

RAW WORKOUT REQUIREMENTS
MEN • LVL 2

WARRIOR

- 6s Handstand – 6 HSPU – 6s Handstand
freestanding, must be done elevated (p-bar or boxes, not ground)
- 1× +175% BW Full ATG 3s Paused Squat
- 1× +16kg Muscle Up
any bar or rings, no kip, only heavyweights 85+ kg can have very slight little kip
- 1× One Arm Pull Up
each arm, clean, deadhang
- 3× Full Front Lever Pull Ups + 3s Hold
- 5× +48kg Pull Ups
1s deadstops each rep both up and down, any grip, no kip
- 5× +32kg Pistols
each leg, 1s deadstops each rep both up and down (weight must be touching chest all the time)
- 9s Full Back Lever
- 5× +64kg Dips
1s deadstops each rep both up and down, no kip, full range of motion
- 5× One Arm L-sit Leg Raises
each arm, each rep from L-sit hang not full momentum hang
- 5× Pistol Jump Squats
each leg, high knees, 1s ATG deadstops each rep