

Rock Phenoms
Level 2

Pushups	30 unbroken
Pull ups	10 Strict
Onsight - Bouldering/Top Rope	VO+ / 5.10
Squats	100 in 2 min
Box Jump	24in F - 30in M
Weighted up/downs	30 in 1 min – 10/25lbs
TTB	10 unbroken
Redpoint	V3 / 5.11-
Hueco Route	5.11-
Endurance	5 – 5.10s in 5 min
Plank	2 Min
Rope Climb	3 Min