



LEVEL 3 REQUIREMENTS: MANLY-MEN EDITION

ATHLETE NAME: _____

Section One: Movements. *Must be able to execute all but 3 of these with coach-approved form.*

Movement	Requirement	Date	Witness
Back Squat	8x135		
Front Squat	8x95		
Overhead Squat	8x95		
Deadlift	8x165		
Power Clean	3x135		
Strict Press	3x95		
Clean & Jerk	1x135		
Snatch	1x105		
Air Squat	50 UB		
Push-Ups	15 UB		
Strict Pull-Ups	3 UB		
Ring Support	0:30		
Handstand Hold	0:30		
Wall Walks	1 UB		
Rope Climb	1 UB		
Plank	1:00		
Strict Leg Raises	3xK2E		

Section Two: Benchmarks. *Must have indicated score for 3/4 of these workouts completed as RX'd.*

Movement	Requirement	Date	Witness
Fran	10:00		
Grace	7:00		
2K Row	8:00		
1 Mile Run	8:00		