

The Drive Fitness Grid 2021 Name: _____

<p>Barbell Bench Press 1 rep Gold: 1.25x bw (m) 1x bw (f) Silver: 1x bw (m) 0.75x bw (f) Bronze: 0.75x bw (m) 0.5x 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>100 Burpees Gold: 7min Silver: 8:30min Bronze: 10min</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>Single Leg Squat Unbroken Gold: 10 reps each leg Silver: 7 reps each leg Bronze: 4 reps each leg</p>	<p>Push Ups in 1min Gold: 50 reps Silver: 40 reps Bronze: 30 reps</p>	<p>50 Cal BikeERG Gold: 2min (m) 2:30min (f) Silver: 2:30 (m) 3min (f) Bronze: 3min (m) 3:30 (f)</p>	<p>2km Indoor Row Gold: 7:15min (m) 8:15min (f) Silver 7:45min (m) 8:45min (f) Bronze: 8:15min (m) 9:15min (f)</p>
<p>Barbell Dead Lift 3 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>Parallel Bar Dips Gold: 20 rep(m) 15 reps (f) Silver 15 reps (m) 10 reps (f) Bronze: 10 reps (m) 5 reps (f)</p>	<p>Wall Sit Gold: 5 min Silver: 3:30min Bronze: 2min</p>	<p>1000m SkiERG Gold: 3:30min (m) 4min (f) Silver: 4min (m) 4:30min (f) Bronze: 4:30min (m) 5min (f)</p>	<p>10km BikeERG Gold: 18min (m) 20min (f) Silver: 20min (m) 22min (f) Bronze 22min (m) 24min (f)</p>

Tally: Gold _____ Silver _____ Bronze _____