



## Adult/Teen Fitness Standards

Men	Blue/Level 7 (5:00 mins)	Brown/Level 8 (7:30 mins)	Red/Level 9 (10:00 mins)
Squats	25	38	50
Pushup	20	30	40
Hanging Knee Lifts	15	23	30
Burpees	10	15	20
Pull ups	5	8	10
Women	Blue/Level 7 (5:00 mins)	Brown/Level 8 (7:30 mins)	Red/Level 9 (10:00 mins)
Squats	25	38	50
Pushup	10	15	20
Hanging Knee Lifts	10	15	20
Burpees	10	15	20
Pull ups or Flexed Arm Hang (see bellow)	1	2	3

Flexed Arm Hang (seconds)	Blue/Lv7	Brown/Lv8	Red/Lv9
15-29 years	20	30	40
30-39 years	18	27	35
40-49 years	15	23	30
50-59 years	13	19	25
60+ years	10	15	20

\*Required to complete each event in the order listed within the allotted time. Must pass all portions to be eligible to test for new rank. Example, a blue belt must pass the blue belt portion to test for brown belt.