



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 4

STRENGTH

MEN // WOMEN

AGES 56+

PULL

PULL UPS WITH SUPERBAND ASSIST • SUPERBAND: 2" • REPS: 5 // SUPERBAND: 3" • REPS: 4



⌚ REST 1:30 MINUTE

SQUAT

GOBLET SQUAT • WEIGHT: 15% OF BODY WEIGHT // WEIGHT: 10% OF BODY WEIGHT • REPS: 20 FOR BOTH



⌚ REST 1:30 MINUTE

PUSH

HALF-KNEELING SINGLE KB PRESS - PRESS ON SAME SIDE AS DOWN KNEE

WEIGHT: 15% OF BODY WEIGHT // WEIGHT: 10% OF BODY WEIGHT • REPS: 5 PER ARM FOR BOTH



⌚ REST 1:30 MINUTE

HINGE

DBL KB DL • WEIGHT: 30% OF BODY WEIGHT // WEIGHT: 20% OF BODY WEIGHT • REPS: 20 FOR BOTH



⌚ REST 1:30 MINUTE

CORE

KB ROLL TO POST • WEIGHT: 15% OF BODY WEIGHT // WEIGHT: 10% OF BODY WEIGHT • REPS: 2 EACH SIDE



⌚ REST 1:30 MINUTE

LEVEL 4

CONDITIONING

MEN // WOMEN

AGES 56+

KB DBL CLEAN • REPS: 40 • WEIGHT: 12KG // REPS: 40 • WEIGHT: 6KG TIME LIMIT: 3 MINUTES FOR BOTH



⌚ REST 1:30 MINUTE

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

MEDIUM BOX JUMP • TIME LIMIT: 30 SECONDS FOR BOTH

1



WAITERS WALK • WEIGHT: 15% // WEIGHT: 10% • TIME LIMIT: 30 SEC/ SWITCH HANDS HALFWAY FOR BOTH

2



TABLE TOP CRAWL FORWARD • 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: 20lbs // **WEIGHT: 10lbs** • SLAMS: 7 SLAMS IN 30 SECONDS FOR BOTH

1



JUMP ROPE • TIME LIMIT: 30 SECONDS FOR BOTH

2



FIGURE 8 TO HOLD • WEIGHT: 12kg // **WEIGHT: 6kg** • TIME LIMIT: 30 SECONDS FOR BOTH

3

