FitRanX™

REVOLUTIONARY

FITNESS RANKING SYSTEM

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5

LEVEL 6

LEVEL 7

LEVEL 8

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

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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

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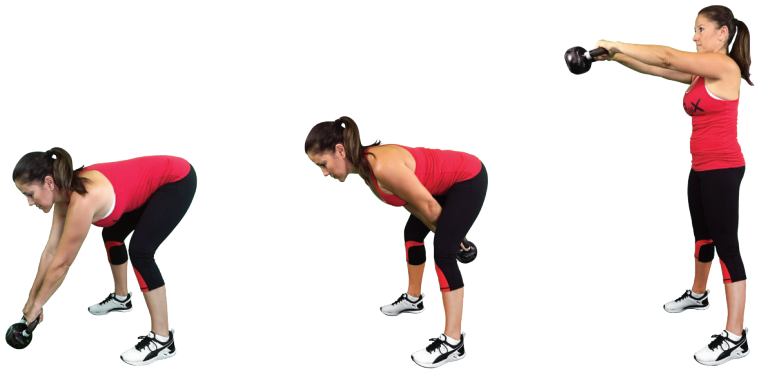
LEVEL 1 **CONDITIONING** **MEN** // **WOMEN** **AGES 56+**

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**

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LEVEL 2 **STRENGTH** **MEN // WOMEN** AGES 56+

PULL INVERTED ROW • REPS: 6 // REPS: 4

REST 1:30 MINUTE

SQUAT BODYWEIGHT SQUAT ARMS OVERHEAD • REPS: 40 // REPS: 40 • TIME LIMIT: 2 MINUTES FOR BOTH

REST 1:30 MINUTE

PUSH PUSHUPS • REPS: 15 // REPS: 6

REST 1:30 MINUTE

HINGE WEIGHTED HIP THRUST • REPS: 20 • WEIGHT: 5% OF BODY WEIGHT // REPS: 15 • WEIGHT: 5% OF BODY WEIGHT

REST 1:30 MINUTE

CORE SIDE PLANK – FROM FOREARMS • TIME: 15 SECONDS PER SIDE FOR BOTH

REST 1:30 MINUTE

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LEVEL 2 **CONDITIONING** **MEN // WOMEN** AGES 56+

KETTLEBELL ALT SWING • REPS: 40 • WEIGHT: 12KG // REPS: 40 • WEIGHT: 6KG TIME LIMIT: 2 MINUTES FOR BOTH

REST 1:30 MINUTE

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

JUMP ROPE • TIME LIMIT: 25 SECONDS FOR BOTH **1**

FARMERS WALK • WEIGHT: 10% // WEIGHT: 10% • TIME LIMIT: 25 SECONDS FOR BOTH **2**

FLOOR JACKS • TIME LIMIT: 25 SECONDS FOR BOTH **3**

UNDULATING ROPE • TIME LIMIT: 25 SECONDS FOR BOTH • ROPE: 30'x1.5" **4**

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LEVEL 3 **STRENGTH** **MEN // WOMEN** AGES 56+

PULL INVERTED ROW W/ FEET ELEVATED 18" • REPS: 6 // REPS: 4

REST 1:30 MINUTE

SQUAT GOBLET SQUAT • WEIGHT: 10% OF BODY WEIGHT // WEIGHT: 5% OF BODY WEIGHT • REPS: 20 FOR BOTH

REST 1:30 MINUTE

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

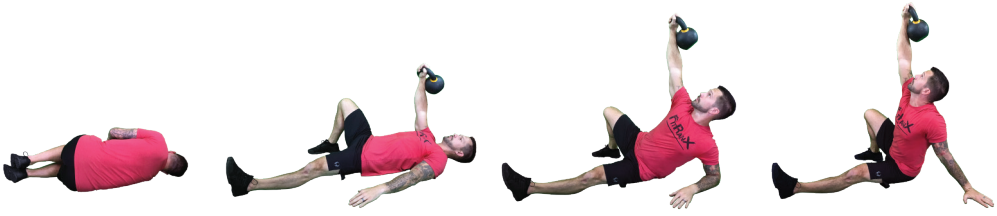
WEIGHT: 10% OF BODY WEIGHT // WEIGHT: 5% OF BODY WEIGHT • REPS: 5 PER ARM FOR BOTH

