

# ATHLETIC LEVEL ASSESSMENT

Name: \_\_\_\_\_ Body Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Must be %70 complete. Your level will be determined within 3 days of submission!

## METABOLIC CONDITIONING

### Run 100m

Time: \_\_\_\_\_

### Run 400m

Time: \_\_\_\_\_

### Run 800m

Time: \_\_\_\_\_

### Run 1 mile

Time: \_\_\_\_\_

### Run 5k

Time: \_\_\_\_\_

### Run 10k

Time: \_\_\_\_\_

### Row 500m

Time: \_\_\_\_\_

### Row 1,000m

Time: \_\_\_\_\_

### Row 2,000m

Time: \_\_\_\_\_

### Row 5,000m

Time: \_\_\_\_\_

### Jump Rope (singles)

# consecutive: \_\_\_\_\_

### Jump Rope (doubles)

# consecutive: \_\_\_\_\_

## BODY WEIGHT EXERCISES

### Honest Push-Ups

Consecutive: \_\_\_\_\_

### Ab-Mat Sit-Ups

# in 2 minutes: \_\_\_\_\_

### Kipping Pull-Ups

Consecutive: \_\_\_\_\_

### L Pull-Ups

Consecutive: \_\_\_\_\_

### Air Squats

# in 2 minutes: \_\_\_\_\_

### Pistols (right/left)

Consecutive: \_\_\_\_\_

### Burpees

# in 1 minute: \_\_\_\_\_

### Box Jumps (24")

# in 1 minute: \_\_\_\_\_

### Knees to Elbows

# consecutive: \_\_\_\_\_

### Hollow Rocks

# consecutive: \_\_\_\_\_

### GHD Sit Ups

# in 1 minute: \_\_\_\_\_

### Rope Climbs (feet/no feet)

# trips: \_\_\_\_\_

## GYMNASTICS MOVEMENTS

### Handstand Hold

Time: \_\_\_\_\_

### 1-Arm Handstand Hold

Time: \_\_\_\_\_

### Freestanding Handstand

Time: \_\_\_\_\_

### Walk on Hands:

Time: \_\_\_\_\_

### Paralette L-Sit

Time: \_\_\_\_\_

### Ring-Dips

Consecutive: \_\_\_\_\_

### Muscle-Ups

Consecutive: \_\_\_\_\_

### Rear Lever

Time: \_\_\_\_\_

### Back Pull-Over

Consecutive: \_\_\_\_\_

### Handstand Push-Up

Consecutive: \_\_\_\_\_

### Skin-the-Cat

Consecutive: \_\_\_\_\_

### Iron Cross

Time: \_\_\_\_\_

## WEIGHT LIFTING

### Back Squat

1 RM: \_\_\_\_\_

### Front Squat

1 RM: \_\_\_\_\_

### Deadlift

1 RM: \_\_\_\_\_

### Shoulder Press

1 RM: \_\_\_\_\_

### Bench Press

1 RM: \_\_\_\_\_

### Overhead Squat

1 RM: \_\_\_\_\_

### Squat Clean

1 RM: \_\_\_\_\_

### Snatch

1 RM: \_\_\_\_\_

### Push Jerk

1 RM: \_\_\_\_\_

### Weighted Pull-Up

1 RM: \_\_\_\_\_

### Thruster (95/65#)

Consecutive: \_\_\_\_\_

### Wall Ball (20/14#)

Consecutive: \_\_\_\_\_

### Kettlebell Swing (1.5p)

Consecutive: \_\_\_\_\_

