



LEVEL 4 REQUIREMENTS: SHEROES 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	8x115		
Overhead Squat	8x95		
Deadlift	8x135		
Power Clean	3x135		
Strict Press	3x85		
Bench Press	3x95		
Clean & Jerk	1x125		
Snatch	1x95		
Air Squat	75 UB		
Pistols	10 UB, ALT.		
Push-Ups	20 UB		
Strict Pull-Ups	3 UB C2B		
Kipping Pull-Ups	15 UB		
Strict Muscle-Ups	1		
Kipping Muscle-Ups	1		
Ring Support	1:00		
Strict Ring Dips	3 UB		
Kipping Ring Dips	7 UB		
Handstand Hold	1:00		
FS Handstand Hold	0:05		
Strict HSPU	1 UB		
Kipping HSPU	10 UB		
Wall Walks	3 UB		

Movement	Requirement	Date	Witness
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.*

Movement	Requirement	Date	Witness
Fran	8:00		
Grace	5:00		
2K Row	9:00		
1 Mile Run	8:30		