

PHYSICAL READINESS BASELINE 4.0

EXERCISE	Novice 1 Point	Athlete 2 Points	Champion 3 Points	Warrior 4 Points	Top Tier 5 Points
<u>Pull-ups or Inverted Ring or TRX Rows:</u> MAX REPS in one set	Pull-Ups: 5 Rows: 8	Pull-Ups: 10 Rows: 15	Pull-Ups: 15 Rows: 21	Pull-Ups: 20 Rows: 27	Pull-Ups: 25 Rows: 33
Rest 3:00					
<u>Atomic Sit-ups</u> and or <u>Sit-ups w/ feet unanchored:</u> MAX REPS in 1:00	10	20	30	40	50
Rest 3:00					
<u>Push-ups @ chest to deck:</u> MAX REPS in 1:00 w/o breaking the FLR	10	20	30	40	50
Rest 3:00					
<u>Bodyweight Goblet Squats:</u> MAX REPS in 2:00	20	40	60	80	100
Rest 3:00					
<u>Front Plank on forearms:</u> Hold the position for as long as possible	1:00	2:00	3:00	4:00	5:00

[**SUBMIT YOUR EVALUATION SCORES**](#)