



T20 CRITERION

Athlete _____
 Level _____

ASSESS - ASPIRE - EVOLVE

CONDITIONING

STRENGTH

GYMNASTICS

LEVEL 10	12:00	7:00 7:30	20:00	4:15 4:45	160 100	100 60	200 130	70 47.5	110 70	140 90	5:30	2:00	20 15	20 15	20 15	5 4	15 10	100FT	2 1	10
LEVEL 9	12:30	7:15 7:45	20:30	4:30 5:00	155 97.5	95 57.5	195 127.5	67.5 45	105 67.5	135 87.5	6:00	2:15	19 14	19 14	19 14	-	14 9	90FT	-	9
LEVEL 8	13:00	7:30 8:00	21:00	4:45 5:15	150 95	90 55	190 125	65 42.5	100 65	130 85	6:30	2:30	18 13	18 13	18 13	4 3	13 8	80FT	-	8
LEVEL 7	13:30	7:45 8:15	21:30	5:00 5:30	145 92.5	85 52.5	185 122.5	62.5 40	95 62.5	125 82.5	7:00	2:45	17 12	17 12	17 12	-	12 7	70FT	-	7
LEVEL 6	14:00	8:00 8:30	22:00	5:15 5:45	140 90	80 50	180 120	60 37.5	90 60	120 80	7:30	3:00	16 11	16 11	16 11	3 2	11 6	60FT	-	6
LEVEL 5	14:30	8:15 8:45	22:30	5:30 6:00	135 87.5	75 47.5	175 117.5	57.5 35	85 57.5	115 77.5	8:00	3:15	15 10	15 10	15 10	-	10 5	50FT	1 0	5
LEVEL 4	15:00	8:30 9:00	23:00	5:45 6:15	130 80	70 45	170 115	55 32.5	80 55	110 75	8:30	3:30	14 9	14 9	14 9	2 1	9 4	40FT	-	4
LEVEL 3	15:30	8:45 9:15	23:30	6:00 6:30	125 82.5	65 42.5	165 112.5	52.5 30	75 52.5	105 72.5	9:00	3:45	13 8	13 8	13 8	-	8 3	30FT	-	6
LEVEL 2	16:00	9:00 9:30	24:00	6:15 6:45	120 80	60 40	160 110	50 27.5	70 50	100 70	9:30	4:00	12 7	12 7	12 7	1 0	7 2	20FT	-	2
LEVEL 1	16:30	9:15 9:45	24:30	6:30 7:00	115 77.5	55 37.5	155 107.5	47.5 25	65 47.5	95 67.5	10:00	4:15	11 6	11 6	11 6	-	6 1	10FT	-	1

3K TIME TRIAL 2K ROW 1K SWIM TORIAN TOUGH TEST 3RM BACK SQUAT 3RM BENCH PRESS 3RM DEADLIFT 3RM PRESS 1RM SNATCH 1RM CLEAN + JERK DT ISABEL HSPU PULL UP RING DIP MUSCLE UP (STRICT) MUSCLE UP (KIP) HANDSTAND WALK ROPE CLIMB (1 MIN) TOES TO BAR (STRICT)