

Rock Phenoms Level 1

Pushups	10
Pull ups	2
Onsight - Bouldering/Top Rope	VO- / 5.9
Squats	50 in 2 min
Box Jump	20in
Weighted up/downs	20 in 1 min - 10lbs
Knees to chest	10 unbroken
Redpoint	VO+ / 5.10
Hueco Route	5.10.
Endurance	5 - 5.8s in 5 min