

The Drive Fitness Grid 2022

Name: _____

<p>Barbell Bench Press Max reps Gold: 15 reps 100% bw (m) 75% bw (f) Silver: 10 reps 100% bw (m) 75% bw (f) Bronze: 5 reps 100% bw (m) 75% bw (f)</p>	<p>Strict Chin Ups Gold: 15 reps (m) / 10 reps (f) Silver: 10 reps (m) / 6 reps (f) Bronze: 5 reps (m) / 2 reps (f)</p>	<p>Hang Gold: 2min Silver: 1:30min Bronze: 1min</p>	<p>300 skips Gold: 2min Silver: 2:30min Bronze: 3min</p>	<p>10km Outdoor Run Gold: 50min Silver: 60min Bronze: 70min</p>
<p>Barbell Back Squat 5 reps Gold: 1.5x bw (m) 1x bw (f) Silver: 1.25x bw (m) 0.75x bw (f) Bronze: 1x bw (m) 0.5x bw (f)</p>	<p>Turkish Get Up 1 rep/side Gold: 15kg (m) 10kg (f) Silver: 10kg (m) 7.5kg (f) Bronze: 5kg</p>	<p>Suspension (TRX) Row in 1min Gold: 50 reps Silver: 40 reps Bronze: 30 reps</p>	<p>50 Cal SkiERG Gold: 3min (m) 3:30min (f) Silver: 3:30 (m) 4min (f) Bronze: 4min (m) 4:30 (f)</p>	<p>4km BikeERG Gold: 7min (m) 8min (f) Silver: 8min (m) 9min (f) Bronze: 9min (m) 10min (f)</p>
<p>Barbell Dead Lift 1 rep Gold: 2.5x bw (m) 2x bw (f) Silver: 2x bw (m) 1.5x bw (f) Bronze: 1.5x bw (n) 1x bw (f)</p>	<p>Push Ups Gold: 50 reps Silver: 40 reps Bronze: 30 reps</p>	<p>Plank Gold: 4min Silver: 3min Bronze: 2min</p>	<p>1km RowERG Gold: 3:15m (m) 3:45m (f) Silver: 3:45m (m) 4:15m (f) Bronze: 4:15m (m) 4:45m (f)</p>	<p>Death by Calories RowERG Gold: 20min (m) 16min (f) Silver: 18min (m) 14min (f) Bronze: 16min (m) 12min (f)</p>

Tally: Gold _____ Silver _____ Bronze _____