

RAW WORKOUT REQUIREMENTS
MEN • LVL 1

MEMBER

- 3s Handstand – 3 HSPU – 3s Handstand
freestanding, floor or P-bars
- 1× +150% BW Full ATG 3s Paused Squat
- 1× +8kg Muscle Up
any bar or rings, no kip, only heavyweights 85+ kg can have very slight little kip
- 10× +24kg Pull Ups
1s deadstops each rep both up and down, any grip, no kip
- 10× +16kg Pistols (each leg)
1s deadstops each rep both up and down (weight can be in front of the body)
- 3s Full Leg Front Lever
- 3s Full Back Lever
- 10× +32kg Dips
1s deadstops each rep both up and down, no kip, full range of motion
- 10× L-sit Leg Raises
1s deadstops each rep both up and down
- 10× Jump Squats – Knees High
1s ATG deadstops each rep