



^ LEVEL 3

STATION STANDARDS

STATION 1: PLATE CLEAN & PRESS

- **Starting Position:**
 - Prescribed weight plate on the floor, resting vertically. Hands placed at the 9 o'clock and 3 o'clock positions.
- **Execution:**
 - Lift the plate from the floor to the chest (clean) in one continuous fluid movement, then press it fully overhead (press).
- **Rep Completion:**
 - Plate touches the ground between every rep.
 - Arms, hips, and knees fully locked out overhead with the plate directly over or slightly behind the head.
- **No-Reps:**
 - Plate does not touch the ground.
 - Incomplete lockout at the top (elbows bent, hips/knees flexed).

START



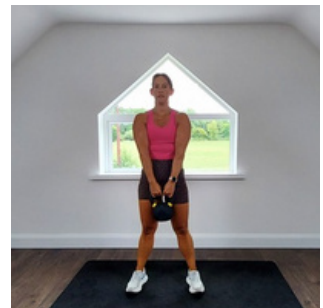
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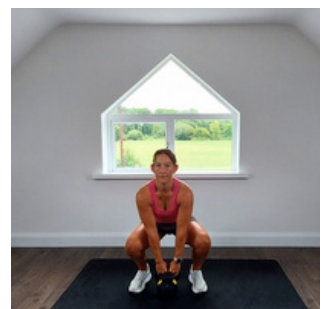
STATION 2: GOBLET SQUAT

- **Starting Position:**
 - Standing tall holding the prescribed weight at the level of the quadriceps with both hands.
- **Execution:**
 - Lower into a squat until the prescribed weight touches the ground.
- **Rep Completion:**
 - Return to a full standing position with knees and hips fully extended.
- **No-Reps:**
 - The prescribed weight doesn't reach the floor in the squat.
 - Failing to fully extend hips and knees at the top of the movement.

START



END





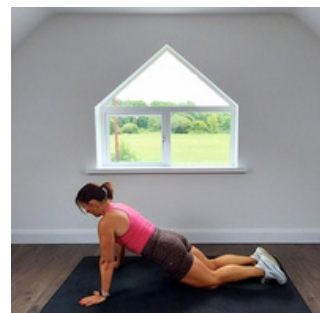
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STATION STANDARDS

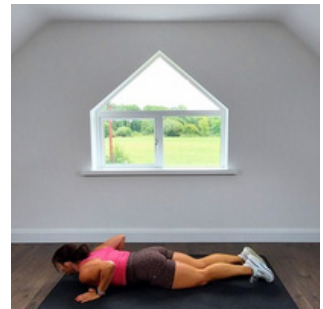
STATION 3: TRICEP PUSH-UP

- **Starting Position:**
 - Knees on the ground, hands placed directly under shoulders (narrower stance than a standard push-up). Body forms a straight line from head to knees.
- **Execution:**
 - Lower the chest until it touches the ground while keeping elbows tucked close to the ribs.
- **Rep Completion:**
 - Press back up until arms are fully extended at the top.
- **No-Reps:**
 - Chest does not make contact with the floor.
 - Elbows flared out wide (violating the tricep push-up standard).
 - Lifting off the knees or "snaking" up (hips sagging or rising out of line).
 - Incomplete arm extension at the top.

START



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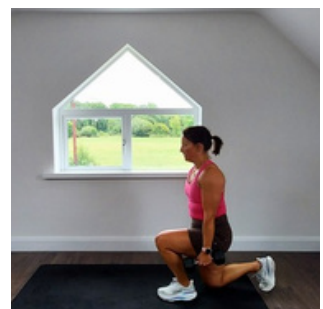
STATION 4: WALKING LUNGES

- **Starting Position:**
 - Standing behind the designated start line with the prescribed weight in each hand with the elbows extended (straight arms).
- **Execution:**
 - Step forward into a lunge, bringing the back knee down to lightly touch the ground.
- **Rep Completion:**
 - Step through into the next lunge with an upright stance in between.
- **No-Reps:**
 - Back knee fails to touch the ground.
 - Shuffling or taking extra steps between lunges.
 - Not fully extending hips at the top of the movement.
 - Stepping over or touching boundary lines before completing distance.

