

Strong is the New Skinny

Name: _____

Date:			Points	Initial Test		30 Days Later	
Score:				Set 1	Set 2	Set 1	Set 2

CORE

Hanging Leg Lifts:

Knees to elbows	1				
Toes to hands	6				

Hanging Sit Ups:

Touching Knees	2				
Touching Toes	3				
Bicycles	1				

Planks:

Elephant Push-ups	3				
Push-ups	4				
Tucks	2				
Pikes	3				
Leg Extensions	4				

ARMS

Arm Hangs (in seconds hanging):

Bent Arms	1				
Straight Arms	1				
Amazon Hang	2				
Single hand hang	10				

Rows:

Feet under anchor point	2				
Shoulders under anchor poin	3				

Climbs (height):

Basic climb	1
Russian climb	1
Straddle Descent	3
Straddle Climb	10

INVERSIONS

Inversions:

Hammock: Bent Knees	2
Hammock: Straight Legs	3
Hammock: Straddle Legs	4
Bent Arms/ Bent Knees (G)	5
Bent Arms/ Bent Knees (A)	6
Bent Arms/ Straight Legs	7
Straight Arms/ Straight Legs	8

Skin the Cat:

Bent Knees	4
Straight Legs	6

Tilts

Tilt/ Straight Leg	6
Meat hook	8
