

Adult Group Fitness Programming

Jan - Feb 2017

Week 1 - 8

Session Descriptions



Type	Strength & Skill (S&S)	Survival (SRV)	KB Club	Combative	Wilderness
Purpose	Build base of strength to grow upon. Learn technical proficiency.	Endurance and stamina based. Includes a mental component of mindfulness under pressure.	Develop strength endurance and mastery of KB movements - swing, clean, get-up, press.	Learn fight techniques and gain combative conditioning Gain fundamental self defense skills.	Provide a real world experience of the unknown with plenty of teamwork and hard work.
Info	Low rep range 90 second rest period Week 1-4: 8-10 reps Week 5-8: 6-8 reps Tempo: Slow 1-2-3-1 (slow) (Hinge – Locomotion) (Pull – Core) (Leg – Carry) (Push – Balance)	High rep range 30 second rest period Week 1-4: 12 reps Week 5-8: 14 reps Tempo: Slow 1-1-2-1 (controlled) (Hinge – Locomotion) (Pull – Core) (Leg – Locomotion) (Push/Press – Core)	Mid rep range 60 second rest period Week 1-4: 10-12 reps Week 5-8: 8-10 reps Tempo: Slow 1-1-2-1 (controlled) (Hinge – Locomotion) (Pull – Core) (Leg – Carry) (Push – Balance)	60 second rest period Week 1-4: 2-3 rounds x 2 min Week 5-8: 3-4 rounds x 2 min Meat: Striking or grappling (20 mins) Self Defence (5 mins) Conditioning (10 mins)	Section A: Low rep range Section B: High volume work Section A: 90 second rest period Section B: Rest when needed Section A: Tempo: Slow 1-2-3-1 Section B: Whatever is needed (Hinge – Locomotion) (Pull – Core) (Leg – Carry) (Push – Balance)
Progression	Increased load Improved complexity of movement	Increased reps Reduced rest time	Increased load Reduced rest time	Increased volume Improved complexity of movement	Increased load Increased volume
General	25 Mins Technique 1st, Complexity 2nd - Look for balance between left & right, back and front				Section A: 20 mins Section B: 20 mins Game: 20 mins
Variable A	Couplets - Spend 5 minutes on each, taking a rest after each 2 movement cycle 4 couplets x 2 movements each (8 movements total) Average 3-4 sets of each movement				
Variable B	Journey (Circuit) - run through each movement, taking a rest after each movement 8 movements Average 4-5 sets of each movement				

Session Breakdown



Mobility or Weaknesses	An opportunity for members who arrive early to enjoy extra mobility work of the feet/ankles, hips and back.	15 minutes before the session
Wake Up	Mind - Body – Soul Gain focus and engage in the session. Ensures each member is adequately mobile and prepared for the skill part. Fun way to start the session.	15 minutes
Skill	Perfect movement techniques. Improve weaknesses.	5 minutes
Meat	Enables members to achieve their goals broken into: Strength & Skill (S&S) Survival (SRV) KB Club (KBC) Combative (CMB) Wilderness (WLD)	25 minutes
Burner	An intense burst of work to release endorphins for after the session.	5 minutes
Play	Fun, partner or group based activity specific to focus. OR Progression level testing.	5 minutes
Chill Out	Bring mind and body down to relaxed state. Discuss session. Improve any postural deficiencies. Reduce heart rate.	5 minutes

Programming



Wake Up Examples

Mind	Body	Soul
<ol style="list-style-type: none"> 1. Juggling 2. Target throws 3. Knots 4. KB get up 5. Clap catch 6. Balance plank 7. Co-ordination drills 8. Reactor runs 9. Memory game 10. Footwork ladder 11. Partner punt 12. Buddy throw & catch 13. Jump rope combos 14. Stand up 15. Lashing 16. Mirror mirror 17. Color cone reactor 18. Rolling 19. Boxing memory 20. Cone towers 	<ol style="list-style-type: none"> 1. Dynamics 2. Boxing bag combos 3. Run 4. Shadow boxing 5. Hang, swing, climb 6. Jump rope 7. Squat, push, hang pyramid 8. Virus tag 9. Ambulance vs zombie tag 10. Rowing 11. Toe touch 12. Animals 13. Turtling 14. Combo circuit 15. Crawling 16. Bring Sally up – squat/Push-Up 17. Strong back- TRX/IYT/hang 18. Joint rolls 19. Bulldog 20. Scarecrow tag 	<ol style="list-style-type: none"> 1. Max plank 2. Arm wrestling 3. Shoulder taps 4. Updowns 5. Partner carry 6. Farmer's carry 7. Waiter's carry 8. Tyre flippn' 9. Tabata movements 10. Crocodile holds 11. Max skips 12. King of the Ring 13. Tug of war 14. Foam beats 15. Burpee counts 16. Military PT 17. Max push ups 18. Plank push over 19. Lateral burpee jumps 20. Pull me over

