

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

- | | | |
|---|---|---|
| <ol style="list-style-type: none"> 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
<i>(Lat pull down: bar must clear chin)</i> 4. Plank- 45 seconds | <p>Choose One</p> <p>Choose One</p> <p>Choose One</p> | <ol style="list-style-type: none"> 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 |
|---|---|---|

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

- | | | |
|--|---|--|
| <ol style="list-style-type: none"> 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 | <p>Choose One</p> <p>Choose One</p> <p>Choose One</p> | <ol style="list-style-type: none"> 1. Dead Lift- 1 rep
Women BW
Men 1.25x BW 2. Push-ups: hand release
Women 10 reps
Men 20 reps 3. Pull ups-
Women 1
Men 3
(strict, no kip-chin must clear bar) |
|--|---|--|

Level Completed ____ Date ____/____/____

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*

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 ___/___/___

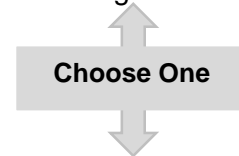
CARDIO

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 ___/___/___

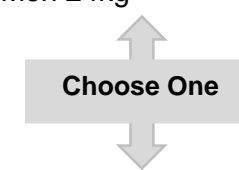
CARDIO

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*