START



END





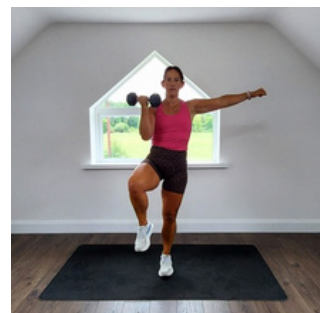
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STATION STANDARDS

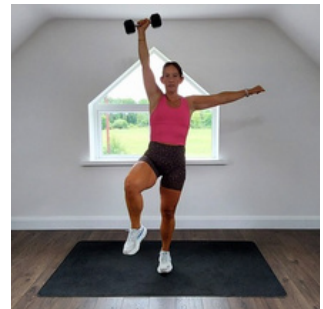
STATION 5: THE CRANE & ARNOLD PRESS

- **Starting Position:**
 - Standing on one leg while holding the prescribed weight in the opposite hand (weight is in the hand of the leg with the knee raised) and extending the opposite arm in line with the shoulder and palm to the ground.
- **Execution:**
 - While balancing on one leg, with the knee lifted to hip height, perform an Arnold Press (starting with palm facing in, and rotating the palm to face away while pressing overhead).
- **Rep Completion:**
 - Arm fully locked out overhead with hips and torso upright while balancing on the single leg, followed by a controlled return.
- **No-Reps:**
 - Non-standing foot touching the ground.
 - Incomplete rotation or lockout on the Arnold Press.

START



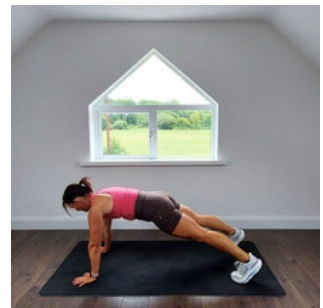
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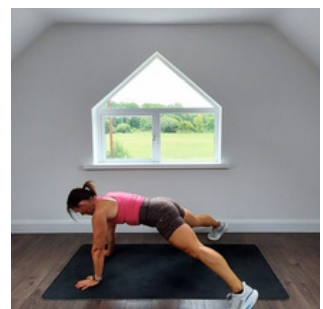
STATION 6: PLANK JACKS

- **Starting Position:**
 - High plank position (wrists under shoulders) with feet close together.
- **Execution:**
 - Jump both feet outward wider than hip-width, then jump both feet back together.
- **Rep Completion:**
 - Returning to the starting position with feet together counts as 1 rep.
- **No-Reps:**
 - Hips sagging excessively or piking high into the air.
 - Stepping feet out one at a time instead of jumping simultaneously.

START



END





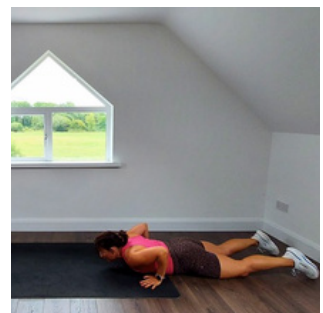
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STATION STANDARDS

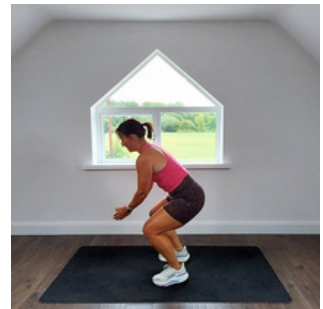
STATION 7: BURPEE BROAD JUMPS

- **Starting Position:**
 - Drop into a burpee position behind the starting line. Your chest and thighs must be in contact with the ground and your hands must be behind the start line.
- **Execution:**
 - Stand up (using the knee up or step up technique) or jump up and immediately jump forward two-footed (broad jump).
- **Rep Completion:**
 - The next burpee must start from where the feet landed by placing your hands down directly in front of your toes.
- **No-Reps:**
 - Chest or thighs do not touch the floor during the burpee.
 - Stepping or hopping forward before initiating the broad jump.
 - Single-foot take-off or landing during the broad jump.

