

Intermediate

MONOSTRUCTURAL (minimum 4/5 complete)

400m run	1:42 / 1:37
3km run	12:43 / 13:37
500m row	1:45 / 1:58
2km row	8:25 / 9:40
Double unders (unbroken)	25

GYMNASTICS/BODYWEIGHT (minimum 9/10 Complete)

Pistols	5 Pistols / side (in a row)
Pull-up	20 / 12
Push-up	30/ 18
HSPU	5 / 3
Handstand	60" (Wallfacing - max. 2 hand far)
Muscle up / Ring Dips	3 / 1 or 10 /6
Rope Climbs	3 (90sec)
Burpee – In 1 minute	24
Box jump (height)	70 / 60cm
T2B	10 / 7

WEIGHTLIFTING (minimum 7/8 complete)

Turkish Get Up (KB)	20 / 16k (2 each arm)
Backsquat	90 / 60k (3reps)
Frontsquat	70 / 45k (3reps)
Overheadsquat	40 / 35k (5reps)
Deadlift	110 / 80k (3reps)
Thruster	50 / 35k (5reps)
Shoulder Press	40/ 30k (3reps)
Push Press	60 / 40k (3reps)

OLYLIFTS (2/2 Complete)

Snatch	50 /35k
Clean & Press/Jerk	65 / 47k

METCON (1/1 Complete)

Fran	6:00 / 8:00
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