

WOMEN LEVEL UP SCORECARD:

						COMMENTS:
Exercise - Strength	Level 1 Reps	Level 1 Weight	Level 2 Reps	Level 2 Weight		
Deadlift	30	<25	30	30-40		
Chest Press	20	<25	20	30-40		
Alt. Renegade Row	15 (ea)	<15	15 (ea)	20-30		
Racked Squat	30	<15	30	20-30		
Straight Arm Sit-ups	20	<10	20	15-20		
Exercise- HIIT						
V-ups	25	-	26-45	-		
American KB Swing	30	<20	30	25-40		
DBLU	<29	-	30-70	-		
Wall Ball	15	12	15	16		
Bosu Burpees	11	-	12-19	-		
Bike: Distance	<2.5 miles	-	2.6-4 miles	-		

BIKE DISTANCE: #1 _____ #2 _____ #3 _____

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Bike: Distance	<2.5 miles	-	2.6-4 miles	-		

BIKE DISTANCE: #1 _____ #2 _____ #3 _____

MEN LEVEL UP SCORECARD:

		Men				COMMENTS:
Exercise - Strength	Level 1 Reps	Level 1 Weight	Level 2 Reps	Level 2 Weight		
Deadlift	30	<30	30	35-50		
Chest Press	20	<30	20	35-50		
Alt. Renegade Row	15 (ea)	<20	15 (ea)	25-35		
Racked Squat	30	<20	30	25-40		
Straight Arm Sit-ups	20	<15	20	20-25		
Exercise- HIIT						
V-ups	25	-	26-45	-		
American KB Swing	30	<30	30	35-50		
DBLU	<29	-	30-70	-		
Wall Ball	15	16	15	20		
Bosu Burpees	11	-	12-19	-		
Bike: Distance	<2.5 miles	-	2.6-4 miles	-		

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Exercise - Strength	Level 1 Reps	Level 1 Weight	Level 2 Reps	Level 2 Weight		
Deadlift	30	<30	30	35-50		
Chest Press	20	<30	20	35-50		
Alt. Renegade Row	15 (ea)	<20	15 (ea)	25-35		
Racked Squat	30	<20	30	25-40		
Straight Arm Sit-ups	20	<15	20	20-25		
Exercise- HIIT						
V-ups	25	-	26-45	-		
American KB Swing	30	<30	30	35-50		
DBLU	<29	-	30-70	-		
Wall Ball	15	16	15	20		
Bosu Burpees	11	-	12-19	-		
Bike: Distance	<2.5 miles	-	2.6-4 miles	-		

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