

Advanced

MONOSTRUCTURAL (minimum 6/6 complete)

1mile run	5:50 / 6:30
400m run	1:10 / 1:25
3km run	10:48 / 11:55
500m row	1:34 / 1:48
2km row	7:40 / 8:44
Double unders (unbroken)	60

GYMNASTICS/BODYWEIGHT (minimum 10/10 Complete)

Pistols	12 Pistols / side (in a row)
Pull-up	30 / 18
Push-up	50 / 32
HSPU (kipping or strict)	12 / 7
Handstand	freestanding 10"
Muscle up (Kipp or strict)	8 / 3
Rope Climbs	2 /1 (legless, sitting from the ground) (max 90sec)
Burpee – In 1 minute	28
Box jump (height)	110 / 75cm
T2B	20 / 15

WEIGHTLIFTING (minimum 9/9 complete)

Push Jerk	100 / 60k (3reps)
Turkish Get Up (KB)	32 / 24k (2 each arm)
Backsquat	125 / 85k (3reps)
Frontsquat	100 / 75k (3reps)
Overheadsquat	70 / 47.5k (3reps)
Deadlift	150 / 100k (3reps)
Thruster	75 / 47.5k (3reps)
Shoulder Press	70/ 40k (3reps)
Push Press	80 / 50k (3reps)

OLYLIFTS (2/2 Complete)

Snatch	75 /45k
Clean & Jerk	90 / 57.5k

METCON (1/1 Complete)

Fran	3:20 / 5:00
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