

Men's Challenge Chart

	1 RM Bench Press	1 RM Back Squat	1 RM Dead Lift	Pull Up Test	Plank Test	1 Minute Jump Rope	5K Run	1 Mile Run	200 yd Swim	500m Row
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16-28

Gold	1.5xBW	1.70xBW	2.1xBW	20	4:00	180	21:00:00	5:45	2:55	1:45
Silver	1.25xBW	1.5BW	1.85xBW	16	3:45	170	25:00:00	6:45	3:30	1:50
Bronze	BW	BW	1.5BW	10	3:25	155	28:00:00	8:30	4:00	1:55

29-41

Gold	1.5xBW	1.65xBW	2xBW	16	3:55	175	22:30:00	6:20	3:00	1:50
Silver	1.25xBW	1.4xBW	1.75xBW	10	3:30	165	25:00:00	7:00	3:30	1:55
Bronze	BW	BW	1.5xBW	8	3:00	150	28:30:00	8:45	4:15	2:05

42-54

Gold	1.35xBW	1.5xBW	1.75xBW	13	3:45	155	23:30:00	7:00	3:00	2:00
Silver	1.20xBW	1.35xBW	1.65xBW	8	3:20	145	27:00:00	7:45	3:30	2:05
Bronze	BW	BW	1.25xBW	6	3:05	125	32:30:00	9:45	4:30	2:15

55+

Gold	.70xBW	70xBW	1.5xBW	5	2:50	100	32:30:00	9:00	4:00	2:25
Silver	.50xBW	.60xBW	BW	3	2:25	85	35:00:00	10:30	4:30	2:30
Bronze	.25xBW	.30xBW	.60xBW	2	2:00	60	36:00:00	11:30	5:00	2:45

Gold= 5 points

Silver= 3 points

Bronze= 1 point