

MIEHET	1	2	3	4	5	6	7	8	9	10
Weightlifting Benchmarks										
Shoulder Press	0,25xBW	0,35xBW	0,5xBW	0,6xBW	0,7xBW	0,8xBW	0,9xBW	1,0xBW	1,1xBW	1,25xBW
Deadlift	0,6xBW	0,9xBW	1,2xBW	1,4xBW	1,6xBW	1,8xBW	2xBW	2,2xBW	2,6xBW	3xBW
Back Squat	30 air squat	0,6xBW	0,9xBW	1,1xBW	1,25xBW	1,5xBW	1,75xBW	2xBW	2,2xBW	2,5xBW
Shoulder to Overhead	0,3xBW	0,5xBW	0,65xBW	0,75xBW	0,9xBW	1,1xBW	1,25xBW	1,5xBW	1,7xBW	1,9xBW
Snatch	0,25xBW	0,35xBW	0,45xBW	0,55xBW	0,7xBW	1,0xBW	1,1xBW	1,2xBW	1,35xBW	1,5xBW
Clean	0,4xBW	0,6xBW	0,75xBW	0,9xBW	1xBW	1,1xBW	1,25xBW	1,5xBW	1,7xBW	1,9xBW
Grace	5min @30kg	5min @40kg	5min @45kg	5min @50kg	5:00	3:00	2:30	2:10	1:50	1:30
Gymnastic Benchmarks										
Ringrow	5x45a kulma	10x30a kulma								
Strict Pull -Up			1	3	6	10	15	20	25	30
Push-up	1x50cm box	1	3	10						
Strict Handstand Push-up					1	5	10	15	25	35
Strict Ring Dips	5xdip (box)	5xdip (teline)	1	3						
Muscle -Ups					1	3	6	10	15	22
Fran	8:00 scaled	7:00 @30kg+jump.pu	5:00 @30kg+jump.pu	6:00 @35kg+jump.pu	5:00 @35kg	5:00	3:30	2:45	2:30	2:15
Monostructural Benchmarks										
unbroken double-unders	singles x 30	singles x 100	1	5	20	50	75	100	125	>150
500m row	2:15	2:05	1:55	1:50	1:45	1:40	1:35	1:30	1:26	1:22
2k row	9:40	9:00	8:20	7:58	7:38	7:20	7:05	6:53	6:44	6:25
5k run	35:00	32:00	30:00	28:00	26:00	24:00	22:00	21:00	20:00	19:00
Filthy Fifty	30:00 30reps	30:00 40reps	30:00(3mvmnt scal.)	28:00(1mvmnt scal.)	28:00	25:00	22:00	20:00	18:00	16:30