REST 1:30 MINUTE

HINGE DBL KB DL • WEIGHT: 20% OF BODY WEIGHT // WEIGHT: 10% OF BODY WEIGHT • REPS: 20 FOR BOTH

REST 1:30 MINUTE

CORE KB ROLL TO POST • WEIGHT: 10% OF BODY WEIGHT // WEIGHT: 5% OF BODY WEIGHT • REPS: 2 EACH SIDE



REST 1:30 MINUTE

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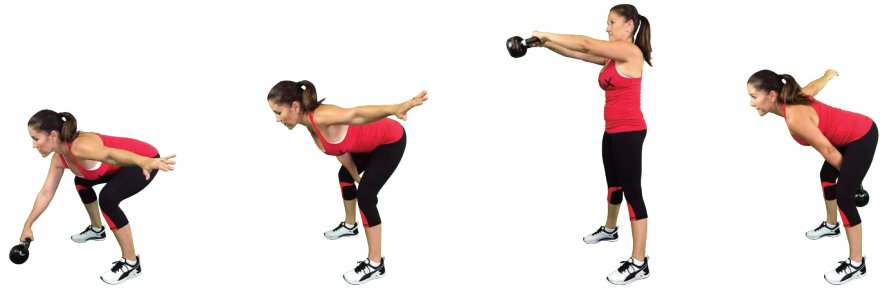
LEVEL 3 **CONDITIONING** MEN // WOMEN AGES 56+

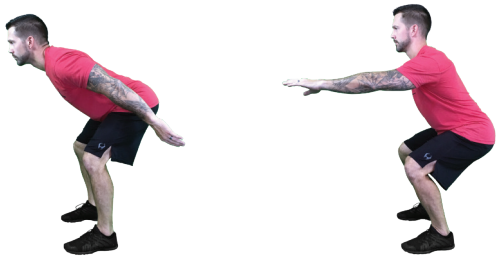
KETTLEBELL ALT SWING • REPS: 40 • WEIGHT: 16KG // REPS: 40 • WEIGHT: 8KG TIME LIMIT: 2 MINUTES FOR BOTH



REST 1:30 MINUTE

QUADSET – 3 ROUNDS WITH 1:15 MINUTES OF REST BETWEEN ROUNDS

FROG LEAP • TIME LIMIT: 30 SECONDS FOR BOTH **1**



SINGLE RACK CARRY • WEIGHT: 10% // WEIGHT: 5% • TIME LIMIT: 30 SEC/ SWITCH HANDS HALFWAY FOR BOTH **2**

BEAR CRAWL • TIME LIMIT: 30 SECONDS FOR BOTH **3**

UNDULATING ROPE • TIME LIMIT: 30 SECONDS FOR BOTH • ROPE: 30'x1.5" **4**

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LEVEL 4 **STRENGTH** **MEN // WOMEN** AGES 56+

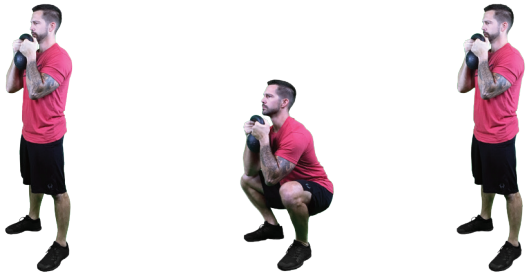
PULL

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

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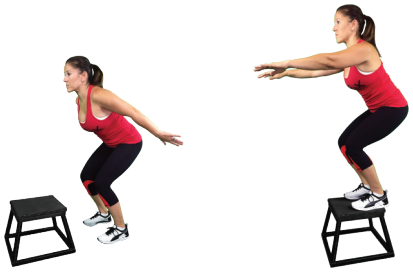
LEVEL 4 **CONDITIONING** **MEN // WOMEN** AGES 56+

