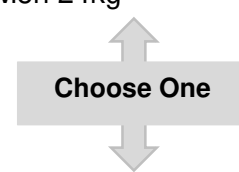
CARDIO

Rowing- 500 Meters (damper at 5)

Burpies- 30 (no push-up)

Sled Push- 3 down and back
(two cones placed 60 ft. apart)

KB swings- 25 reps *(only in the third round)*
Women 16 kg
Men 24kg



***Three rounds**

1 Mile- 6 minutes

Time Limit: 15 min on cardio, 60 min total
**Max of 5 min rest between strength & cardio*