

Fact Fueled Fitness- General Fitness Standards

Category Strength

Movement	30s
Deadlift (1RM)	1.75x BW
Back Squat (1RM)	1.5x BW
Front Squat (1RM)	1.25x BW
Bench Press (1RM)	1.25x BW
Overhead Press (Strict)	0.9x BW
Weighted Pull-Up	+30 lbs x1
Farmer's Carry (each hand)	50% BW x 1:00
Sled Push (50 ft)	1.5x BW
1-Min Push-Ups	35+
1-Min Air Squats	45+

Power

Power Clean (1RM)	1.25x BW
Kettlebell Swing (53/35 lb)	25+ reps UB
Box Jump (to 24/20/18/16")	24"
Broad Jump	7+ ft

Speed/Agility

Shuttle Run (5-10-5)	<5 sec
Double-Unders	50 unbroken
Burpees (1 min)	20+

Gymnastics/Skill

Pull-Ups (Strict)	10+
Toes-to-Bar	10
Wall Walks	5
Rope Climb	15-ft legless
Ring Dips	10
L-Sit Hold (Parallettes)	15+ sec

Conditioning

Row 500m	<1:40
Assault Bike (cal in 1 min)	22+
1-Mile Run	<7:00
2k Row	<7:30

Mobility/Core

Overhead Squat (PVC or BB)	Full ROM
Deep Squat Hold	2:00+
Side Plank Hold (each)	1:00+
Turkish Get-Up (each side)	53/35 lb
Plank Hold	90+ sec

40s	50s	60s
1.5x BW	1.25x BW	1.0x BW
1.3x BW	1.1x BW	0.9x BW
1.1x BW	0.9x BW	0.75x BW
1.1x BW	0.9x BW	0.75x BW
0.75x BW	0.65x BW	0.5x BW
+20 lbs x1	BW strict x1	Scaled (Band)
40% BW x 0:45	35% BW x 0:30	25% BW x 0:30
1.25x BW	1.0x BW	0.75x BW
30+	25+	20+
40+	35+	30+

1.1x BW	0.9x BW	0.75x BW
20+ reps	15+ reps	12+ reps
20"	18"	Step-up
6.5+ ft	6+ ft	5.5+ ft

<5.5 sec	<6 sec	<7 sec
30 unbroken	20 unbroken	10 unbroken or single unders
18+	15+	12+

8+	6+	3–5 (band if needed)
8	6	Scaled knee raise
3	2	Incline crawl
15-ft standard	12-ft standard	Seated pull to standing
7	5	Box dip or scaled
10 sec	8 sec	5 sec

<1:50	<2:00	<2:15
18+	14+	12+
<8:00	<9:30	<11:00
<8:00	<8:45	<9:30

Full ROM	Full ROM	Scaled ROM
1:30	1:00	0:45
0:45	0:30	0:30
44/26 lb	35/18 lb	18 lb / scaled
75+ sec	60+ sec	45+ sec