

Rock Phenoms
Level 4

Juarez 20	Under 8 min
Burpees	20 in 2 min
Pull ups (Power)	70% bodyweight
1 Arm pull-up	1
Muscle up	5 unbroken
Onsight - Bouldering/Top Rope	V5 / 5.12
Pistol Squats	20 each leg in 2 min
Box Jump	36in F - 42in M
HSPU	10 Strict
TTB/ Chest to bar combo	20 unbroken
Redpoint	V8 / 5.13-
Hueco Route	5.12+
Endurance	Hueco 5.11 up and down 5 times in a row
Plank	6 Min
Rope Climb	No Feet