



Strong & Fast

Created by Eric Hinman

Test Your Body Weight Strength

Complete these maneuvers in any order over time to test your body weight strength.

Max Butterfly Pull-Ups / 70

Butterfly pull-ups - use your body to propel yourself.

2-Minute Push-Up Test / 110

Test your Sheer Strength

Complete these maneuvers in any order over time to test your sheer strength.

1 Rep Max Squat / 350 lbs

To test your max, build up slowly. Normally, I start with air squats before putting a barbell on my back. After warming up with some more dynamic stretching, I start with the barbell and do 5-10 reps to begin perfecting the movement pattern. I'll then typically load 135# on the bar, and perform a set of 5. Then 185 for 5. Then 225 for 5. Then 275 for 1-2. 300 for 1. Then 315 for 1. 330 for 1. I rest around 90 seconds between sets.

1 Rep Max Deadlift / 400 lbs

To test your max, build up slowly, and warm up properly. I'll normally start with good mornings with a pvc pipe, then a barbell to warm up my lower back. After warming up with some more dynamic stretching, I start with the barbell and do 5-10 reps to begin perfecting the movement pattern. I'll then typically load 135# on the bar, and perform a set of 5. Then 185 for 5. Then 225 for 5. Then 275 for 5. 300 for 2. Then 315 for 2. 350 for 1. I rest at least 90 seconds between sets.

1 Rep Max Clean & Jerk / 225 lbs

To test your max, build up slowly, and warm up properly. I'll normally start with good mornings with a pvc pipe, air squats, and push press with a pvc pipe. Then an empty barbell, repeating the same movements. After warming up with some more dynamic stretching, I start with the barbell and do 5-10 reps to begin perfecting the movement pattern. I'll then typically load 135# on the bar, and perform a set of 2-3. Then 165 for 2. Then 185 for 2. Then 205 for 1. 225 for 1. Rest at least 90 seconds between sets.

Test your Mobility

1 Rep Max Snatch / 200 lbs

To test your max, build up slowly, and warm up properly. I'll normally start with air squats with a pvc overhead - doing overhead squats. After warming up with some more dynamic stretching, I start with an empty barbell and do 5-10 reps to begin perfecting the movement pattern. I'll then typically load 95# on the bar, and perform a set of 5. Then 115 for 5. Then 135 for 2. Then 155 for 2. 175 for 1. Then 185 for 1. 195 for 1. I rest around 90 seconds between sets.

Test your Power

Murph Time (Benchmark CrossFit Workout) / 37 mins

1 mile run, 100 pull-ups, 200 push-ups, 300 air squats, 1 mile run with a weight vest. Pace it! The first mile run, shoot for a sub-7 minute mile, but not much faster than that! Do butterfly pull-ups to save your shoulders - I break them into sets of 10, with 10 seconds of rest between sets. For the push-ups, I break them into sets of 20 in the beginning, then sets of 10, then sets of 5! Shoulders start really burning here! The air squats I'd pace after 50 or so - a brief pause at the top. The last mile run, hang on for dear life! Whatever you have left - you may have to walk, and that's fine! Just keep moving! This is a true test of how durable your body is!

Test Your Anaerobic Conditioning

Jackie Time (Benchmark CrossFit Workout) / 5:40

1,000m row, 50 thrusters with a 45# bar, 30 pull-ups. I'd shoot to row a 1:45 pace/500m. The thrusters I'd do unbroken. Same with the pull-ups - unbroken. This one really hurts, and is a true test of your anaerobic capacity.

Test Your Endurance

10k Run / 34 mins

This is an all out effort. My max heart rate is 180. I typically race a 10k at an average hr of 175. No pacing on this one, just 35 minutes of hurt!

Half Marathon / 1:15

Pacing is key! My max heart rate is around 180. Typically, I would run a half marathon at an average hr of 160. I'd shoot to negative split it - starting a little slower than my goal average pace, and slowly building to my goal pace, then finishing a little faster than my goal avg pace. The last mile, if anything is left, I'd raise my heart rate to 165. Anything over an hour in length, you have to pace - you only have so many "matches" you can burn when racing aerobically. Generally, I wouldn't need any nutrition during the race. Race morning I'd eat a banana, oatmeal, and a little peanut butter. I'd have 2 coffees - around 150 - 200mg of caffeine. Pre-race, I'd have another caffeinated gel - about 120 calories, and 40mg of caffeine. This is a true test of your endurance, and durability.