

Stength Standards

MEN

Squat Movement

1. Proper Form in the Goblet Squat
2. Goblet Squat: 24K x 10
3. Double KB Front Squat: 32K x 10
4. **Bodyweight Back Squat**
5. Bodyweight Front Squat
6. Bodyweight Back Squat x 15
7. Bodyweight Overhead Squat x 15

Hip Hinge Movement

1. Hip Hinge with Proper Form (From stand, floor and loaded)
2. Kettlebell Swing: 24K x 20 (Proper Form)
3. Double KB Clean: 32K x 10
4. **Barbell Clean: Bodyweight**
5. Barbell Deadlift: Double Bodyweight
6. Barbell Snatch: Bodyweight
7. Barbell Deadlift 2.5 x Bodyweight

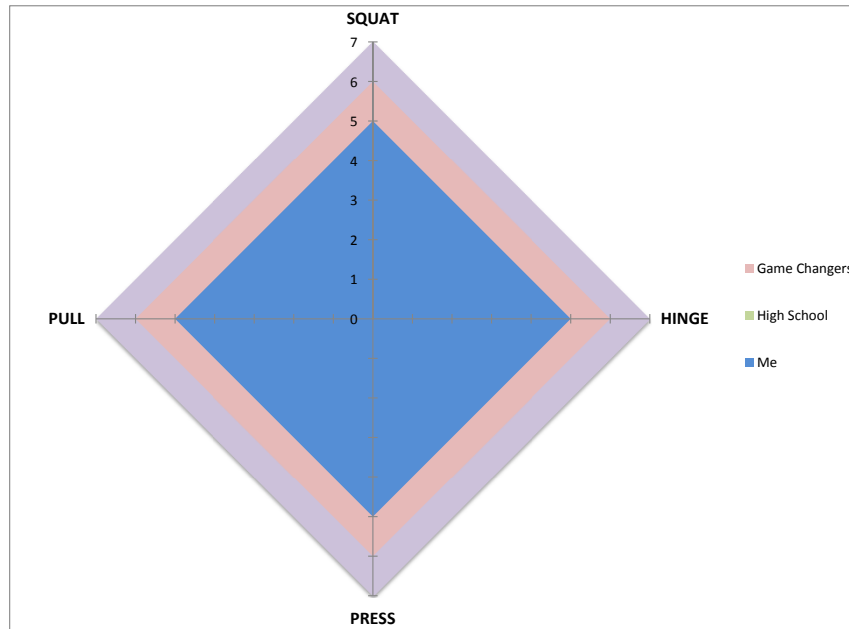
Press Movement

1. Push Ups x 10
2. One Arm KB Press: 24K x 5 per Side
3. Double Press: 32K x 5
4. **Bench Press: Bodyweight**
5. One Arm Overhead Press: ½ Bodyweight
6. Bench Press: Bodyweight x 15
7. Two Arm KB Press: Bodyweight

Pull Movement

1. Batwings, thumbs in armpits, 16K x 10 seconds
2. Bodyweight Row on Rings/TRX x 20
3. Bodyweight Row, feet elevated, x 10
4. **Chin Ups x 5**
5. Pull Ups x 8-10
6. Pull Ups x 15
7. Weighted Pull Up with 48K

	Me	HS	GC	
SQUAT	5	4	6	7
HINGE	5	4	6	7
PRESS	5	4	6	7
PULL	5	4	6	7



WOMEN

Squat Movement

1. Proper Form in the Goblet Squat
2. Goblet Squat: 12K x 10
3. Double KB Front Squat: 16K x 5
4. **Back Squat: 135 x 5**
5. Bodyweight Back Squat
6. Bodyweight Front Squat
7. Bodyweight Overhead Squat

Hip Hinge Movement

1. Hip Hinge with Proper Form (From stand, floor and loaded)
2. Kettlebell Swing: 16K x 20 (Proper Form)
3. Double KB Clean: 16K x 10
4. **Barbell Deadlift: 1.5 x Bodyweight (or 135 x 5)**
5. Double KB Swings: 24K x 10
6. 5:00 Minute Snatch Test: 16k x 100
7. Barbell Deadlift 2 x Bodyweight (275lbs.)

Press Movement

1. Push Ups x 1 (Excellent Pushup)
2. One Arm KB Press: 10K x 5 per Side
3. Double KB Press: 12K x 5
4. **Double KB Press: 16K x 5**
5. One Arm Overhead Press: ½ Bodyweight
6. Bench Press: Bodyweight
7. Two Arm KB Press: 2/3 Bodyweight

Pull Movement

1. Batwings, thumbs in armpits, 8K x 10 seconds
2. Bodyweight Row on Rings/TRX x 20
3. Bodyweight Row, feet elevated, x 10
4. **Chin Ups x 1**
5. Chin Ups x 3
6. Pull Ups x 3
7. Weighted Pull Up with 24K