

# Personal Fitness Level

Category & Discipline		Level & Discipline Score															
		Level 1		Level 2		Level 3		Level 4		Level 5		Level 6		Level 7		Level 8	
		M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Stability & Cardiopulmonary	Sub Max VO2 Max ml	41	31	42	32	43	33	44	34	45	35	46	36	47	37	48	38
	1 Mile Run min			10	12	9	11	8	10	7	9	6	8	5.5	7.7	5	7
	Shoulder Wall Slide c.f	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Front Plank min	1.30	1	2	1.20	2.30	1.40	3	2		2.20						
	Squat Depth deg/sec	90/10	90/10	90/30	90/30	80/10	80/10	80/30	80/30	60/10	60/10	40/10	40/10	BL/10	BL/10	BL/30	BL/30
	Body Row Hold min	0.30	0.20	0.50	0.40	1.10	0.50	1.30	1		1.10						
	Prone Knuckle Hold min	1	0.30	1.30	1	2	1.20	2.30	1.40		2						
	BOF Balance min	0.10	0.10	0.15	0.15	0.20	0.20	0.30	0.30	0.40	0.40	0.50	0.50	1	1	2	2
	Side Plank min	1	0.30	1.30	1	2	1.20										
	S' Arm Side Plank min							2.30	1.40	3	2	3.30	2.20		2.40		
	1 Leg Pike Squat Deg									90		60	90	40	60	BL	40
	Hand Stand sec								3	6	3	10	6		10		
	Pike Sit sec									10		20	5	30	10	40	20
	Planche Tuck sec									10		20	5	30	10		20
	Planche sec																5
Human Flag Tuck sec													10			5	
Human Flag sec																5	

Strength	Dead Lift % b.w			80	60	100	80	120	100	140	120	160	140	180	160	200	180
	Push Up reps			15	8	25	16	35	24	45	32	55	40	65	48	75	56
	Squat % b.w			50	30	65	45	80	60	95	75	110	90	125	105	140	120
	Body Row reps			15	8	25	16	35	24	45	32	55	40	65	48	75	56
	Sit Up 30 sec reps			20	14	24	18	28	22	32	26	36	30	40	34	44	38
	Military Press % b.w			40	20	50	30	60	40	70	50	80	60	90	70	100	80
	Pull Up reps					5	1	8	3	11	6	14	9	17	12	20	15
	Inv' Wall Press reps											1		5	1	10	5
	Hand Stand Press reps													1		5	1

Power & Skill	Clean & Jerk % b.w					50	30	60	40	70	50	80	60	90	70	100	80
	Pull Up Clean % c.r.r.h					60	60	70	65	80	70	90	75	95	80	100	85
	Vertical Jump - r.h					50	40	55	45	60	50	65	55	70	60	75	65
	Clap Push Up 30 sec reps					10	5	15	10	20	15	35	20	40	25	45	30
	2 Leg Long Jump m					2.05	1.55	2.15	1.65	2.25	1.75	2.35	1.85	2.45	1.95	2.55	2.05
	1 Leg Split Jump m					1.7	1.3	1.8	1.4	1.9	1.5	2	1.6	2.1	1.7	2.2	1.8

S.A.Q	Shark Skill Test sec							9	11	8	10	7	9	6	8	5	7
	Davies Test 15 sec reps							24	20	28	22	30	24	32	26	34	28
	100m Sprint sec							18	19.5	16	17.5	14	15.5	13	14.5	12	13.5