

Movement Standards

FORCE

| | | | | | |
|---|--------|--------------------|----------------------|------------------|--------------------|
| Squat | M F | X B/W | B 1.5x B/W | S 2x B/W | G 3xB/W |
| Bench | M F | X .75 BW | B B/W | S 1.5X B/W | G 2xB/W |
| Deadlift | M F | X B/W | B 1.5 X B/W | S 2x B/W | G 3x B/W |
| Overhead Press (strict) (Push) | M F | X .33 X BW X .5 | B .5 B/W .8 X B/W | S .75 B/W B/W | G B/W 1.2 X B/W |
| Trap Bar Deadlift | M F | X 1.5 x B/W | B 2X B/W | S 3X B/W | G 3.5 x BW |
| Power Clean | M | X .8 X B/W | B B/W | S 1.25 X B/W | G 1.5 x B/W |
| Snatch | M F | X.5 X B/W | B .75 B/W | S B/W | G1.25 x B/W |
| Clean & Jerk | M F | X.7 X B/W | B .9 | S 1.15 X B/W | G 1.4 x B/W |

Mobility

| | | | |
|---|----------------------------|----------------------------------|---------------------------|
| Pike: | Pike (bent Knee) | Pike (touch toes) | Pike (Palms to the Floor) |
| Squat Hold(feet Flat on ground): | 1 Minute | 2 minutes | 5 Minutes |
| Front Splits: | Lunge Stretch | Pidgeon Stretch (chest to floor) | Front Splits |
| Pancake: | Pancake off box(bent Knee) | Pancake off box(straight leg) | Pancake(bent knee) |
| Full Pancake | | | |
| Back Bridge: | Full Crab | Feet Elevated Back Bridge | Full Back Bridge |

Skill

| | | | |
|-------------------|--------------------------------|---------------------------|----------------------------------|
| Handstand: | X ½ Handstand off box 30 sec | B 90s Nose to Walls | S 30 sec Wall Assisted G30sec |
| Juggle: | X 2 ball 1 hand Left and Right | 3 minute 3 Ball | 1 Minute 4 Ball 30 second 5 Ball |
| B Ball: | 5 Consecutive Layups | 5 Consecutive Free Throws | 5 Consecutive 3 Pointers |

ENDURANCE

| | | | | |
|---------------------------------------|---------------|-----------------|-------------------------|--------------|
| Run (complete) | 2.5 | 5Km | 10Km | 21Km |
| Row | 30sec(200m+) | 1 Minute (400m) | 1000m (under 4 Minutes) | 5min (1200m) |
| Swim (Complete) | 400m | 800 | 1600 | 2000 |
| Pull-Ups | 1 Strict | 5 | 12 | 20 |
| Push-Ups | 10 | 15 | 25 | 50 |
| Dips | 8 | 15 | 20 | 25 |
| Swings (100) (F, 16/M, 28) | 8min | 8-7min | 6-7min | 0-5min |

Achievement Standards

CORRECTLY DEMONSTRATE

FORCE

KB Goblet Squat/SSB Squat
Lunge Progressions/regressions
Push-Up progressions and Regressions
Hinge from the waist: Both Legs Single Leg
Overhead Press Position with Good Posture
Can correctly demonstrate various pull movements with correct form and function.
Can correctly demonstrate RKC Plank and knows when to stop.

NUTRITIONAL KNOWLEDGE

Can positively identify macronutrient food groups and understand their basic physiological function.
Can explain the importance of Pre and Post workout nutrition and actively give good examples of appropriate food choices. One full week (7 days) of macronutrient intake logged using the calorie counter of your choice.
Log must display appropriate food choices in relation to goals and pre and post workout options.

SKILL

Knows Juggling Fundamentals
30 Second Half Handstand
20 Hacky Sack Kicks

Flexibility

Can Accurately demonstrate 10-15minute Yoga sequence
Can Accurately demonstrate Stretch to Win Restorative Stretch Sequence
Can accurately Demonstrate 10 Minute Foam rolling Sequence

Cardio/Endurance

Can Accurately display correct Farmers Walk Technique
Displays Good Rowing Technique
Good understanding of running mechanics and can demonstrate good running technique

Mindfulness/Meditation

Has downloaded "Headspace" and successfully completed "The Basics". Daily mindfulness scheduled and X number of daily reminders implemented.