



ATHLETE IQ BASELINE

BENCHMARK WORKOUTS

WORKOUTS	Date Time	Date Time	Date Time	Date Time	Date Time	Date Time
ENZO GORLOMI						
BUMPER CABLES						
KING LARRY I						
CUPCAKE LUNGS						
PENNIES						
CHUCKLES 1 & 2						
MIGHT NOT						
SPEED, NOT VOLUME						
HURT AND INJURED						
RULE 8						
FAIRY DUST						
75 CONTINENTAL DRIVE						

SEE WORKOUTS ON PAGE 5



ATHLETE IQ BASELINE

1-REP MAX LIFTS

LIFTS	Date Weight	Date Weight	Date Weight	Date Weight	Date Weight	Date Weight
DEADLIFT						
SQUAT CLEAN						
POWER CLEAN						
CLEAN & JERK						
PUSH JERK						
SPLIT JERK						
SQUAT SNATCH						
POWER SNATCH						
OVERHEAD SQUAT						
BACK SQUAT						
FRONT SQUAT						
STRICT PRESS						
BENCH PRESS						



ATHLETE IQ BASELINE

MONOSTRUCTURAL

TESTS	Date Time	Date Time	Date Time	Date Time	Date Time	Date Time
1 MILE RUN						
5K RUN						
10K RUN						
1K C2 BIKE						
4K C2 BIKE						
10K C2 BIKE						
20K C2 BIKE						
1K SKI						
2K SKI						
5K SKI						
10K SKI						
1K ROW						
2K ROW						
5K ROW						
10K ROW						



ATHLETE IQ BASELINE

CUBE TESTS

TESTS	Date Score	Date Score	Date Score	Date Score	Date Score	Date Score
RUN						
C2 BIKE						
SKI						
ROW						
AAB						
MIXED MACHINE						



MFT TESTS

ATHLETE IQ BASELINE

	Muscle Endurance	Gas	Cardio	Chippers	Bitch Work
Short	Enzo Gorlomi 20 Front Rack Walking Lunges 135/95lbs 30 Kipping HSPU 20 Front Rack Walking Lunges 135/95lbs 30 Strict HSPU 20 Front Rack Walking Lunges 135/95lbs 100' HS Walk	Cupcake Lunges AMRAP 8 Minutes 8 Bar Facing Burpees 8 Power Snatch 95/65lbs	Might Not AMRAP 9 Minutes 10 Overhead Squat 75/55lbs 8 Chest to Bar Pull Ups 10 Box Jump Overs 24/20" Box Jump Overs are Open standard.	Rule 8 10 Box Step Ups 24/20" with 50s/35s 10 Box Jump ATWOs 24/20" 10 Box Step Overs 24/20" with 50s/35s 10 Burpee Box Jump Overs 30/24" 10 Box Jump Overs 30/24" 10 Sandbag Get Overs 150/100lbs 40" 10 Burpee Get Overs 40" Pre Stage 1 Standard Box (20/24/30") and 1 Jerk Block or Barrier that is 40". Perform first 3 movements with 24/20" Box before turning it over to a 30/24" box to perform the subsequent 2 movements. The last 2 movements are with the Jerk Block or Barrier.	"The" Cube Test AMRAP 4:00 Max Calorie Ski Rest 4:00 AMRAP 4:00 Max Calorie Air Runner* Rest 4:00 AMRAP 4:00 Max Calorie Row Rest 4:00 AMRAP 4:00 Max Calorie C2 Bike Rest 4:00 *No Air Runner? Max Distance Run - Score is total "points". Add the total meters from all four intervals, then multiply by .085 to get your point score.
Medium	Bumper Cables 4 Rounds 500/450m Ski 15 Medball GHD Sit Ups 20/14lbs 10 Bar Muscle Ups	"Pennies" 6 Squat Cleans 6 Muscle Ups Run 400m 6 Squat Cleans 6 Muscle Ups Run 400m 6 Squat Cleans 6 Muscle Ups Run 400m 6 Squat Cleans 6 Muscle Ups	Speed, not Volume AMRAP 14 Minutes 15/13 Calorie Row 45 Double Unders 15 Alternating DB Snatch 50/35lbs	75 Continental Dr. 200 Double Unders 80' HS Walk* 20 Devils Press 50s/35s 80' HS Walk* 30 Alternating Goblet Pistols 50/35lbs 80' HS Walk* 20 Clean and Jerk 135/95lbs 80' Back Rack Lunge* 135/95lbs *HS Walk and lunges 40' out 40' back, must be done in at least unbroken 20' sections.	Cube Tests Run*/Row/Ski/Bike/Air Bike AMRAP 4:00x4 Max Calories on a Machine Rest 4:00 *No Air Runner? Max Distance Run - Score is total "points". Add the total meters from all four intervals, then multiply by .085 to get your point score.
Long	"King Larry I" 5 Rounds 10 Deadlift* 60/54 Calorie C2 Bike Deadlift Weights R1: 225/155lbs R2: 275/185lbs R3: 315/215lbs R4: 365/245lbs R5: 405/275lbs	Chuckles 1&2 5 Rope Climbs 40/35 Calorie Air Bike 30 Wallballs 30/20lbs to 10/9' 4 Rope Climbs 30/25 Calorie Air Bike 20 Wallballs 30/20lbs to 10/9' 3 Rope Climbs 20/15 Calorie Air Bike 10 Wallballs 30/20lbs to 10/9' 4 Rope Climbs 30/25 Calorie Air Bike 20 Wallballs 30/20lbs to 10/9' 5 Rope Climbs 40/35 Calorie Air Bike 30 Wallballs 30/20lbs to 10/9'	Hurt and Injured AMRAP 20 Minutes 10 Toes to Bar 10 DB Thrusters 50s/35s 4 50' Shuttle Runs* *Increase shuttle by 2 each round: 4/6/8/etc	Fairy Dust For Time 2.4k Air Bike 18 Front Squats 225/160lbs 15 Shuttle Runs 18 Calorie Row 15 Muscle Ups 12 Shuttle Runs 15 Calorie Ski 12 Squat Snatch 185/130lbs 9 Shuttle Runs 900m C2 Bike 7 Legless Rope Climbs 5 Shuttle Run	