Abbreviations

BC	Back Carry
BB	Balance Beam
BOR	Bent Over Row
BJ	Broad Jump
BW	Bodyweight
C&P	Clean & Press
DB	Dynamic Balance
F&B	Front & Back
FC	Farmer Carry
FL	Floor Lift
FS	Front Squat / Goblet
HFC	Hand-Foot Crawl
IC	Inverted Crawl
KB	Kettlebell

K&C	Kick & Catch
L&R	Left & Right
PU	Push Up
RR	Ring Row
S&P	Squat & Press
SA	Single Arm
SB	Static Balance
SC	Shoulder Carry
SL	Single Leg
SS	Split Squat
T&C	Throw & Catch
TP	Tension Plank
V	Vertical
WC	Waiter Carry

Meso Programming: Week 1 Hard



Session	Skill	Session / Meat			Reps	Rest Time	Burner	Play	Post Talk
S&S	Floor Lift	Floor Lift – 20m Hand Foot Crawl Ring Row – Side Plank (x time) KB Front Squat – 20m KB Waiter Carry Incline / Decline Push-Up – Single Leg Toe Touch Dynamic Balance			10	90 secs between couplets	1, 2, 3, onwards ladder for 5 mins; Squat Sit Up V Sit Up Push Up	Tic Tac Toe YouTube Link	Share New Years Resolutions
SRV	KB Swing	KB Swing – 20m Inverted Crawl Bar Climb – Dead bugs 500m Row KB Press – Rocking Abs			10	60 secs between couplets	Skip alternating feet 1 left - 1 right 2 left - 2 right 3 left - 3 right etc.	Smack YouTube Link	Share New Years Resolutions
KBC	KB Clean	KB Clean & Press 20m Farmer's Carry Renegade Row & Push-Up 20m KB Waiter Carry KB Squat & Press			12	60 secs between couplets	3 mins of (90 secs each hand): KB Swing KB Clean KB Squat & Press Swing - Change hands	Push Over Smack YouTube Link	Share New Years Resolutions
CMB	Jab / Cross	Striking Partner up, 2 rounds of each: 1. Jab-Cross 2. Reaction Jab-Cross 3. Touch Spar	Self Defence Attack points and strikes (balls, knees, soft part of head)	Conditioning 1/1 min (2 mins) rounds x 3 Sparring vs Tag Steal	2 rounds x 2 min	60 sec between rounds	2 mins of fury Bag punch, kicks and elbows	Pizza Game YouTube Link	Share New Years Resolutions
WLD	Tyre Flips	Session A - Strength: Tyre Flips – Up-Downs 10m x4 Renegade Row – Tension Plank Twist SL Squats Butt to Box – 20m Shoulder Carry Ring Triceps Dips – Balance Beam Walk	Session B - Point Builder: 1 point - Skip 5 points – Push-Up 5 points - Squat & Press 10 points - Horizontal Rope Climb	8 / Max	90 secs OR as needed	2 minute rounds: Rowing (Level 5) Plank Hold Skipping Bottom squat	Bear Crawl Musical Chairs YouTube Link	Share New Years Resolutions	

