



### LEVEL 3 REQUIREMENTS: SHEROES EDITION

ATHLETE NAME: \_\_\_\_\_

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

<b>Movement</b>	<b>Requirement</b>	<b>Date</b>	<b>Witness</b>
Back Squat	8x95		
Front Squat	8x65		
Overhead Squat	8x65		
Deadlift	8x115		
Power Clean	3x95		
Strict Press	3x65		
Clean & Jerk	1x95		
Snatch	1x75		
Air Squat	50 UB		
Push-Ups	10 UB		
Strict Pull-Ups	2 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.*

<b>Movement</b>	<b>Requirement</b>	<b>Date</b>	<b>Witness</b>
Fran	10:00		
Grace	7:00		
2K Row	10:00		
1 Mile Run	10:00		