



LEVEL 5 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	5x205		
Front Squat	5x185		
Overhead Squat	5x135		
Deadlift	5x245		
Power Clean	3x165		
Strict Press	3x105		
Bench Press	3x155		
Clean & Jerk	1x175		
Snatch	1x145		
Pistols	30 UB, ALT.		
Push-Ups	50 UB		
Strict Pull-Ups	12 UB C2B		
Kipping Pull-Ups	30 UB		
Strict Muscle-Ups	3		
Kipping Muscle-Ups	9		
Strict Ring Dips	10 UB		
Kipping Ring Dips	20 UB		
Handstand Hold	2:00		
FS Handstand Hold	0:45		
Strict HSPU	10 UB		
Kipping HSPU	25 UB		
Handstand Walk	50'		
Legless Rope Climb	2 UB		
L-Sit Hold	0:30		

Movement	Requirement	Date	Witness
Strict Leg Raises	8xTTB		
Kipping TTB	25 UB		

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

Movement	Requirement	Date	Witness
Fran	3:30		
Grace	3:00		
2K Row	6:30		
1 Mile Run	6:00		