START



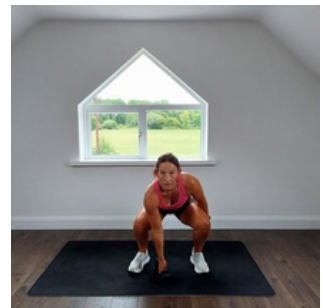
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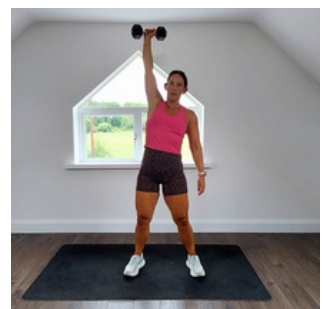
STATION 8: DUMBBELL SNATCHES

- **Starting Position:**
 - Dumbbell rests flat on the floor between the feet.
- **Execution:**
 - Squat down and pull the dumbbell from the floor to overhead in one continuous motion and then return to starting position. Alternate hands and repeat.
- **Rep Completion:**
 - Dumbbell locked out directly overhead with knees, hips, and arm fully extended, with the non-working hand clear of the body.
- **No-Reps:**
 - Dumbbell stopping at the shoulder.
 - Non-working hand touching the leg or body during the pull.
 - Incomplete lockout overhead.
 - Both heads of the dumbbell not touching the ground at the start of the rep.

START



END





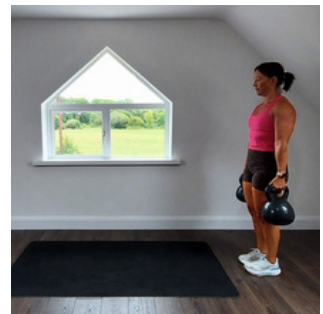
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STATION STANDARDS

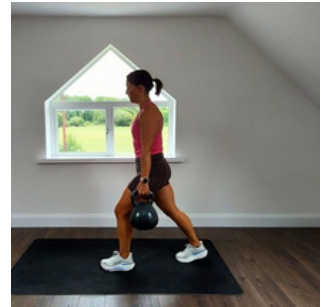
STATION 9: FARMERS CARRY

- **Starting Position:**
 - Standing tall holding the prescribed weight in each hand at your sides.
- **Execution:**
 - Walk/jog/run the prescribed distance while maintaining control of the weights.
- **Rep Completion:**
 - Both athlete and weights completely cross the finish/turnaround line.
- **No-Reps:**
 - Resting weights on the legs or hips while walking.
 - Dropping weights beyond or across boundary lines unsafely.

START



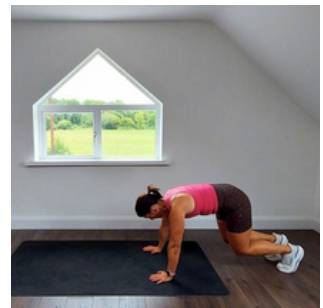
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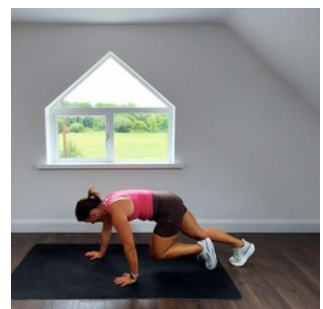
STATION 10: BEAR CRAWL

- **Starting Position:**
 - Hands and feet on the ground behind the start line, wrists under the shoulders, and knees bent at roughly 90 degrees elevated off the floor, hips neutral.
- **Execution:**
 - Crawl forward maintaining a quadruped position (wrists under shoulders, knees under hips).
- **Rep Completion:**
 - Entire body (including feet) crosses the designated line/distance mark.
- **No-Reps:**
 - Piking hips into a downward dog position to rest while moving forward.
 - Hands/feet crossing boundary lines incorrectly.

START



END





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STATION STANDARDS

NOTE FOR ALL STATIONS:

- You can take breaks whenever you need them. This is important to ensure you can perform the stations with good form.
- For the moving stations (e.g. burpee broad jumps, farmers carry, bear crawl, and walking lunges), if you need to take a break, simply plant your feet and stay in that position until you are recovered enough to continue. You can lower the weights (relevant to farmers carry and walking lunges) to rest on the ground during this time.
- For all other stations, rest when you need to. Assume the relevant start position when you are ready to begin the rep count.



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