

2017 Adult Progression Levels - Conditioning

| | Component | White | Blue | Purple | Brown | Black |
|--|--|--|---|---|---|--|
| Minimum Time | Attendance | 30 sessions | 60 sessions | 90 sessions | 120 sessions | 150 sessions |
| Static hold / squat | Mobility | 21-second active bottom squat hold | 1-minute active bottom squat | 2-minute relaxed bottom squat | 21-second bottom squat with stick directly overhead | 21-second single-leg squat on each leg |
| SRT Test (0-10) | Mobility | 6 | 7 | 8 | 9 | 10 |
| Max Plank | Static strength / endurance | 1 minutes | 2 minutes | 3 minutes | 4 minutes | 5 minutes |
| Crawl | Balance | 10m hand-foot crawl forwards only | 10m hand-foot crawl forwards and backwards | 10m hand-foot crawl forwards on 2x3 | 10m hand-foot crawl backwards on 2x3 | 10m hand-foot crawl forwards & backwards on 2x3 plank without stopping |
| Hike (flat & even surface) - 10km under 2 hours | Endurance | No pack | 5kg pack | 10kg pack | 15kg pack | 20kg pack |
| Run (flat & even) | Endurance Stamina | 200m under 55 seconds 1km under 4.40 minutes | 200m under 50 seconds 1km under 4.30 minutes | 200m under 45 seconds 1km under 4.20 minutes | 200m under 40 seconds 1km under 4.10 minutes | 200m under 35 seconds 1km under 4.00 minutes |
| Row (resistance 5) | Endurance Stamina | 500m under 2.25 mins 1km under 5 mins | 500m row under 2.15 mins 1km under 4.40 mins | 500m row under 2.05 mins 1km under 4.20 mins | 500m under 1.55 mins 1km under 4.10 mins | 500m under 1.45 mins 1km under 4 mins |
| Swim (no swell) | Endurance Stamina | 50m 50 seconds 1km in 24 minutes | 50m 45 seconds 1km in 23.30 minutes | 50m 43 seconds 1km in 23 minutes | 50m 40 seconds 1km in 22.30 minutes | 50m 37 seconds 1km in 22 minutes |
| Bar Climb | Relative strength | Active hang for 11 seconds (straight arms) | Flexed arm hang for 11 seconds | 1 climb up | 1/1 swing up | 1 pop-up or muscle-up |
| Rope Climb | Relative strength | Horizontal rope climb (rigid body) | 5m Spanish wrap up / down | 5m Russian wrap up / down | 5m Spanish or Russian up / hands only down | 5m hands only up / down |
| 3 Push ups | Relative strength | 5 second negative | Floor 5-1-5 tempo | Horizontal Ring 3-1-3 tempo | Floor 10-1-10 tempo | Single arm 5-1-5 tempo |
| 3 Ring row (° from start position) | Relative strength | Double hand 45° | Single hand 45° | Double hand 20° | Single hand 20° | Double hand 0° (feet raised) |
| 3 KB squats (front or Goblet) - bodyweight measure | Absolute strength | Female 25% Male 30% | Female 30% Male 35% | Female 35% Male 40% | Female 40% Male 45% | Female 45% Male 50% |
| 3 KB Floor Lifts - bodyweight measure | Absolute strength | Female 70% Male 80% | Female 75% Male 85% | Female 80% Male 90% | Female 85% Male 95% | Female 90% Male 100% |
| Kettlebell swing - Single hand 12 reps % of bodyweight | Absolute strength | 10% | 15% | 20% | 25% | 30% |
| 3 Kettlebell press each hand of bodyweight | Absolute strength | Female 5% Male 10% | Female 10% Male 15% | Female 15% Male 20% | Female 20% Male 25% | Female 25% Male 30% |
| Get-up 3 reps each arm | Strength-endurance and static strength | Female 2% Male 10% | Female 5% Male 15% | Female 10% Male 20% | Female 15% Male 25% | Female 20% Male 30% |
| Land Rescue 40m - 100 % of bodyweight | Manipulative strength | Drag carry | Back carry | Shoulder carry (choose either) | Arm carry | Waist carry |
| Farmer Carry 200m (both hands) % of bodyweight | Strength-endurance | Female 5% Male 10% | Female 10% Male 15% | Female 15% Male 20% | Female 20% Male 25% | Female 25% Male 30% |
| Water Rescue (no swell) Drag 100% of bodyweight 50m | Endurance Power Endurance | Tread water 1 minutes Brick dive 1 meters Drag 4 minutes | Tread water 2 minutes Brick dive 1.5 meters Drag 3.50 minutes | Tread water 3 minutes Break dive 2 meters Drag 3.40 minutes | Tread water 4 minutes Brick dive 2.5 meters Drag 3.30 minutes | Tread water 5 minutes Brick dive 3 meters Drag 3.20 minutes |

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Bi-Monthly Testing

1st week of February, April, June, August, October and December
Results will be recorded via train heroic software

- Participants partner up with someone of similar fitness level
- There is a 5 minute time limit for each test: 30-35 minutes of testing
- Test A - B - C - D - E - A, B, etc

| Session | Strength & Skill | KB Club | Survival |
|-----------------------|--|--|---|
| Details | Fittest pair start with Test A to E. Test F is done at the end all together. | Fittest pair start with Test E | Everyone works on each test at the same time with support of partner |
| Important note | Testers should start at the same test every time to ensure fair re-tests | | |
| Test A | Floor lift - 3 rep max | KB get up - 3 rep max (each hand without rest) | SRT Test - 0-10 |
| Test B | Ring row -3 rep angle (see band) | Bar Climb - Band | Land Rescue - band |
| Test C | Double KB front / goblet Squat - 3 rep max (from clean) | KB single-hand swing - 12 rep max | Push up / squat 3 min max test - reps (how many equal number of PU's and squats you can do) |
| Test D | Rope Climb - Band | KB press - 3 rep max | Max plank - timed |
| Test E | Row (5) - 500m timed | Row (5) - 1km timed | Run 1km - timed |
| Test F | Run 200m - timed | Farmer Carry - 200m % of bodyweight | |

Friday Test - Budaiya Beach, 0600 - 0900

3rd Feb, 7th April, 2nd June, 6th Oct, 1st Dec 2017

Safety

- 1 x first aider to be present at all times.
- Participants must bring personal medication, mobile phone, snacks, swimmers, towel and goggles.
- 2 liters of water to be carried on hike by each person (not including pack weight).
- Beach / water should be checked prior for hazards by Team Leader and participants.
- 1 x SUP or kayak to be present in the water as an additional spotter for every water test

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|---------------|--|--|
| Test A | Hike (flat & even surface) - 10km under 2 hours | Plan route that starts and ends at Budaiya Beach |
| Test C | Swim - 1km | Swim in shallows - Partner to spot |
| Test E | Water rescue - brick dive | Partner to spot |
| Test B | Swim - 50m | Partner to time / spot |
| Test D | Water Rescue - tread water | Up to 5 minutes - partner to spot |
| Test E | Water Rescue - partner drag 50m (100% of bodyweight) | Partner to carry / spot |