

## PHYSICAL READINESS BASELINE 4.0

| EXERCISE                                                                                                       | Novice<br>1 Point       | Athlete<br>2 Points      | Champion<br>3 Points     | Warrior<br>4 Points      | Top Tier<br>5 Points     |
|----------------------------------------------------------------------------------------------------------------|-------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <a href="#">Pull-ups</a> or <a href="#">Inverted Ring</a> or <a href="#">TRX Rows</a> :<br>MAX REPS in one set | Pull-Ups: 5<br>Rows: 10 | Pull-Ups: 10<br>Rows: 15 | Pull-Ups: 15<br>Rows: 20 | Pull-Ups: 20<br>Rows: 25 | Pull-Ups: 25<br>Rows: 30 |
| <b>Rest 3:00</b>                                                                                               |                         |                          |                          |                          |                          |
| <a href="#">Atomic Sit-ups</a> or <a href="#">Sit-ups w/ feet unanchored</a> :<br>MAX REPS in one set          | ASU: 10<br>SU: 20       | ASU: 20<br>SU: 40        | ASU: 30<br>SU: 60        | ASU: 40<br>SU: 80        | ASU: 50<br>SU: 100       |
| <b>Rest 3:00</b>                                                                                               |                         |                          |                          |                          |                          |
| <a href="#">Push-ups</a> :<br>MAX REPS in one set w/o<br>breaking the FLR                                      | 10                      | 20                       | 30                       | 40                       | 50                       |
| <b>Rest 3:00</b>                                                                                               |                         |                          |                          |                          |                          |
| <a href="#">Bodyweight Goblet Squats</a> :<br>MAX REPS in in one set                                           | 20                      | 40                       | 60                       | 80                       | 100                      |
| <b>Rest 3:00</b>                                                                                               |                         |                          |                          |                          |                          |
| <a href="#">Front Plank on forearms</a> :<br>Hold the position for as long<br>as possible                      | 1:00                    | 2:00                     | 3:00                     | 4:00                     | 5:00                     |

**SUBMIT YOUR EVALUATION SCORES**