

The Rouse Games

Women's Challenge Chart

	1 RM Bench Press	1 RM Back Squat	1 RM Dead Lift	Pull Up Test	Plank Test	1 Min Jump Rope	5K Run Test	1 Mile Run	200 yd Swim	500m Row Test
16-28	Gold .70xBW	1.25xBW	1.4xBW	4	3:55	165	23:00:00	6:55	3:10	2:05
	Silver .65xBW	BW	1.25xBW	3	3:25	155	24:30:00	7:35	3:35	2:10
	Bronze .50xBW	.75xBW	BW	2	2:50	145	28:00:00	8:30	4:00	2:20
29-41	Gold .65xBW	1.25xBW	1.40xBW	3	3:50	155	25:00:00	7:00	3:15	2:10
	Silver .60xBW	BW	1.25xBW	2	3:15	145	27:00:00	8:00	3:45	2:15
	Bronze .50xBW	.75xBW	BW	1	2:45	135	29:00:00	9:00	4:15	2:25
42-54	Gold .65xBW	BW	1.25xBW	2	3:40	135	26:00:00	8:30	3:30	2:20
	Silver .60xBW	.75xBW	BW	1	3:10	145	28:00:00	9:45	4:00	2:25
	Bronze .40xBW	.65xBW	.75xBW	flex 15 sec	2:40	125	33:00:00	11:00	4:30	2:35
55+	Gold .50xBW	.60xBW	BW	1	2:55	90	35:00:00	10:00	4:00	3:00
	Silver .40xBW	.40xBW	.75xBW	flex 10 sec	2:25	80	37:00:00	11:45	4:30	3:20
	Bronze .20xBW	.25xBW	.50xBW	flex 5 sec	1:00	60	40:00:00	13:00	5:15	3:45

Gold= 5 points

Silver= 3 points

Bronze= 1 point