Strength & Skill - Survival - KB Club - Combative - Wilderness

Meso Programming: Week 2 Hard



Session	Skill	Session / Meat			Reps	Rest Time	Burner	Play	Post Talk
S&S	Box Jump	KB Swing - 20m Inverted Crawl Bar Climb – Tension Plank (x time) Box Jump - KB Farmer's Carry Ring Triceps Dips – Get-Up			10	90 secs between couplets	3 min max reps test Push-Up and Squat How many equal number of PU's and squats you can do?	Funnel Tag YouTube Link	Train Heroic information
SRV	Push Up	Tyre Flips – Back Roll Ring Row – Side Tension Plank (x time) KB Front Squat – 100 Skips Push-Up – Shoulder Taps			12	60 secs between couplets	Run 1km	Squat Squat Goose YouTube Link	Train Heroic information
KBC	Renegade Row	KB Clean & Press – Partial Get-Up (1 rep) Renegade Row & Push-Up – Double Get-Up (3 rep) KB Halo - Sit Down and KB Sit-Up			12 OR 6/6	60 sec between couplets	In 3's 3 x 1 min rounds Weaving Jump Overs	Snatch YouTube Link	Train Heroic information
CMB	Hook / Upper Cut	Striking Partner up, 2 rounds of each: 1. Hook & Uppercut 2. Reaction Hook & Cross 3. Touch Spar	Self Defence Front Choke Defence	Conditioning 1/1 min (2 mins) rounds x 3 Sparring vs Toe Touch	2 rounds x 2 min	60 secs between rounds	Tug of War Best of 3	Bear Crawl Musical Chairs YouTube Link	Train Heroic information
WLD	Ring Push Up	Session A: KB Swing– 50 Skips Bar Climb Up – Side Tension Plank Twist KB Front Squat – Back Carry 20m Ring Push-Up – 20m Balance Beam Hand Foot Crawl	Session B - Point Builder: Row: 1m = 1 point Running: 1m = 2 points Hand Foot Crawl: 1m = 10 points		8 / Max	90 secs OR as needed	200m Max Farmer Carry	Push Over Smack YouTube Link	Train Heroic information

Strength & Skill - Survival - KB Club - Combative - Wilderness

Meso Programming: Week 3 Very Hard



Session	Skill	Session / Meat			Reps	Rest Time	Burner	Play	Post Talk
S&S	Bar Climb	Tyre Flips – 100 Skips Bar Climb – Rocking Abs Bulgarian Split Squat – 20m Double KB Rack Carry Double KB Chest Press – Dynamic Balance Lateral Jumps			8	90 secs between couplets	Run 1km	Smack YouTube Link	Programming your movement Tribal - Other - Recovery - Walking
SRV	Ring Row	Row 250m KB Bent Over Row – Shoulder Taps Box Jumps – 20m Crouch Walk Ring Triceps Dips – Inch Worm			12	45 secs between couplets	1, 2, 3, onwards ladder for 5 mins Squat Sit Up V Sit Up Push Up	Tic Tac Toe YouTube Link	Programming your movement Tribal - Other - Recovery - Walking
KBC	Double KB Clean	Renegade Row & Push-Up – Double KB Clean to Squat & Press 20m Farmer Carry – 20m Waiter Carry – 20m Rack Carry			10 OR 5/5	45 sec between couplets	3 mins of (90 secs each hand): KB Swing KB Clean KB Squat & Press Swing - Change hands	Pizza Game YouTube Link	Programming your movement Tribal - Other - Recovery - Walking
CMB	Pummeling	Grappling Partner up, 2 rounds of each: 1. Pummelling Teach 2. Pummelling Competition 3. King of the Ring	Self Defence Front Knife Attack	Conditioning 1/1 min (2 mins) rounds x 3 Sparring vs Farmer's Carry Lengths	3 rounds x 2 min	60 sec between rounds	Skip alternating feet 1 left - 1 right 2 left - 2 right 3 left - 3 right etc	Push Over Smack YouTube Link	Programming your movement Tribal - Other - Recovery - Walking
WLD	Rope Climb	Session A: Floor Lift – 50 Backward Skips Rope Climb – Shoulder Taps Split Squat – Back Carry 40m Ring Push-Up – Balance Beam Crouch Walk	Session B: Take a KB for a 2km Farmer's Carry Stop every 500m for: 20 Swings 10/10 presses 20 Front Squat 20 Bent Over Row	8 / Max	90 secs OR as needed	Tug of War Best of 3	Pizza Game YouTube Link	Programming your movement Tribal - Other - Recovery - Walking	

