

Firelete Performance Level						
	Core Elements	Level 1	Level 2	Level 3	Level 4	Level 5
Strength: Test all 5 Human Movement Patterns (either with gym <u>or</u> without gym). The percentages are based on your bodyweight.						
With Gym (recommended)	Squat	Goblet Squat 15 x 20 kg	Back Squat 5 x 70%	Back Squat 5 x 100%	Back Squat 10 x 100%	Back Squat 20 x 100%
	Bend	Romanian Deadlift 15 x 40 kg	Deadlift 5 x 100%	Deadlift 5 x 130%	Deadlift 10 x 130%	Deadlift 20 x 130%
	Pull	Inverted Row (45°) 15 x Bodyweight	1 x Pull up	5 x Pull up	10 x Pull up	15 x Pull up
	Push	Push up Plank - hold for 1 min	5 x Push up	20 x Push up	35 x Push up	50 x Push up
	Loaded Carry	Farmers Walk 50 meter with 40 kg	Farmers Walk 50 meter with 100%	Farmers Walk 50 meter with 130%	Farmers Walk 100 meter with 130%	Farmers Walk 200 meter with 130%
Without Gym	Squat	25 x Air Squat	50 x Air Squat	80 x Air Squat	120 x Air Squat	200 x Air Squat
	Bend	Suitcase Deadlift 15 x 40 kg (2x canister)	Suitcase Deadlift 40 x 40 kg (2x canister)	Suitcase Deadlift 70 x 40 kg (2x canister)	Suitcase Deadlift 100 x 40 kg (2x canister)	Suitcase Deadlift 140 x 40 kg (2x canister)
	Pull	Inverted Row (45°) 15 x bodyweight	1 x Pull up	5 x Pull up	10 x Pull up	15 x Pull up
	Push	Push up Plank - hold for 1 min	5 x Push up	20 x Push up	35 x Push up	50 x Push up
	Loaded Carry	Farmers Walk 50 meter with 40kg (2x canister)	Farmers Walk 100 meter with 40 kg	Farmers Walk 150 meter with 40 kg	Farmers Walk 200 meter with 40 kg	Farmers Walk 400 meter canister 40 kg
Shortterm endurance (Choose one of those exercises below as reference for your fitness according to high intensity work)						
Cooper-Test (12 min run)	> 1.800 m (=6:40/km)	> 2.200 m (5:27/km)	> 2.600 m (=4:36/km)	> 3.000 m (4:00/km)	> 3.400 m (3:30/km)	
1.000 m rowing (highest resistance)	< 4:40 min (=2:20/500)	< 4:20 min (=2:10/500)	< 4:00 min (=2:00/500)	< 3:40 min (=1:50/500)	< 3:20 min (1:40/500)	
200m Combi-Swimming	< 7:00 min	< 6:00 min	< 5:00 min	< 4:15 min	< 3:30 min	
5.000m cycling	< 12:00 min	< 11:00 min	< 10:00 min	< 9:00 min	< 8:00 min	
Longterm endurance (Choose one of those exercises below as reference for your fitness according to long lasting work)						
Run 10.000 m	5.000 m without break, time does not matter	10.000m without break, time doesn't matter	< 60:00 min (=6:00/km)	< 55:00 min (=5:30/km)	< 50:00 min (=5:00/km)	
Row 5.000 m	without break, time does not matter	< 23:20 (=2:20/500m)	< 21:40 (=2:10/500m)	< 20:00 (2:00/500m)	< 18:20 (=1:50/500m)	
Swim (Freestyle) 1.000 m	without break, time does not matter	< 29:00 min	< 26:00 min	< 23:00 min	< 20:00 min	
Cycling 20.000 m	without break, time does not matter	< 56:00 min	< 50:00 min	< 44:00 min	< 37:00 min	