



# 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 5

STRENGTH

MEN // WOMEN

AGES 56+

## PULL

PULL UPS • SUPERBAND: 1" • REPS: 5 // SUPERBAND: 2" • REPS: 4



⌚ REST 1:30 MINUTE

## SQUAT

FRONT SQUATS: DBL KETTLEBELL

WEIGHT: 30% OF BODY WEIGHT // WEIGHT: 20% OF BODY WEIGHT • REPS: 10 FOR BOTH



⌚ REST 1:30 MINUTE

## PUSH

STANDING PRESS: DOUBLE KB

WEIGHT: 30% OF BODY WEIGHT // WEIGHT: 20% OF BODY WEIGHT • REPS: 5 FOR BOTH



⌚ REST 1:30 MINUTE

## HINGE

DBL KB SLDL • WEIGHT: 30% OF BODY WEIGHT // WEIGHT: 20% OF BODY WEIGHT • REPS: 5 PER LEG FOR BOTH



⌚ REST 1:30 MINUTE

## CORE

TGU • WEIGHT: 15% OF BODY WEIGHT // WEIGHT: 10% OF BODY WEIGHT • REPS: 1 EACH SIDE FOR BOTH



⌚ REST 1:30 MINUTE

KB DBL CLEAN • REPS: 40 • WEIGHT: 16KG // REPS: 40 • WEIGHT: 8KG TIME LIMIT: 3 MINUTES FOR BOTH



⌚ REST 1:30 MINUTE

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

HIGH BOX JUMP • TIME LIMIT: 30 SECONDS FOR BOTH

1



RACK & WAITERS CARRY • WEIGHT: 30% // WEIGHT: 20% • TIME LIMIT: 30 SEC/SWITCH HANDS HALFWAY

2



TABLE TOP CRAWL SIDE TO SIDE • 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: 10 SLAMS IN 30 SECONDS FOR BOTH

1



JUMP ROPE • TIME LIMIT: 30 SECONDS FOR BOTH

2



KB SWING TO GS • WEIGHT: 16kg // **WEIGHT: 8kg** • TIME LIMIT: 30 SECONDS FOR BOTH

3

