

Name:

Begin Date:

Beginner Level (1) Test		
Skill	Date	Staff Initial
Complete at least 50 reps on Baseline Workout		
Complete 1 Push-up		
Complete 1 Sit-up		
Complete 1 Jumping Pull-up		
Complete 1 Air Squat		
Complete 1 Dip (Box or Parallettes)		
Complete 1 Lunge		
Box Jump 16/12"		
Complete 10 Singles unbroken		
Run 400m without stopping		
Row 250m without stopping		
Demonstrate Deadlift		
Demonstrate SDHP		
Demonstrate Shoulder Press		
Demonstrate Push Press		
Demonstrate Back Squat		
Demonstrate Front Squat		
Demonstrate KB Swing		
Demonstrate Thruster		
What is the Paleo prescription?		
List 3 components of Fitness		
Complete 1st goal list...what would you have, be or do?		
What are the benefits of protein powder?		
Why is it important that we give and receive recognition?		

The minimum time required at the Beginner level is 2 weeks. If athlete needs assistance on a section, staff member may provide it, but that section will not be checked off until athlete can demonstrate it in its entirety without assistance at least 1 day after last receiving instruction on that particular section.

Completed on:

Sign:

Staff Initial: