

The Drive Fitness Grid 2023

Name: _____

<p>Barbell Bench Press 5 reps Gold: 1.25x bw (m) 0.75x bw (f) Silver: 1x bw (m) 0.5x bw (f) Bronze: 0.75x bw (m) 0.25x 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>Farmers Walk Unbroken Gold: 400m 20kg (m) 12kg (f) Silver: 300m 20kg (m) 12kg (f) Bronze: 200m 20kg (m) 12kg (f)</p>	<p>One Arm Long Cycles 100 reps in 10min Gold: 20kg (m) 16kg (f) Silver: 16kg (m) 12kg (f) Bronze: 12kg (m) 8kg (f)</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: 24kg (m) 16kg (f) Silver: 20kg (m) 12kg (f) Bronze: 16kg (m) 8kg (f)</p>	<p>Hand Release Push Ups in 1min Gold: 40 reps Silver: 30 reps Bronze: 20 reps</p>	<p>Max Watts BikeERG Gold: 800w (m) 700w (f) Silver: 700w (m) 600w (f) Bronze: 600w (m) 500w (f)</p>	<p>2km SkiERG Gold: 7:30min (m) 8:30min (f) Silver: 8:30min (m) 9:30min (f) Bronze: 9:30min (m) 10:30min (f)</p>
<p>Barbell Dead Lift 5 reps Gold: 2x bw (m) 1.5x bw (f) Silver: 1.75x bw (m) 1.25x bw (f) Bronze: 1.5x bw (n) 1x bw (f)</p>	<p>Dumbbell Chest Press 25reps Unbroken Gold: 20kg (m) 12.5kg (f) Silver: 17.5kg (m) 10kg (f) Bronze: 15kg (m) 7.5 (f)</p>	<p>Plank Gold: 4min Silver: 3min Bronze: 2min</p>	<p>500m RowERG Gold: 1:35 (m) 1:50m (f) Silver: 1:45m (m) 2m (f) Bronze: 1:55m (m) 2:10 (f)</p>	<p>30min BikeERG Gold: 16km (m) 15km (f) Silver: 14km (m) 13km (f) Bronze: 12km (m) 12km (f)</p>

Tally: Gold _____ Silver _____ Bronze _____