Strength & Skill - Survival - KB Club - Combative - Wilderness

Meso Programming: Week 4 De-load



Session	Skill	Session / Meat			Reps	Rest Time	Burner	Play	Post Talk
S&S	Ring Row	KB Clean & Split Squat 20m Hand Foot Crawl Ring Row Inch Worm 20m Shoulder Carry Get-Up			8	90 secs between couplets	3 mins of: Lateral Burpee Push-Up Mountain Climber Push-Up	Bear Crawl Musical Chairs YouTube Link	Pre & post-session food choices discussion
SRV	Drag Carry	Floor Lift 20m Farmer's Carry Rope Climb Dead Bugs KB Bulgarian Split Squat 20m Drag Carry Hindu Push-Up Bird Dog			12	45 secs between couplets	In 3's 3 x 1 min rounds Weaving Jump Overs	Funnel Tag YouTube Link	Pre & post-session food choices discussion
KBC	KB Clean	KB Clean & Press to 20m Waiter Carry KB Chest Press & Sit-Up KB Double Seesaw Squat & Press			10	45 sec between couplets	Run 200m Rest 2 mins Run 200m	Push Over Smack YouTube Link	Pre & post-session food choices discussion
CMB	Punch Review	Striking Partner up, 2 rounds of each: 1. 4 Strikes & Defence 2. Touch Sparring 3. Sparring	Self Defence Back Grab Defence	Conditioning 1/1 min (2 mins) rounds x 3 Sparring vs Escape the Grab (coned square)	3 rounds x 2 min	60 sec between rounds	3 min max reps test Push-Up and Squat How many equal number of PU's and squats you can do?	Squat Squat Goose YouTube Link	Pre & post-session food choices discussion
WLD	Back Carry	Session A: KB Swing 30m Inverted Crawl Bar Climb Side Tension Plank (x time) KB Front Squat Back Carry 30m Ring Triceps Dips 20m Balance Beam Hand Foot Crawl	Session B: Point Builder Row 250m 30m Hand Foot Crawl 40m Partner Back Carry 200 Skips (Each worth 1 point)	6 / Max	90 secs OR as needed	1 minute rounds of: Straight Arm Plank Partner High Fives Partner Toe Touch Inch Worms Burpees Dead Bugs	Snatch YouTube Link	Pre & post-session food choices discussion	

Strength & Skill - Survival - KB Club - Combative - Wilderness

Meso Programming: Week 5 Hard



Session	Skill	Session / Meat			Reps	Rest Time	Burner	Play	Post Talk
S&S	KB Russian Twist	Floor Lift – 20m Up-Downs x4 Bar Climb – KB Russian Twist KB Front Squat – 20m KB Farmer's Carry Ring Triceps Dips – SB Eyes Closed 1 min			6	90 secs between couplets	Skip alternating feet 1 left - 1 right 2 left - 2 right 3 left - 3 right etc	Pizza Game YouTube Link	Natural Living factors that affect health and fat loss discussion
SRV	Get-Up	Double KB Swing – Back Roll Renegade Row – Partner Banded Walking Split Squat 500m Row Get-Up			14	30 secs between couplets	3 x 1 min rounds 10m up-downs	Snatch YouTube Link	Natural Living factors that affect health and fat loss discussion
KBC	Double KB Get-Up	Double KB Get-Up Double KB Press Renegade Row			10	45 sec between couplets	200m Max Farmer Carry	Tic Tac Toe YouTube Link	Natural Living factors that affect health and fat loss discussion
CMB	Elbow Strikes	Striking Partner up, 2 rounds of each: 1. Elbow Strikes 2. Punch / Elbow Combos 3. Touch Sparring (no elbows)	Self Defence Side Knife Defence	Conditioning 1/1 min (2 mins) rounds x 3 Sumo Wrestling vs Cone Tower Builder (coned square)	4 rounds x 2 min	60 sec between rounds	Tug of War Best of 3	Smack YouTube Link	Natural Living factors that affect health and fat loss discussion
WLD	Floor Lift	Session A: KB Floor Lift to 20m Farmer's Carry Renegade Row to Push-Up KB Squat & Press	Session B – Game: Outdoor Game of Cops and Robbers (Jungle - Sand / BFH Water Front)		6 / Max	90 secs OR as needed	1, 2, 3, onwards ladder for 5 mins Squat Sit-Up V Sit-Up Push-Up	Funnel Tag YouTube Link	Natural Living factors that affect health and fat loss discussion

