

Elite Level Fitness

To qualify you must do any 8 out of 14 exercises in 35 minutes.

(If needed, you may use up to 5 seconds rest in any exercise.)

1. 75 wide arm pushups
2. 10 hand stand pushups
3. 50 double crunch sit-ups or mason twists (left to right counts as one)
4. 30 dips
5. 15 pull-ups or chin-ups
6. Three and a half minutes for the Swiss ball wall squat hold; (3 ½ minutes total)
7. 60 second pull-up and hold (timed pull-up)
8. 10 one arm pull ups (either arm)
9. 30 second timed reverse pushup

The following is with the use of a Swiss ball:

10. 15 standing lat pulls
11. 40 prone abdominal pike
12. 40 prone abdominal crunches
13. 25 pushups (hand in diamond, feet together)
14. 25 supine one leg hip extensions (each)