



## LEVEL 4 REQUIREMENTS: MANLY-MEN 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	8x195		
Front Squat	8x165		
Overhead Squat	8x135		
Deadlift	8x195		
Power Clean	3x195		
Strict Press	3x125		
Bench Press	3x155		
Clean & Jerk	1x185		
Snatch	1x135		
Air Squat	75 UB		
Pistols	10 UB, ALT.		
Push-Ups	30 UB		
Strict Pull-Ups	5 UB C2B		
Kipping Pull-Ups	20 UB		
Strict Muscle-Ups	1		
Kipping Muscle-Ups	1		
Ring Support	1:00		
Strict Ring Dips	5 UB		
Kipping Ring Dips	10 UB		
Handstand Hold	1:00		
FS Handstand Hold	0:05		
Strict HSPU	3 UB		
Kipping HSPU	10 UB		
Wall Walks	3 UB		

<b>Movement</b>	<b>Requirement</b>	<b>Date</b>	<b>Witness</b>
Handstand Walk	10'		
Rope Climb	2 UB		
Ring Plank	1:00		
Strict Leg Raises	3xTTB		
Kipping TTB	10 UB		

**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	8:00		
Grace	5:00		
2K Row	7:30		
1 Mile Run	7:30		