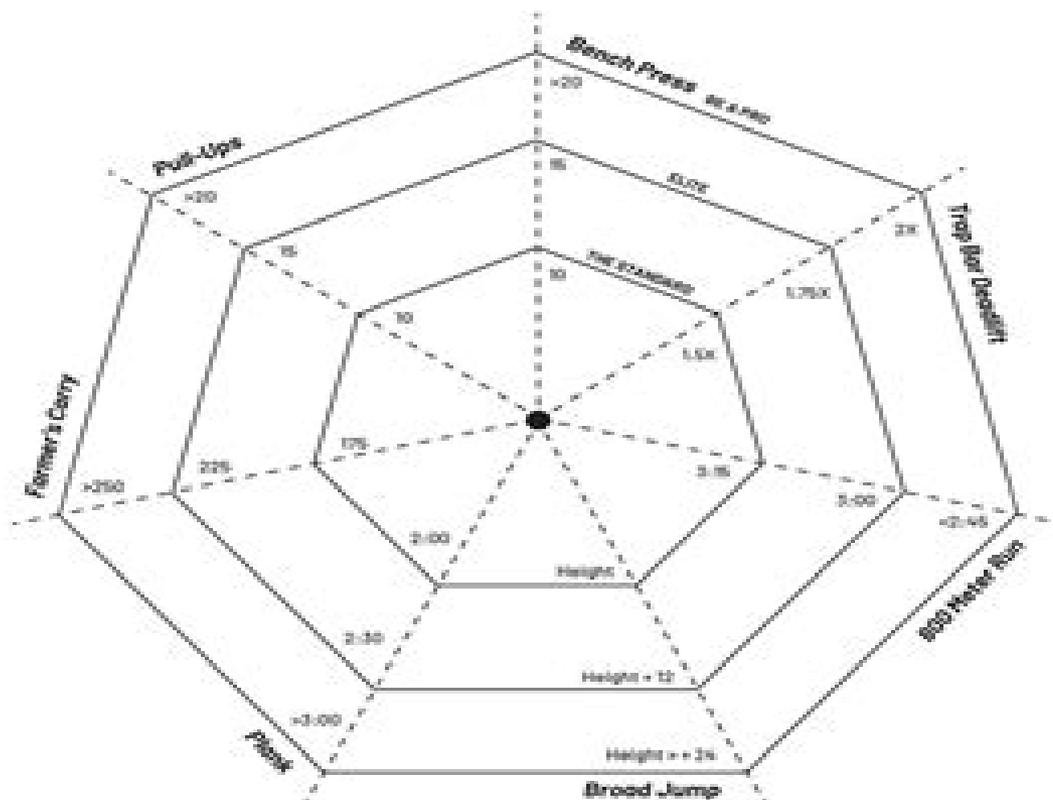


PERFORMANCE STANDARDS



NAME: _____

Broad Jump (Height = inches for Distance)
Bench Press (BW for Reps)
Pull-ups (Reps)
Trap Bar Deadlift (BW X % for 5 Reps)
Plank (Time)
Farmer's Carry (BW for Distance in Feet)
800 Meter Run (Time)

	THE STANDARD	ELITE	BE A PRO
Broad Jump	Height	Height = 12	Height = 24
Bench Press	10	15	>20
Pull-ups	10	15	>20
Trap Bar Deadlift	1.5X	1.75X	2X
Plank	2:00	2:30	<3:00
Farmer's Carry	175	225	>250
800 Meter Run	3:15	3:00	<2:45

BW = BODYWEIGHT



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Liyong Dong



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