

## **Expert**

### **MONOSTRUCTURAL (minimum 6/6complete)**

1mile run	5:40 / 6:20
400m run	1:02 / 1:14
3km run	9:37 / 10:38
500m row	1:25 / 1:42
2km row	7:00 / 8:08
Double unders (unbroken )	150

### **GYMNASTICS/BODYWEIGHT (minimum 10/10 Complete)**

Pistols	20 Pistols / side (in a row)
Pull-up	40 / 24
Push-up	65 / 40
HSPU (head negative)	8 / 5
Handstand	freestanding 20"
Muscle up	15 / 8
Rope Climbs	5 / 3 (legless, sitting from the ground) (max 120sec)
Burpee – In 1 minute	32
Box jump (height)	130 / 100cm
T2B	15 / 10 (no kip)

### **WEIGHTLIFTING (minimum 9/9 complete)**

Turkish Get Up (KB)	40 / 28k (2 each arm)
Backsquat	160/ 100k (3reps)
Frontsquat	130 / 85k (3reps)
Overheadsquat	90 / 60k (3reps)
Deadlift	190 / 120k (3reps)
Thruster	100 / 60k (3reps)
Shoulder Press	85/ 50k (3reps)
Push Press	100 / 60k (3reps)
Push Jerk	120 /72.5k (3 reps)

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

Clean & Jerk	115 / 70k
Snatch	90 /55k

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

Fran	2:45 / 3:40
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