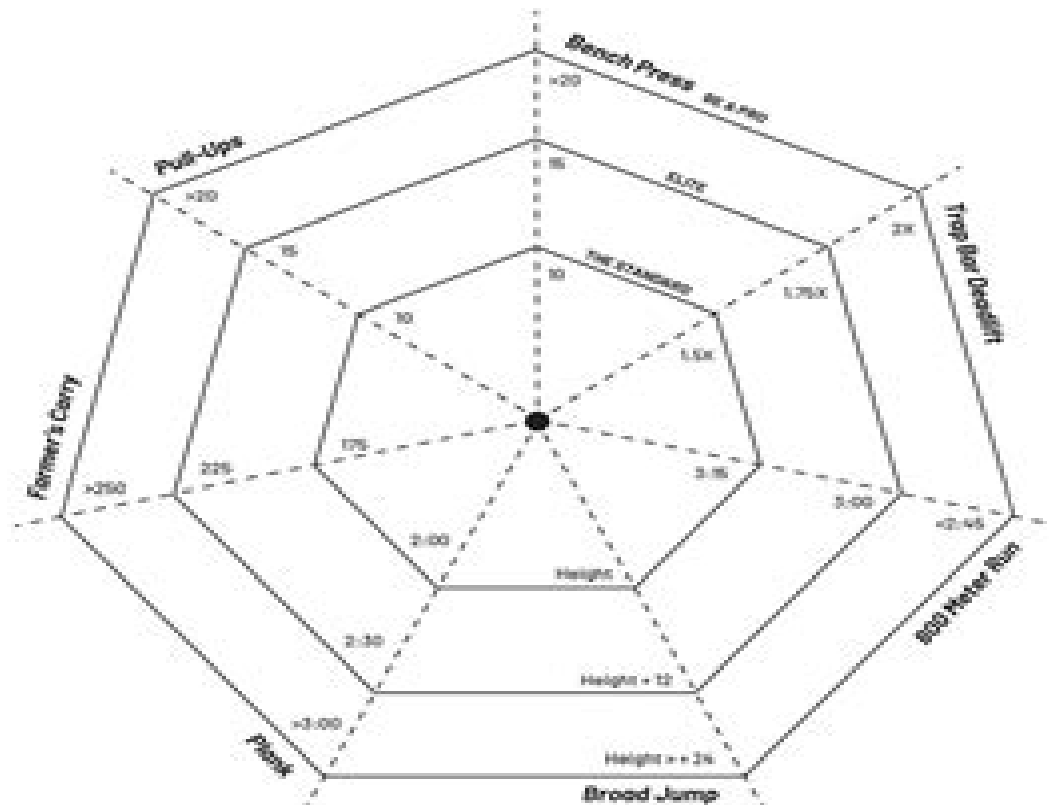


PERFORMANCE STANDARDS



NAME: _____

	THE STANDARD	ELITE	BE A PRO
Broad Jump (Height = Inches for Distance)	Height	Height +12	Height +24
Bench Press (BW for Reps)	10	15	>20
Pull-ups (Reps)	10	15	>20
Trap Bar Deadlift (BW X % for 5 Reps)	1.5X	1.75X	2X
Plank (Time)	2:00	2:30	<3:00
Farmer's Carry (BW for Distance in Feet)	175	225	>250
800 Meter Run (Time)	3:15	3:00	<2:45

BW = BODYWEIGHT



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