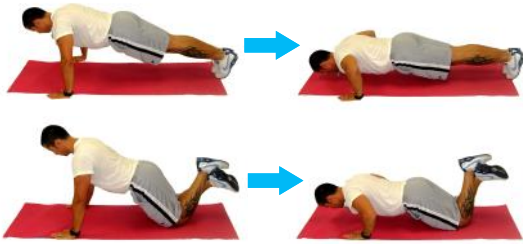


STRENGTH CHALLENGES

See "Points Chart" or "Strength Challenge Chart" for details on each challenge and scoring levels



PUSH UPS (Regular or Modified)
4 levels | 50 points max | no break



PULL UPS (phase 2 only)
4 levels | 100 points max | no break



DIPS
open-ended
100+ points max
1 break



CHEST PRESS
4 levels | 50 points max | 1-2 break



REAR DELTS
4 levels | 50 points max | 1-2 break



SHOULDER PRESS
4 levels | 50 points max | 1 break



MID ROWS (phase 2 only)
4 levels | 50 points max | 1-2 break



LAT PULLDOWN
4 levels | 50 points max | 1-2 break



CRUNCHES
4 levels
50 points max
no break



PLANK
5 levels
100 points max
no break

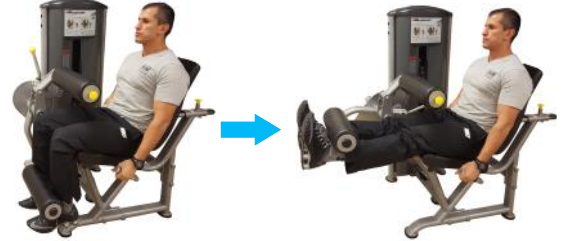
STRENGTH CHALLENGES

See "Points Chart" or "Strength Challenge Chart" for details on each challenge and scoring levels



LEG RAISES

4 levels | 50 points max | no break



LEG EXTENSIONS

4 levels | 50 points max | 1-2 break



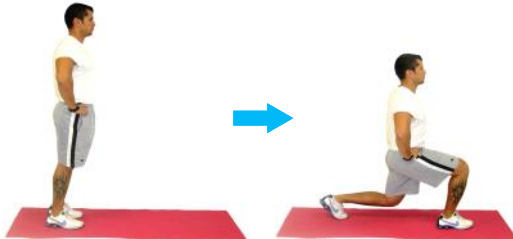
ISOMETRIC LOW AB HOLD

5 levels | 100 points max | no break



LEG CURLS (phase 2 only)

4 levels | 50 points max | 1-2 break



LUNGES

4 levels | 75 points max | 1-2 break



SEATED LEG PRESS

4 levels | 50 points max | 1-2 break



SQUATS

4 levels | 75 points max | 1-2 break



ISOMETRIC WALL SQUAT

5 levels
100 points max
no break