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

REST 1:30 MINUTE

TRISET 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**

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LEVEL 4 **CONDITIONING** **MEN // WOMEN** AGES 56+

REST 1:30 MINUTE BETWEEN TRISETS

TRISET 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**

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LEVEL 5 **STRENGTH** **MEN // WOMEN** AGES 56+

PULL

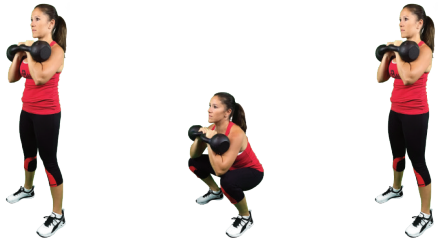
PULL UPS • SUPERBAND: 1" • REPS: 5 // SUPERBAND: 2" • REPS: 4

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

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LEVEL 5 **CONDITIONING** **MEN // WOMEN** AGES 56+

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

REST 1:30 MINUTE

TRISET 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**

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LEVEL 5 **CONDITIONING** **MEN // WOMEN** AGES 56+

REST 1:30 MINUTE BETWEEN TRISETS

TRISET 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**

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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

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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

TRISET 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**

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LEVEL 6 **CONDITIONING** **MEN // WOMEN** AGES 56+

REST 1:30 MINUTE BETWEEN TRISETS

TRISET 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**

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LEVEL 7 **STRENGTH** **MEN // WOMEN** AGES 56+

PULL

PULL UPS • SUPERBAND: NO • REPS: 10 // SUPERBAND: 1" • REPS: 6

REST 1:30 MINUTE

SQUAT

FRONT SQUATS: DBL KETTLEBELL

WEIGHT: 50% OF BODY WEIGHT // WEIGHT: 40% OF BODY WEIGHT • REPS: 10 FOR BOTH

REST 1:30 MINUTE

PUSH

STANDING PRESS: DOUBLE KB

WEIGHT: 50% OF BODY WEIGHT // WEIGHT: 40% OF BODY WEIGHT • REPS: 5 FOR BOTH

REST 1:30 MINUTE

HINGE

DBL KB SLDL • WEIGHT: 50% OF BODY WEIGHT // WEIGHT: 40% OF BODY WEIGHT • REPS: 5 PER LEG FOR BOTH

REST 1:30 MINUTE

CORE

TGU TO HIGH WINDMILL

WEIGHT: 25% OF BODY WEIGHT // WEIGHT: 20% OF BODY WEIGHT • REPS: 1 EACH SIDE FOR BOTH

REST 1:30 MINUTE

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LEVEL 7 **CONDITIONING** **MEN // WOMEN** AGES 56+

KB SNATCH • REPS: 80 • WEIGHT: 16KG // REPS: 80 • WEIGHT: 8KG TIME LIMIT: 4 MINUTES FOR BOTH

REST 1:30 MINUTE

TRISET 1 – 3 ROUNDS WITH 1:00 MINUTE OF REST BETWEEN ROUNDS

MEDIUM SINGLE LEG BOX JUMP • TIME LIMIT: 30 SECONDS FOR BOTH/SWITCH LEG HALFWAY **1**

DOUBLE WAITERS CARRY • WEIGHT: 50% // WEIGHT: 40% • TIME LIMIT: 30 SECONDS **2**

SPIDERMAN CRAWL • TIME LIMIT: 30 SECONDS FOR BOTH **3**

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LEVEL 7 CONDITIONING MEN // WOMEN AGES 56+

REST 1:30 MINUTE BETWEEN TRISETS

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

MED BALL SLAMS • WEIGHT: 30lbs // WEIGHT: 15lbs • SLAMS: 10 SLAMS IN 30 SECONDS FOR BOTH **1**

JUMP SQUATS • REPS: 15 JUMPS FOR BOTH • TIME LIMIT: 30 SECONDS FOR BOTH **2**

DBL KB SWING SNATCH CLEAN PRESS • WEIGHT: 2 X 16 KG // WEIGHT: 2 X 8 KG • TIME LIMIT: 30 SECONDS **3**

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