Strength & Skill - Survival - KB Club - Combative - Wilderness

Meso Programming: Week 6 Hard



Session	Skill	Session / Meat			Reps	Rest Time	Burner	Play	Post Talk
S&S	Rowing	KB Swing 100 Skips Ring Row Dead Bugs 500m Row Push-Up Star SL Dynamic Balance Lateral Jumps			6	90 secs between couplets	1 minute rounds of: Straight Arm Plank Partner High Fives Partner Toe Touch Inch Worms Burpees Dead Bugs	Squat Squat Goose YouTube Link	How much alcohol / chocolate / sweets is okay to consume? Discuss
SRV	Double KB Swing	Double KB Swing 20m Up-Downs x6 Ring Climb-Up SL Squat Box Butt to Box 500m Row Get-Up			14 OR 7/7	30 secs between couplets	3 min max reps test Push-Up and Squat How many equal number of PU's and squats you can do?	Bear Crawl Musical Chairs YouTube Link	How much alcohol / chocolate / sweets is okay to consume? Discuss
KBC	KB Clean & Press	KB Clean & Press 20m Farmer's Carry Renegade Row & Push-Up 20m KB Waiter Carry KB Squat & Press			10	45 sec between couplets	90 second rounds: Rowing (Level 5) Plank Hold Skipping Bottom Squat	Funnel Tage YouTube Link	How much alcohol / chocolate / sweets is okay to consume? Discuss
CMB	Side Kicks	Striking Partner up, 2 rounds of each: 1. Side Kicks 2. Side Kick Catch Combos 3. Touch Sparring (with kicks elbows). You go, I go.	Self Defence Floor Defence	Conditioning 1/1 min (2 mins) rounds x 3 Sparring vs KB Farmer's Carry	4 rounds x 2 min	60 sec between rounds	3 mins of: Lateral Burpee Push-Up Mountain Climber Push-Up	Push Over Smack YouTube Link	How much alcohol / chocolate / sweets is okay to consume? Discuss
WLD	KB Squat & Press	Session A: Floor Lift Ring Row KB Squat & Press Plank Hold (x time)	Session B - Point Builder: 1 point - Skip 5 points - Push-Up 5 points - Squat & Press 10 points - Horizontal Rope Climb		6 / Max	90 secs OR as needed	Run 200m Rest 2 mins Run 200m	Squat Squat Goose YouTube Link	How much alcohol / chocolate / sweets is okay to consume? Discuss

Strength & Skill - Survival - KB Club - Combative - Wilderness

Meso Programming: Week 7 De-load



Session	Skill	Session / Meat			Reps	Rest Time	Burner	Play	Post Talk
S&S	Dynamic Balance SL Lateral Cone Jumps	Floor Lift – 450 Skips Ring Climb – KB Russian Twist KB Front Squat – 20m KB Farmer's Carry Diamond Push-Up – Dynamic Balance SL Lateral Cone Jumps			6	90 secs between couplets	In 3's 3 x 1 min rounds Weaving Jump Overs	Snatch YouTube Link	Testing next week breakdown and why we are doing it.
SRV	Forward Roll	Broad Jumps – Forward Roll Renegade Row – KB Double Font Squat 200m Row x2 Get-Up			14	30 secs between couplets	Tug of War Best of 3	Pizza Game YouTube Link	Testing next week breakdown and why we are doing it.
KBC	KB Clean	KB Swing to Clean to Press Halo Hot Potato KB Tension Plank Hold (x time) 10m HF Crawl KB Drag 20m Farmer's Carry			10	30 sec between couplets	1, 2, 3, onwards ladder for 5 mins Squat Sit-Up V Sit-Up Push-Up	Funnel Tage YouTube Link	Testing next week breakdown and why we are doing it.
CMB	Front Kicks	Striking Partner up, 2 rounds of each: 1. Front Kicks 2. Front Kick Reactions 3. Kick / Punch Combos	Self Defence Back Knife Defence	Conditioning 1/1 min (2 mins) rounds x 3 Sumo Wrestling vs Cone Tower Builder (coned square)	4 rounds x 2 min	60 sec between rounds	90 seconds rounds: Rowing (Level 5) Plank Hold Skipping Bottom squat	Tic Tac Toe YouTube Link	Testing next week breakdown and why we are doing it.
WLD	Farmer Carry	Session A: KB Swing - Inverted crawl Ring Row to Push-Up KB Bulgarian Split Squat	Session B – Game: Outdoor Game of Jewel Steal		6 / Max	90 secs OR as needed	200m Max Farmer Carry	Smack YouTube Link	Testing next week breakdown and why we are doing it.

