

BASELINE PHYSICAL READINESS EVALUATION 3.0

EXERCISE	Novice 1 Point	Athlete 2 Points	Champion 3 Points	Warrior 4 Points	Top Tier 5 Points
<u>Pull-ups</u> or <u>Inverted Ring</u> or <u>TRX Rows</u> : MAX REPS in one set	Pull-Ups: 5 Rows: 10	Pull-Ups: 10 Rows: 15	Pull-Ups: 15 Rows: 20	Pull-Ups: 20 Rows: 25	Pull-Ups: 25 Rows: 30
Rest 3:00					
<u>Atomic Sit-ups</u> or <u>Sit-ups w/ feet unanchored</u> : MAX REPS in 1:00	ASU: 10 SU: 8	ASU: 20 SU: 16	ASU: 30 SU: 24	ASU: 40 SU: 32	ASU: 50 SU: 40
Rest 3:00					
<u>Push-ups</u> : MAX REPS in one set w/o breaking the FLR	10	20	30	40	50
Rest 3:00					
<u>Bodyweight Goblet Squats</u> : MAX REPS in 1:00	10	20	30	40	50
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

SUBMIT YOUR EVALUATION SCORES