

BENCHMARKS

BIOMETRICS

STRENGTH AND CONDITIONING

STUDENTS MUST BE ABLE TO DEMONSTRATE COMPETENCY OR APPROPRIATE LEVEL OF SCALING IN THE FOLLOWING MOVEMENTS FOR ENTRY INTO GROUP CLASSES

- . ROPE CLIMB
- . PISTOL
- . TURKISH GETUP W/ KB
- . DOUBLE UNDER
- . K2E / TTB
- . HANDSTAND
- . KIPPING PULLUP
- . KB SWING
- . DEADLIFT
- . PUSH PRESS
- . SHOULDER PRESS
- . PUSH & SPLIT JERK
- . HOLLOW BODY & ARCH
- . ROWING
- . HSPU
- . FRONT SQUAT
- . BACK SQUAT
- . OVERHEAD SQUAT
- . BURPEE
- . SQUAT CLEAN
- . SQUAT SNATCH
- . SQUAT SNATCH
- . POWER SNATCH
- . DIP / PUSH-UP
- . THRUSTER
- . WALL BALL
- . BOX JUMP
- . MUSCLE UP



OUTPUT

COMMON WORK OUTPUT FOR GRADUATES:

BALL RUN	1:45/1:55
DIPS	5/5 WITH BAND
PULL-UPS	5/5 WITH BAND
PUSH-UPS	15/15 MODIFIED
SITUPS	> 35
TABATA SQUATS	15
75 WALL BALLS	< 5 MIN (20/10#)
DEADLIFT	BW/.75 X 3

PUSH PRESS	.6/.4 BW X3
HELEN	< 20 MIN
CINDY	8 ROUNDS
ROPE CLIMB	2/MIN (15')
HANDSTAND	1 MINUTE
CLEAN	0.75/0.5 BW
OHS	0.33/0.25 BW X10
JERK	0.75/0.5 BW

MAINTENANCE

STUDENTS SHOULD BE ABLE TO PERFORM BASIC MAINTENANCE ON THEMSELVES VIA FOAM ROLLING, STRETCHING AND MOBILITY WORK. STUDENTS SHOULD ALSO HAVE A HEALTHY LIFESTYLE AND NUTRITIONAL GAME PLAN IN PLACE.

NUTRITION

EAT MEAT AND VEGETABLES, NUTS AND SEEDS, SOME FRUIT, LITTLE STARCH AND NO SUGAR. KEEP INTAKE TO LEVELS THAT WILL SUPPORT EXERCISE BUT NOT BODY FAT.

~Greg Glassman