



WUWO FITNESS TESTS

GYMNASTICS

	Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
PULLUP	> 3 strict pullup with green band	> 1 strict pullup	> 10/5 Kipping Pullups	> 15/10 Kipping Pullups and 10/5 Chest to Bar Pullups	> 30/20 Kipping Pullups and 20/15 Chest to Bar Pullups	> 30/20 Chest to Bar Pullups
PUSHUP	> 5 Kneeling pushups	> 1 pushup	> 15/5 Pushups	> 30/15 Pushups	> 50/30 Pushups	> 80/50 Pushups

MONOSTRUCTURAL

	Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
5KM ROW	(2km) < 10min/11min	< 23min/26min	< 22min/25min	< 21.30min/23min	< 19.30min/21.30min	< 18min/20min
1 MILE RUN	< 10min/11min	< 9min/10min	< 8min/9min	< 7min/8min	< 6min/7min	< 5min/6min



WEIGHTLIFTING

	Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
BACK SQUAT	> 95/65lbs (3 reps)	> 155/95lbs	> 205/145lbs	> 265/185lbs	> 350/225lbs	> 450/315lbs
CLEAN AND JERK	> 75/55lbs	> 135/85lbs	> 175/115lbs	> 245/145lbs	> 315/185lbs	> 350/225lbs

WORK CAPACITY (BENCHMARK WORKOUTS)

“THE JERK SNATCHER”

Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
20 clean and Jerk 20 Snatch 65/45lbs	20 clean and Jerk 20 Snatch 65/45lbs	20 clean and Jerk 20 Snatch 65/45lbs	20 Clean and Jerk 20 Snatch 95/65lbs	20 Clean and Jerk 20 Snatch 135/95lbs	20 Clean and Jerk 20 Snatch 135/95lbs
<10 min	<5min	<2:45/3:20min	<3:30/4min	<2:30/3min	<2/2:30min



“PAIN OPTIONAL”

Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
EMOM 12min 3 Front squat (95/65lbs) AMRAP 20-inch box pushup for the remaining minute	EMOM 12min 5 Front squat (95/65lbs) AMRAP 20-inch box pushup for the remaining minute	EMOM 12min 3 Front squat (135/95lbs) AMRAP Pushup for the remaining minute	EMOM 12min 3 Front squat (185/125lbs) AMRAP Ring Dip for the remaining minute	EMOM 12min 3 Front squat (225/155lbs) AMRAP Muscle up for the remaining minute	EMOM 12min 3 Front squat (225/155lbs) AMRAP Muscle up for the remaining minute
> 60/40 Pushups	> 80/60 Pushups	> 100/70 Pushups	> 40/30 Ring Dips	> 40/30 MU	> 50/30 MU

“CHEWBACCA”

Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
500m Row 40 Wall ball (14/10) 30 45lb plate jumps 20 20-inch box Pushups 30 KB Swing (16/12kgs) 40 MB Clean (14/10lbs) 500m run	500m Row 40 Wall ball (14/10) 30 45lb plate jumps 20 20-inch box Pushups 30 KB Swing (16/12kgs) 40 MB Clean (14/10lbs) 500m run	500m Row 40 Wall ball (14/10) 30 45lb plate jumps 20 20-inch box Pushups 30 KB Swing (16/12kgs) 40 MB Clean (14/10lbs) 500m run	1km Row 50 Wall ball (20/14lbs) 40 Box jumps (24/20-inch) 30 Ring Pushups 40 KB Swing (24/16kgs) 50 MB Clean 1km Row	1km Row 50 Wall ball (20/14lbs) 40 Box jumps (24/20-inch) 30 Ring Pushups 40 KB Swing (24/16kgs) 50 MB Clean 1km Row	1km Row 50 Wall ball (20/14lbs) 50 Box jumps (24/20-inch) 50 Ring Pushups 50 KB Swing (24/16kgs) 50 MB Clean 1km Row
<23min	<20min	<18min	< 20/22min	< 18/20min	< 18/20min



“F.M.S”

Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
6 BB Push Press (45/35lbs) 6 situp 6 Thruster (45/35lbs) EMOM for as long as possible	6 BB Push Press (45/35lbs) 6 situp 6 Thruster (45/35lbs) EMOM for as long as possible	6 BB Push Press (45/35lbs) 6 situp 6 Thruster (45/35lbs) EMOM for as long as possible	5 BB Push Press (75/55lbs) 6 Toes to Bar 7 Thruster (75/55lbs) EMOM for as long as possible	5 HSPU 6 Toes to Bar 7 Thruster (95/65lbs) EMOM for as long as possible	5 HSPU 6 Toes to Bar 7 Thruster (95/65lbs) EMOM for as long as possible
> 5 rounds	> 10 rounds	> 14 rounds	> 10 rounds	> 10 rounds	> 15 rounds

“THE FAST AND THE FURIOUS”

Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
15 Burpees 400m Run 15 Jumping Pullups 3 Rounds	15 Burpees 400m Run 15 Jumping Pullups 3 Rounds	15 Burpees 400m Run 15 Jumping Pullups 3 Rounds	15 Burpees 400m Run 15 Pullups 3 Rounds	20 Burpees 400m Run 20 Pullups 3 Rounds	20 Burpees 400m Run 20 Pullups 3 Rounds
< 16min	< 14min	< 12min	< 12min	< 12min	< 10min



“OUTCAST - SF&SC”

Lvl 1 (Paced)	Lvl 2 (Moderate)	Lvl 3 (Swift)	Lvl 4 (Faster)	Lvl 5 (Furious)	Lvl 6 (Tokyo Drift!)
5 Power Clean (75/55lbs) 8 Jumping chest to bar pullups 50 Singles AMRAP 16min	5 Power Clean (95/65lbs) 8 Jumping chest to bar pullups 50 Singles AMRAP 16min	5 Power Clean (135/95lbs) 8 pullups 50 Singles AMRAP 16min	5 Power Clean (155/115lbs) 8 pullups 30 Double Unders AMRAP 16min	5 Power Clean (185/135lbs) 8 chest to bar pullups 30 Double Unders AMRAP 16min	5 Power Clean (185/135lbs) 8 chest to bar pullups 30 Double Unders AMRAP 16min
> 8 rounds	> 8 Rounds	> 8 rounds	> 8 rounds	> 8 rounds	> 12 rounds