

Stamina Club:

500m Row

Men- Level 1- Sub 1:48	Level 2- Sub 1:42	Level 3- Sub 1:36	Level 4- Sub 1:30
Women- Level 1- Sub 2:10	Level 2- Sub 2:00	Level 3- Sub 1:53	Level 4- Sub 1:47

1000m Row

Men- Level 1- Sub 4:15	Level 2- Sub 4:00	Level 3- Sub 3:45	Level 4- Sub 3:30
Women- Level 1- Sub 4:35	Level 2- Sub 4:20	Level 3- Sub 4:05	Level 4- Sub 3:50

50 Cal Assault Bike

Men- Level 1- Sub 3:30	Level 2- Sub 3:15	Level 3- Sub 2:45	Level 4- Sub 2:25
Women- Level 1- Sub 4:45	Level 2- Sub 4:30	Level 3- Sub 4:15	Level 4- Sub 4:00

500ft Versa Climber

Men- Level 1- Sub 3:10	Level 2- Sub 2:50	Level 3- Sub 2:30	Level 4- Sub 2:00
Women- Level 1- Sub 3:40	Level 2- Sub 3:10	Level 3- Sub 3:00	Level 4- Sub 2:30

1 Mile Run

Men- Level 1- Sub 9:00	Level 2- Sub 8:15	Level 3- Sub 7:30	Level 4- Sub 6:45
Women- Level 1- Sub 9:30	Level 2- Sub 9:00	Level 3- Sub 8:20	Level 4- Sub 7:50

Body-Weight Club:

Strict Pull Up

Men-	Level 1- 2	Level 2- 6	Level 3- 10	Level 4- 15+
Women-	Level 1- 5 purple	Level 2- 5 black	Level 3- 5 red	Level 4- 5 strict

Strict Push Up

Men-	Level 1- 20	Level 2- 35	Level 3- 50	Level 4- 60
Women-	Level 1- 10	Level 2- 18	Level 3- 25	Level 4- 35

Box Jump Height

Men-	Level 1- 24	Level 2- 30	Level 3- 36	Level 4- 44
Women-	Level 1- 20	Level 2- 24	Level 3-30	Level 4- 36

Spartan Club:

Goliath Run-

Level 1- Complete Level 2- Sub 50:00 Level 3- Sub 40:00 Level 4- Sub 35:00

Monkey Bars (down = 1x)

Level 1- 1x Level 2- 2x Level 3- 3x Level 4- 4x

Traverse Wall (down = 1x)

Level 1- 1x Level 2- 2x Level 3- 3x Level 4- 4x

Events: *(race, competition, 5K, spartan, marathon...etc)*- Must list what you did next to your name

Level 1- 1 completed Level 2- 2 completed Level 3- 3 completed Level 4- 4 completed

5 Sled Push D&B (M-4 plates / W-2 plates +25#) + 5 bear crawl D&B (past each beam)

Men- Level 1- Sub 8 Level 2- Sub 9 Level 3- Sub 10 Level 4- Sub 11

Women- Level 1- Sub 13 Level 2- Sub 12 Level 3- Sub 11 Level 4- Sub 10

Strong Club:

Squat

Men-	Level 1- 170	Level 2- 200	Level 3- 230	Level 4- 260
Women-	Level 1- 100	Level 2- 130	Level 3-155	Level 4- 180

Deadlift

Men-	Level 1- 190	Level 2- 220	Level 3- 255	Level 4- 280
Women-	Level 1- 130	Level 2- 150	Level 3-180	Level 4- 205

Bench

Men-	Level 1- 160	Level 2- 190	Level 3- 220	Level 4- 240
Women-	Level 1- 70	Level 2- 90	Level 3-110	Level 4- 125

Transformation Club:

Body Fat % reduction

Level 1- 2% Level 2- 4% Level 3- 6% Level 4- 8%

Pounds of Fat Loss

Level 1- 10lbs Level 2- 20lbs Level 3- 30lbs Level 4- 40lbs

Pounds of Muscle Gain

Level 1- 4lbs Level 2- 8lbs Level 3- 12lbs Level 4- 16lbs

THE LEADERBOARD

Bronze- 14+ points across board (BRONZE status)

Silver- 22+ points across board (SILVER Status)

Gold- 36+ points across board (GOLD status)

GOLD PLUS (+)- GOLD status PLUS min. of level 2 in every category

**(except Transformation Club)*

-Facebook Members Only Group: P4L TRIBE (make sure you join us!)

-To be considered for ELEVATE you must have tested into SILVER or higher.