



HOW FIT ARE YOU?

What comes to mind when you think of being “fit”? Is it how you look in the mirror? Is it what your doctor says? Is it how long you can run before you get tired?

20 years ago, the best definition of “Fitness” you could find talked about endurance, bodybuilding, or blood tests. That meant every program you could find was about cardio, getting swole/toned, or losing weight. These are worthy goals, but they completely ignore your ability to sprint, jump, lift, throw, climb, and play.

In 2002 CrossFit attempted to define fitness as measures of your ability in 10 different skills: Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, Accuracy. 20 years later, we’ve never found a better definition of all-around fitness.

Hale’s Athlete Levels attempt to test you in all 10 skills. It’s a guideline to highlight your strengths and weaknesses, and bias your training accordingly to achieve them.

ATHLETE LEVELS

BEGINNER

A well rounded basic athlete. If you have a general fitness or sports background, you will be able to do most of these on day 1. If you have big holes in your fitness or are otherwise de-conditioned, you can achieve these levels in 3-6 months of training 3-5 days per week.

ADVANCED

The 1%. Advanced athletes have put a lot of time and effort into improving themselves every day. You are likely training 4-6 days per week with focus and purpose, and you take time to address your weaknesses. This can take months or years to achieve after reaching Intermediate. The timeline is based on your focus and effort.

You can use these as a guideline for your training and testing any way that suits you. In practice, we do this in three ways:

1. Testing days (or weeks) - The coach picks 7-15 skills and 1-3 workouts to test where each athlete stands. The goal is to pass 85% of the skills/workouts before moving on.
2. The athlete attacks every skill in a particular level over the course of two weeks and attempts to pass 85% of them before moving on to the next one.
3. Individual skills are tested throughout the year in the daily workout, and the athlete keeps track of where they stand on the worksheet below.

Use any or all of these methods to see where you stand!

Want to find out how to level yourself up?

Book a free intro by going to halefitness.com.

Have questions?

Shoot us an email at info@halefitness.com.

INTERMEDIATE

Fitter than 90% of the population. The Intermediate athlete represents someone who has a well-rounded program and stays consistent over time with it. Almost nobody walks in to Hale with the ability to achieve this level. For most, it takes 6-12 months after achieving Beginner level to get here.

EXPERT

A lifetime pursuit. Fitness has gone beyond a specific goal, and become a daily practice of 1% improvements. The “experts” at Hale have forged solid habits that put them in a position to get better every time they come into the gym. Expert is more of a mindset than a goal.

10 ELEMENTS OF FITNESS

ENDURANCE

Ability to process oxygen
Example - distance running

STAMINA

Ability to store and use energy
Example - doing 100 push ups

STRENGTH

Ability to apply force
Example - deadlifting

FLEXIBILITY

Ability to maximize range of motion in a given joint
Example - stretching

POWER

Applying maximum force in minimum time
Example - Jumping, or throwing

SPEED

Ability to minimize the time cycle of a given movement
Example - sprinting

COORDINATION

Ability to combine several movement patterns into a single movement
Example - skipping rope, box jumps

AGILITY

Ability to minimize transition time from one movement to another
Example - shuttle run

BALANCE

Controlling the placement of your center of gravity
Example - standing on one foot

ACCURACY

Controlling movement in a given direction
Example - hitting a target

BEGINNER	INTERMEDIATE	ADVANCED	EXPERT
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Pass 85% of Beginner items to progress to Intermediate**

Pass 85% of Intermediate items to progress to Advanced**

Pass 85% of Advanced items to progress to Expert**

Pass 85% of Expert items and you win! **

MONOSTRUCTURAL

200m run*	m: 44 sec / w: 46 sec	m: 36 sec / w: 40 sec	m: 30 sec / w: 35 sec	m: 28 sec / w: 32 sec
400m run*	m: 1:40 / w: 1:55	m: 1:20 / w: 1:37	m: 1:10 / w: 1:25	m: 1:02 / w: 1:14
800m run*	m: 3:47 / w: 4:15	m: 3:00 / w: 3:30	m: 2:48 / w: 3:12	m: 2:28 / w: 2:52
1 mile run*	m: 8:30 / w: 9:30	m: 7:00 / w: 7:45	m: 6:05 / w: 7:00	m: 5:45 / w: 6:30
500m row	m: 2:00 / w: 2:18	m: 1:45 / w: 1:58	m: 1:34 / w: 1:48	m: 1:25 / w: 1:42
2km row	m: 9:32 / w: 11:00	m: 8:25 / w: 9:40	m: 7:40 / w: 8:20	m: 7:00 / w: 7:40
25 cal Echo Bike	m: 1:30 / w: 2:00	m: 1:00 / w: 1:30	m: 28 / w: 1:00	m: 18 / w: 40
Double unders (unbroken)	5	25	60	10 Triple unders

GYMNASTICS

Air squat / Pistol	40 squats in 1 min	5 pistols/side in 1 min	12 pistols/side in 1 min	20 pistols/side in 1 min
Pull-up	m: 3 / w: 1 (strict)	m: 20 / w: 12 (kipping)	m: 20 / w: 12 (chest to bar)	m: 12 / w: 7 (bar muscle up)
Push-up	m: 10 / w: 6	m: 30 / w: 18	m: 12 / w: 7 (handstand push up)	m: 8 / w: 3 (strict HSPU)
Handstand	2 wall walks (chest to wall)	60 sec (wall facing)	Free standing – 10 sec	50 ft Handstand walk
Muscle-up / Ring dip	30sec Ring Support Hold	m: 5 / w: 3 (ring dips)	m: 5 / w: 3	m: 5 / w: 3 (strict)
Rope climb	1	3	m: 2 / w: 1 (legless)	m: 3 / w: 2 (l-sit legless)
Burpee – In 1 minute	18	24	28	32
Box jump (height)	m: 24" / w: 20"	m: 30" / w: 24"	m: 44" / w: 30"	m: 50" / w: 40"
Toes to Bar	Knee raise (to chest) – m: 10 / w: 7	m: 10 / w: 7	m: 20 / w: 15	m: 15 / w: 10 (no kip)

