



# 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 6

STRENGTH

MEN // WOMEN

AGES 56+

## PULL

PULL UPS • SUPERBAND: NO • REPS: 5 // SUPERBAND: 2" • REPS: 6



⌚ REST 1:30 MINUTE

## SQUAT

FRONT SQUATS: DBL KETTLEBELL

WEIGHT: 40% OF BODY WEIGHT // WEIGHT: 30% OF BODY WEIGHT • REPS: 10 FOR BOTH



⌚ REST 1:30 MINUTE

## PUSH

STANDING PRESS: DOUBLE KB

WEIGHT: 40% OF BODY WEIGHT // WEIGHT: 30% OF BODY WEIGHT • REPS: 5 FOR BOTH



⌚ REST 1:30 MINUTE

## HINGE

DBL KB SLDL • WEIGHT: 40% OF BODY WEIGHT // WEIGHT: 30% OF BODY WEIGHT • REPS: 5 PER LEG FOR BOTH



⌚ REST 1:30 MINUTE

## CORE

TGU • WEIGHT: 20% OF BODY WEIGHT // WEIGHT: 15% OF BODY WEIGHT • REPS: 1 EACH SIDE FOR BOTH



⌚ REST 1:30 MINUTE

LEVEL 6

CONDITIONING

MEN // WOMEN

AGES 56+

KB SNATCH • REPS: 80 • WEIGHT: 12KG // REPS: 80 • WEIGHT: 6KG • TIME LIMIT: 4 MINUTES FOR BOTH



⌚ REST 1:30 MINUTE

**TRISSET 1 - 3 ROUNDS WITH 1:00 MINUTE OF REST BETWEEN ROUNDS**

LOW SINGLE LEG BOX JUMP • TIME LIMIT: 30 SECONDS FOR BOTH/SWITCH LEG HALFWAY

1



DOUBLE RACK CARRY • WEIGHT: 40% // WEIGHT: 30% • TIME LIMIT: 30 SECS

2



TABLE TOP CRAWL REVERSE • TIME LIMIT: 30 SECONDS FOR BOTH

3



⌚ REST 1:30 MINUTE BETWEEN TRISETS

**TRISSET 2 - 3 ROUNDS WITH 1:00 MINUTE OF REST BETWEEN ROUNDS**

MED BALL SLAMS • WEIGHT: 30lbs // **WEIGHT: 15lbs** • SLAMS: 7 SLAMS IN 30 SECONDS FOR BOTH

1



JUMP SQUATS • REPS: 10 JUMPS FOR BOTH • TIME LIMIT: 30 SECONDS FOR BOTH

2



DBL KB SWING CLEAN PRESS • WEIGHT: 2 X 12 KG // **WEIGHT: 2 X 6 KG** • TIME LIMIT: 30 SECONDS FOR BOTH

3

