

Fitness Benchmarks

A system of exercise standards that categorizes the fitness level of our members and keeps you motivated to push on to the next level with incentives for advancement. Four levels of excellence must be completed in order, and can be tested by appointment. The top incentive is a free month membership! Fitness Benchmarks provides an added layer of accountability and competition that promotes individual success, community building and gym camaraderie.

Cost: \$10/level (Pay at front desk)

Must set up an appointment with Wellness Director, Erika Knott

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Bronze

10 Burpees in 1 minute

1 minute Plank

25 Pushups (Male) or 10 Pushups (Female)

3 chin-ups (Male) or a 10 second ISO hold (Female)

5 KB Swings EMOM for 10 rounds (45lbs Male) (30lbs Female)

3 rep Max Deadlift 185lbs (Male) or 105lbs (Female)

3 rep max Squat 185lbs (Male) or 95lbs (Female)

Full Body Fit Test 4 minutes

Full Body Fit Test:

This test will be a combination of 5 bodyweight exercises performed consecutively as fast as possible with **PERFECT** form!

- Prisoner Squats 30 reps
- Pushups 30 reps (Male) or 20 reps (Female)
- Bear Crawl 30 yards
- Straight Leg sit-ups 30 reps
- Jump Squats 30 reps

All 5 exercises must be completed in order as it is listed in 4 minutes or less for the Bronze level!

This achieves your name on the Bronze board in the weight room!

Silver

15 Burpees in 1 minute

1.5 minute Plank

35 Pushups (Male) or 15 Pushups (Female)

8 chin-ups (Male) or 3 eccentric reps (Female)

10 KB Swings EMOM for 10 rounds (45lbs Male) (30lbs Female)

3 rep Max Deadlift 225lbs (Male) or 135lbs (Female)

3 rep max Squat 225lbs (Male) or 115lbs (Female)

Full Body Fit Test 3.5 minutes

Full Body Fit Test:

This test will be a combination of 5 bodyweight exercises performed consecutively as fast as possible with **PERFECT** form!

- Prisoner Squats 30 reps
- Pushups 30 reps (Male) or 20 reps (Female)
- Bear Crawl 30 yards
- Straight Leg sit-ups 30 reps
- Jump Squats 30 reps

All 5 exercises must be completed in order as it is listed in 3.5 minutes or less for the Silver level!

This achieves your name on the Silver board in the weight room!

Gold

20 Burpees in 1 minute
2 minute Plank
55 Pushups (Male) or 25 Pushups (Female)
12 chin-ups (Male) or 4 chin-ups (Female)
15 KB Swings EMOM for 10 rounds (45lbs Male) (30lbs Female)
3 rep Max Deadlift 315lbs (Male) or 175lbs (Female)
3 rep max Squat 260lbs (Male) or 135lbs (Female)
Full Body Fit Test 3 minutes

Full Body Fit Test:

This test will be a combination of 5 bodyweight exercises performed consecutively as fast as possible with **PERFECT** form!

- Prisoner Squats 30 reps
- Pushups 30 reps (Male) or 20 reps (Female)
- Bear Crawl 30 yards
- Straight Leg sit-ups 30 reps
- Jump Squats 30 reps

All 5 exercises must be completed in order as it is listed in 3 minutes or less for the Bronze level!

This achieves your name on the Gold board in the weight room!

Platinum

30 Burpees in 1 minute
2.5 minute Plank
75 Pushups (Male) or 40 Pushups (Female)
20 Chin-ups (Male) or 8 Chin-ups (Female)
20 KB Swings EMOM for 10 rounds (45lbs Male) (30lbs Female)
3 rep Max Deadlift 355lbs (Male) or 215lbs (Female)
3 rep max Squat 300lbs (Male) or 155lbs (Female)
Full Body Fit Test 2.5 minutes

Full Body Fit Test:

This test will be a combination of 5 bodyweight exercises performed consecutively as fast as possible with **PERFECT** form!

- Prisoner Squats 30 reps
- Pushups 30 reps (Male) or 20 reps (Female)
- Bear Crawl 30 yards
- Straight Leg Sit-ups 30 reps
- Jump Squats 30 reps

All 5 exercises must be completed in order as it is listed in 2.5 minutes or less for the Bronze level!

**This achieves your name on Platinum board in the weight room!
And a one month free membership!!**

Explanation of Exercises:

1. Burpees- Starting in the standing position, go down to the top of a pushup position (not required to do a pushup). Stand back up, and then perform a vertical jump, repeat.
2. Plank- Must be on elbows while keeping backside all in a straight line. One warning will be given if the straight line is not being maintained.
3. Pushup- On hands and feet. Go down till chest hits the yoga block. Pushups on knees or on the wall will not be allowed. Resting will be allowed only at the top of the pushup
4. Chin-ups- Using an underhand grip, chin must go above the bar for rep to count. Arms must be completely extended before moving onto the next rep. No swinging will be allowed. If Participant swings too much, the rep will not count. Participant may attempt as many reps as possible to get the correct number of legal reps. Once they let go of the bar, the attempt is over. For ISO hold, the participant must use an underhand grip and get their chin above the bar and hold for the time of duration. There will be a 7 count for the eccentric chin-ups. The participant's arms cannot be fully extended until the 7th count.
5. Kettlebell Swings EMOM (Every minute on the minute)- KB must swing in between legs and up to at least shoulder height. Must do the expected number of reps every minute for 10 minutes.
6. Deadlift- Starting with the barbell on the ground, must be picked up to full extension, and must touch the ground before moving on to the next rep. A 3 count will be allowed if needed to reset in between sets. A weight belt will be allowed for this exercise.
7. Squat- Hamstrings must be parallel to the floor; rep will not count if this doesn't happen. Participant may do as many reps possible to get 3 legal reps while holding the bar on back. Once the bar is racked the attempt is over. A weight belt will be allowed for this exercise.
8. Prisoner Squats- Starting with hands behind the head, squat down till hamstrings are parallel to the ground
9. Bear Crawl- On hands and feet, crawl for 30 yards
10. Straight leg Sit Ups- Start on the ground with back and legs on the ground. Arms must be crossed on the chest, perform a sit up while keeping legs straight. When at the top of sit up, touch your toes with hands, and back down again.

Other Rules:

1. No Wrist straps/wraps will be allowed during any point of the test.
2. A Weight belt will only be allowed for use during squat and deadlift.
3. A 1-minute break will be given after each exercise excluding the fit test.
4. The fit test must be done continuously and be done in order.