WEIGHTLIFTING

Turkish Get-Up	m: 35 / w: 26lbs each arm	m: 44 / w: 35lbs each arm	m: 70 / w: 53lbs each arm	m: 88 / w: 62lbs each arm
Back squat	m: 135 / w: 95lbs x 5 reps	m: 225 / w: 155lbs x 5 reps	m: 315 / w: 205lbs x 3 reps	m: 405 / w: 275lbs x 2 reps
Front squat	m: 115 / w: 75lbs x 5 reps	m: 185 / w: 125lbs x 5 reps	m: 245 / w: 165lbs x 3 reps	m: 315 / w: 215lbs x 2 reps
Overhead squat	m: 75 / w: 55lbs x 5 reps	m: 135 / w: 95lbs x 5 reps	m: 205 / w: 140lbs x 3 reps	m: 245 / w: 165lbs x 2 reps
Deadlift	m: 155 / w: 115lbs x 5 reps	m: 265 / w: 175lbs x 5 reps	m: 405 / w: 275lbs x 3 reps	m: 515 / w: 350lbs x 2 reps
Shoulder press	m: 75 / w: 55lbs x 5 reps	m: 100 / w: 65lbs x 5 reps	m: 155 / w: 105lbs x 3 reps	m: 185 / w: 115lbs x 2 reps
Snatch	m: 45 / w: 35lbs Hang snatch	m: 135 / w: 95lbs	m: 185 / w: 125lbs	m: 225 / w: 155lbs
Clean & Jerk	m: 95 / w: 65lbs Hang clean	m: 155 / w: 105lbs	m: 225 / w: 155lbs	m: 300 / w: 200lbs

WORKOUTS

Baseline	m: 8:00 / w: 8:30 (scaled)	m: 5:30 / w: 6:30	m: 4:30 / w: 5:30	m: 4:00 / w: 4:45
Helen*	m: 9:30 / w: 11:00 (scaled)	m: 9:00 / w: 10:30	m: 8:20 / w: 9:50	m: 7:40 / w: 8:30
Grace	8:00 (scaled)	6:00	3:30	2:15
Fran	m: 10:00 / w: 12:00 (scaled)	m: 6:00 / w: 8:00	m: 3:20 / w: 5:00	m: 2:45 / w: 3:40
Nasty Girls	16:00 (scaled)	16:00 (scaled)	16:00	10:00

* Times are based on "real world" running conditions, which mean the running routes have corners, turnarounds, cobblestones, etc. Subtract 5% if running on an oval track.
 ** Items and workouts that are tested to progress to the next level are representative of a broad selection of exercises, as determined by a trainer, and tested/judged at a gym.
 If you are training on your own in the absence of these conditions, then pass 75% of the items in each section before progressing to the next level.

THE BENCHMARK WORKOUTS

WORKOUT

LEVELS

DESCRIPTION

YOUR NOTES & GOALS

BASELINE

For Time:
500m Row
40 Air Squats
30 Sit Ups
20 Push Ups
10 Pull Ups

Beg - m: 8:00 / w: 8:30
(knee push ups, ring rows)
Int - m: 6:30 / w: 7:00
Adv - m: 5:30 / w: 6:00
Exp - m: 4:30 / w: 5:00

This is a classic test of bodyweight strength. This will test you to hit range of motion with SPEED. To hit a top time, you'll have to keep an aggressive pace on the row and hit all movements unbroken.

HELEN

3 rounds for time of:
400m run
21 Kettlebell Swings (53/35lbs)
12 pull ups

Beg - m: 9:30 / w: 11:00
(jump PU; 44/25lbs KB)
Int - m: 9:00 / w: 10:30
Adv - m: 8:20 / w: 9:50
Exp - m: 7:40 / w: 8:30

Kettlebell Swings should be American style (completely over head). Beginners perform jumping pull ups and use 44lbs for men and 25 lbs for women. You will have to run fast to hit these times.

GRACE

For Time:
30 Clean & Jerks (135/95lbs)

Beg - 8:00 (95/65)
Int - 6:00 (Rx weight)
Adv - 3:30 (Rx weight)
Exp - 2:15 (Rx weight)

For beginners, the goal is to successfully complete 30 reps at a moderately heavy weight. Beyond that, this should feel like an all out sprint.

FRAN

21-15-9
Thrusters (95/65lbs)
Pull ups

Beg - m: 10:00 / w: 12:00
(Rx weight; jumping pull ups)
Int - m: 6:00 / w: 8:00
Adv - m: 3:20 / w: 5:00
Exp - m: 2:45 / w: 3:40

The gold standard.

NASTY GIRLS

3 rounds for time:
50 Air Squats
7 Muscle Ups
9 Hang Power Cleans (135/95lbs)

Beg - 16:00
(push ups, ring rows, 95/65)
Int - 16:00
(ring dips, pull ups, Rx weight)
Adv - 16:00 Rx
Exp - 10:00 Rx

This is a great test of gymnastics and weightlifting under fatigue.