

BASELINE PHYSICAL READINESS EVALUATION 2.0

EXERCISE	Novice 1 Point	Athlete 2 Points	Champion 3 Points	Warrior 4 Points	Top Tier 5 Points
<u>Pull-ups:</u> MAX REPS in one set	6	12	17	21	25
Rest 3:00					
<u>Atomic Sit-ups</u> or <u>Sit-ups w/ feet unanchored:</u> MAX REPS in 1:00	ASU – 12 SU – 10	ASU – 25 SU – 20	ASU – 33 SU – 27	ASU – 42 SU – 33	ASU – 50 SU – 40
Rest 3:00					
<u>Push-ups:</u> MAX REPS in one set w/o breaking the FLR	15	30	40	50	60
Rest 3:00					
<u>Bodyweight Goblet Squats:</u> MAX REPS in 1:00	13	25	33	42	50
Rest 3:00					
<u>Inverted Bar Rows</u> w/ legs straight or <u>Inverted Ring Rows</u> w/ legs straight MAX REPS in one set	8	15	20	25	30
Rest 3:00					
<u>Front Plank on forearms:</u> Hold the position for as long as possible	1:15	2:30	3:20	4:10	5:00
Rest 3:00					
<u>Step-Up Test @ 18-20" box:</u> MAX REPS in 3:00 alt each leg	10 e/a	21 e/a	28 e/a	34 e/a	42 e/a

SUBMIT YOUR EVALUATION SCORES