

NAISET	1	2	3	4	5	6	7	8	9	10
Weightlifting Benchmarks										
Shoulder Press	0,25xBW	0,35xBW	0,45xBW	0,5xBW	0,55xBW	0,65xBW	0,75xBW	0,8xBW	0,85xBW	0,95xBW
Deadlift	0,5xBW	0,75xBW	1xBW	1,25xBW	1,5xBW	1,65xBW	1,8xBW	2xBW	2,25xBW	2,5xBW
Back Squat	30 air squat	0,5xBW	0,75xBW	1xBW	1,15xBW	1,25xBW	1,5xBW	1,7xBW	1,9xBW	2,2xBW
Shoulder to Overhead	0,3xBW	0,4xBW	0,5xBW	0,65xBW	0,85xBW	1,05xBW	1,15xBW	1,3xBW	1,45xBW	1,7xBW
Snatch	0,25xBW	0,35xBW	0,45xBW	0,55xBW	0,7xBW	0,85xBW	1xBW	1,1xBW	1,2xBW	1,3xBW
Clean	0,35xBW	0,45xBW	0,6xBW	0,8xBW	0,95xBW	1,05xBW	1,15xBW	1,3xBW	1,45xBW	1,7xBW
Grace	5min @20kg	5min @25kg	5min @30kg	5min @35kg	5:00	3:00	2:30	2:10	1:50	1:30
Gymnastic Benchmarks										
Ringrow	1x45a kulma	5x45a kulma	10x30a kulma							
Strict Pull -Up				1	3	6	10	14	20	25
Push-up	1x60cm box	5x50cm box	2	5	10					
Strict Handstand Push-up						1	5	10	15	30
Strict Ring Dips	1xdip (box)	1xdip (teline)	3xdip (teline)	1	3					
Muscle -Ups						1	3	6	10	15
Fran	8:00 scaled	7:00 @20kg+jump.pu	5:00 @20kg+jump.pu	6:00 @25kg+jump.pu	5:00 @25kg	5:00	3:30	2:55	2:35	2:20
Monostructural benchmarks										
unbroken double-unders	singles x30	singles x100	1	5	20	50	75	100	125	>150
500m row	2:25	2:18	2:10	2:05	2:00	1:54	1:48	1:42	1:35	1:30
2k row	10:00	9:40	9:20	9:00	8:40	8:20	8:00	7:40	7:20	7:00
5k run	40:00	35:00	32:00	30:00	28:30	26:30	25:00	22:30	21:25	20:00
Filthy Fifty	30:00 30reps	30:00 40reps	30:00(scaled)	28:00(3mvmnt scal.)	28:00(1mvmnt scal.)	28:00	25:00	22:00	19:30	17:30