

## **BEGINNER**

### **MONOSTRUCTURAL (minimum 4/5 complete)**

400m run	1:40 / 1:55
3km run	17:22 / 19:08
500m row	2:00 / 2:18
2km row	9:32 / 11:00
Double unders (unbroken )	5

### **GYMNASTICS/BODYWEIGHT (minimum 6/7 Complete)**

Air squat	70 Squats in 2min
Pull-up (strict)	3 / 1
Push-up	10 / 6
Handstand	2 wall walks (Chest to wall - max. 3hand wide)
Burpee – In 1 minute	18
Box jump (height)	60 / 50cm
Knee raises to Chest	10 / 7

### **WEIGHTLIFTING (minimum 7/8 complete)**

Turkish Get Up (KB)	16 / 12k (2 each arm)
Backsquat	60 / 40k (5reps)
Frontsquat	50 / 35k (5reps)
Overheadsquat	25 / 15k (5reps)
Deadlift	70 / 50k (5reps)
Thruster	40 / 30k (5reps)
Shoulder Press	25 / 17,5k (5reps)
Push Press	35 / 25k (5reps)

### **OLYLIFTS (2/2 Complete)**

Snatch	20 /15k
Clean & Press/Jerk	40 / 30k

### **METCON (1/1 Complete)**

Christine	Bodyweight DL – 15min
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