

The Drive Fitness Grid 2024

Name: _____

<p>Barbell Bench Press + Squat + Dead Lift 1 rep total (done within 3 weeks) Gold: 400kg (m) 300kg (f) Silver: 350kg (m) 250kg (f) Bronze: 300kg (m) 200kg (f)</p>	<p>Body Weight Squats 1min Gold: 50 reps Silver: 40 reps Bronze: 30 reps</p>	<p>Farmers Walk Unbroken 200m Gold: 24kg (m) 20kg (f) Silver: 20kg (m) 16kg (f) Bronze: 16kg (m) 12kg (f)</p>	<p>One Arm Long Cycles 50 reps in 5min (one arm swap) Gold: 20kg (m) 16kg (f) Silver: 16kg (m) 12kg (f) Bronze: 12kg (m) 8kg (f)</p>	<p>2000m RowERG Gold: 7:15min (m) 8:15min (f) Silver: 7:45min (m) 8:45min (f) Bronze: 8:15min(m) 9:15min(f)</p>
<p>Barbell Bench Press 10 reps Gold: 1x bw (m) 0.80x bw (f) Silver: 0.8x bw (m) 0.60x bw (f) Bronze: 0.6x bw (m) 0.40x bw (f)</p>	<p>10 Turkish Get Ups in 5min (alternating sides each rep) Gold: 16kg (m) 12kg (f) Silver: 12kg (m) 8kg (f) Bronze: 8kg (m) 4kg (f)</p>	<p>Hang Gold: 2min Silver: 1:30min Bronze: 1min</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>5km Outdoor Run Gold: 20min Silver: 25min Bronze: 30min</p>
<p>Barbell Bent Over Row 10 reps Gold: 1x bw (m) 0.80x bw (f) Silver: 0.8x bw (m) 0.60x bw (f) Bronze: 0.6x bw (m) 0.40x bw (f)</p>	<p>Bulgarian Bag Spin 1min (m 12kg, f 8kg) Gold: 40 reps Silver: 30 reps Bronze: 20 reps</p>	<p>Plank Gold: 4min Silver: 3min Bronze: 2min</p>	<p>500m SkiERG Gold: 1:35min (m) 1:50min (f) Silver: 1:50min (m) 2:05min (f) Bronze: 2:05min(m) 2:20min(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 _____