



REVOLUTIONARY FITNESS RANKING SYSTEM



AGE BRACKET 3

MEN & WOMEN

FitRanX® Bodyweight % and Box Heights

Single KB Weights (kgs)

Weight Class	BW lbs	5%	10%	15%	20%	25%	30%	35%
Fly Weight	1-124.9	4	6	8	12	14	16	18
Bantam Weight	125-149.9	6	8	12	14	16	18	20
Feather Weight	150-174.9	8	12	14	16	18	20	24
Light Weight	175-199.9	12	14	16	18	20	24	28
Welter Weight	200-224.9	14	16	18	20	24	28	32
Middle Weight	225-249.9	16	18	20	24	28	32	36
Super Middle Wt	250-274.9	18	20	24	28	32	36	40
Heavy Weight	275-299.9	20	24	28	32	36	40	44
Super heavy Wt	300+	24	28	32	36	40	44	48

Double KB Weights (kgs)

Weight Class	BW lbs	10%	20%	30%	40%	50%	60%	70%
Fly Weight	1-124.9	4's	6's	8's	12's	14's	16's	18's
Bantam Weight	125-149.9	6's	8's	12's	14's	16's	18's	20's
Feather Weight	150-174.9	8's	12's	14's	16's	18's	20's	24's
Light Weight	175-199.9	12's	14's	16's	18's	20's	24's	28's
Welter Weight	200-224.9	14's	16's	18's	20's	24's	28's	32's
Middle Weight	225-249.9	16's	18's	20's	24's	28's	32's	36's
Super Middle Wt	250-274.9	18's	20's	24's	28's	32's	36's	40's
Heavy Weight	275-299.9	20's	24's	28's	32's	36's	40's	44's
Super heavy Wt	300+	24's	28's	32's	36's	40's	44's	48's

* If gym has KBs that are in lbs and not kg, then refer to the chart below and use the corresponding size in lbs.

* If gym does not have "inbetween" sizes (6kg, 10kg, 14kg, 18kg), use the heavier size (8kg, 12kg, 16kg, 20kg)

Box Height Under 5'6" 5'6" and Over

Bracket 1

High	18"	24"
Medium	12"	18"
Low	6"	12"

Box Height Under 5'6" 5'6" and Over

Bracket 2

High	12"	18"
Medium	6"	12"
Low	1"	6"

Box Height Under 5'6" 5'6" and Over

Bracket 3

High	6"	12"
Medium	1"	6"
Low	Line	1"

KB kg to LB conv

1 kg	=	2.2 lbs	20 kg	or	45 lb
4 kg	or	10 lb	22 kg	or	50 lb
6 kg	or	15 lb	24 kg	or	55 lb
8 kg	or	20 lb	28 kg	or	60 lb
10 kg	or	25 lb	32 kg	or	70 lbs
12 kg	or	25 lb	36 kg	or	80 lb
14 kg	or	30 lb	40 kg	or	90 lb
16 kg	or	35 lb	44 kg	or	100 lb
18 kg	or	40 lb	48 kg	or	110 lb

LEVEL 1

STRENGTH

MEN // WOMEN

AGES 56+

PULL

45 DEGREE INVERTED ROW • REPS: 20 // REPS: 10



⌚ REST 1:30 MINUTE

SQUAT

BODYWEIGHT SQUAT ARMS FORWARD • REPS: 30 // REPS: 30 • TIME LIMIT: 2 MINUTES FOR BOTH



⌚ REST 1:30 MINUTE

PUSH

PUSHUPS WITH HANDS ELEVATED - 18" BENCH OR BOXES • REPS: 15 // REPS: 6



⌚ REST 1:30 MINUTE

HINGE

STATIC BRIDGE • TIME: 1 MINUTE FOR BOTH



⌚ REST 1:30 MINUTE

CORE

PLANK – FOREARMS & TOES • TIME: 30 SECONDS FOR BOTH



⌚ REST 1:30 MINUTE

KETTLEBELL SWING • REPS: 40 • WEIGHT: 8KG // REPS: 40 • WEIGHT: 4KG TIME LIMIT: 2 MINUTES FOR BOTH



⌚ REST 1:30 MINUTE

TRISET - 3 ROUNDS WITH 1:15 MINUTES OF REST BETWEEN ROUNDS

SEAL JACKS • TIME LIMIT: 20 SECONDS FOR BOTH

1



SUITCASE CARRY • WEIGHT: 10% BW // WEIGHT: 5% BW • TIME: 20 SECONDS/SWITCH HANDS HALFWAY

2



MOUNTAIN CLIMBERS • TIME LIMIT: 20 SECONDS FOR BOTH

3