Hatchet TESTS

ATHLETE IQ BASELINE

	Muscle Endurance	Gas	Cardio	Chippers	Bitch Work
Short	4. "Enzo Goriomi" - For Time 20 Front Rack Walking Lunges 115/80lbs 25 Kipping HSPU 20 Front Rack Walking Lunges 115/80lbs 20 Strict HSPU 20 Front Rack Walking Lunges 115/80lbs 100' HS Walk	4. "Cupcake Lunges" - For Rounds and Reps AMRAP 8 Minutes 8 Bar Facing Burpees 8 Power Snatch 95/65lbs	5. "Might Not" - For Rounds and Reps AMRAP 9 Minutes 10 Overhead Squat 75/55lbs 8 Chest to Bar Pull Ups 10 Box Jump Overs 24/20" Box Jump Overs are Open standard	4. "Rule 8" - For Time 10 Box Step Ups 24/20" with 50s/35s 10 Box Jump ATWOs 24/20" 10 Box Step Overs 24/20" with 50s/35s 10 Burpee Box Jump Overs 30/24" 10 Box Jump Overs 30/24" 10 Sandbag Get Overs 150/100lbs to 40" 10 Burpee Get Overs 40" Pre Stage 1 Standard Box (20/24/30") and 1 Jerk Block or Barrier that is 40". Perform first 3 movements with 24/20" box before turning it over to a 30/24" box to perform the subsequent 2 movements. The last 2 movements are with the Jerk Block or Barrier.	"The" Cube Test AMRAP 4:00 Max Calorie Ski Rest 4:00 AMRAP 4:00 Max Calorie Air Runner* Rest 4:00 AMRAP 4:00 Max Calorie Row Rest 4:00 AMRAP 4:00 Max Calorie C2 Bike Rest 4:00
Medium	4. "Bumper Cables" - For Time 4 Rounds 500/450m Ski 20 GHD Sit Ups 7 Bar Muscle Ups	4. "Pennies" - For Time 6 Squat Cleans 225/155lbs 6 Muscle Ups Run 400m 6 Squat Cleans 225/155lbs 6 Muscle Ups Run 400m 6 Squat Cleans 225/155lbs 6 Muscle Ups Run 400m 6 Squat Cleans 225/155lbs 6 Muscle Ups	5. "Speed, Not Volume" - For Rounds and Reps AMRAP 14 Minutes 15/13 Calorie Row 45 Double Unders 15 Alternating DB Snatch 50/35lbs	4. "75 Continental Drive" - For Time 200 Double Unders 60' HS Walk* 20 Devils Press 50s/35s 60' HS Walk* 30 Alternating Goblet Pistols 35/20lbs 60' HS Walk* 20 Clean and Jerk 115/80lbs 60' Back Rack Lunge* 115/80lbs *HS Walk and lunges are 30' out 30' back, and must be done in at least unbroken 15' sections (may go all 30' if desired).	Cube Tests Run*/Row/Ski/Bike/Air Bike AMRAP 4:00x4 Max Calories on a Machine Rest 4:00
Long	4. "King Larry I" - For Time 5 Rounds 10 Deadlifts* 60/54 Calorie C2 Bike Deadlift Weights* R1: 225/155lbs R2: 275/185lbs R3: 305/205lbs R4: 335/225lbs R5: 365/245lbs	4. "Chuckles 1 & 2" - For Time 4 Rope Climbs 35/30 Calorie Air Bike 21 Wallballs 30/20lbs to 10/9' 3 Rope Climbs 25/20 Calorie Air Bike 15 Wallballs 30/20lbs to 10/9' 2 Rope Climbs 15/10 Calorie Air Bike 9 Wallballs 30/20lbs to 10/9' 3 Rope Climbs 25/20 Calorie Air Bike 15 Wallballs 30/20lbs to 10/9' 4 Rope Climbs 35/30 Calorie Air Bike 21 Wallballs 30/20lbs to 10/9'	4. "Hurt and Injured" - For Rounds and Reps AMRAP 20 Minutes 10 Toes to Bar 10 DB Thrusters 50s/35s 4 50' Shuttle Runs* *Increase shuttle by 2 each round: 4/6/8/etc	4. "Fairy Dust" - For Time 2.4k Air Bike 18 Front Squats 205/140lbs 15 Shuttle Runs 18 Calorie Row 15/12 Muscle Ups 12 Shuttle Runs 15 Calorie Ski 12 Squat Snatch 165/120lbs 9 Shuttle Runs 900m C2 Bike 5/4 Legless Rope Climbs 5 Shuttle Runs Open standard shuttle runs: 1 Shuttle Run = 50' (25' out and 25' back)	