

Rock Phenoms
Level 3

Juarez 20	Under 15 min
Pull ups	20 Strict
Pull ups (Power)	50% bodyweight
Onsight - Bouldering/Top Rope	V3 / 5.11
Squats	150 in 3 min
Box Jump	30in F - 36in M
HSPU	10 Unbroken
TTB	25 unbroken
Redpoint	V5 / 5.12-
Hueco Route	5.12-
Endurance	Hueco 5.10 up and down 5 times in a row
Plank	4 Min
Rope Climb	90 Sec