Strength & Skill - Survival - KB Club - Combative - Wilderness

Meso Programming: Week 2 Hard



Session	Skill	Session / Meat			Reps	Rest Time	Burner	Play	Post Talk
S&S		Testing							Save results in Train Heroic. Member's feedback from 1st 8-week block.
SRV		Testing							Save results in Train Heroic. Member's feedback from 1st 8-week block.
KBC		Testing							Save results in Train Heroic. Member's feedback from 1st 8-week block.
CMB	Knees	Striking Partner up, 2 rounds of each: 1. Knees 2. Knee Combos 3. Intense Knee / Elbow Bag Work	Self Defence Front Unarmed Combat Defence	Conditioning (2 mins) rounds x 3 Sparring	4 rounds x 2 min	60 sec between rounds	90 seconds rounds: Rowing (Level 5) Side Plank Hold Burpees Walking Lunges	Pizza Game YouTube Link	Member's feedback from 1st 8-week block.
WLD	KB Bulgarian Split Squat	Session A: KB Swing Inverted Crawl Ring Row to Push-Up KB Bulgarian Split Squat	Session B – Game: Outdoor Game of Jewel Steal		6 / Max	90 secs OR as needed	3 x 1 min rounds: 10m Up-Downs	Tic Tac Toe YouTube Link	Member's feedback from 1st 8-week block.
Strength & Skill - Survival - KB Club - Combative - Wilderness									

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	200m under 55 sec	200m under 50 sec	200m under 45 sec	200m under 40 sec	200m under 35 sec
	Stamina	1km under 5 min	1km under 4:40 min	1km under 4:20 min	1km under 4:10 min	1km under 4:00 min
Row (resistance 5)	Endurance	500m under 2:25 min	500m under 2:15 min	500m under 2:05 min	500m under 1:55 min	500m under 1:45 min
	Stamina	1km under 5 mins	1km under 4:40 min	1km under 4:20 min	1km under 4:10 min	1km under 4 min
Swim (no swell)	Endurance	50m under 50 sec	50m under 45 sec	50m under 43 sec	50m under 40 sec	50m under 37 sec
	Stamina	1km under 24 min	1km under 23:30 min	1km under 23 min	1km in 22:30 min	1km under 22 min
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

2017 Adult Progression Levels - Conditioning

	Component	White	Blue	Purple	Brown	Black
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) % of Bodyweight	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 % of Bodyweight	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)	Endurance	Tread water 1 min	Tread water 2 min	Tread water 3 min	Tread water 4 min	Tread water 5 min
Drag 100% of bodyweight 50m	Power	Brick dive 1 meters	Brick dive 1.5 meters	Break dive 2 meters	Brick dive 2.5 meters	Brick dive 3 meters
	Endurance	Drag 4 minutes	Drag 3:50 minutes	Drag 3:40 minutes	Drag 3.30 minutes	Drag 3:20 minutes

2017 Adult Progression Levels - Testing

Bi-Monthly Testing

1st week of February, April, June, August, October and December
 Results will be recorded via train heroic software
 Combative and Wilderness sessions stay as normal without testing

- 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 system)	Bar Climb (see band system)	Land Rescue (see band system)
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 (see band system)	KB Press - 3 rep max	Max plank – timed
Test E	Row (Resistance 5) - 500m timed	Row (Resistance 5) - 1km timed	Run 1km – timed
Test F	Run 200m – timed	Farmer Carry - 200m % of bodyweight	-

2017 Adult Progression Levels - Testing

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

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