

THE INTERNATIONAL ELITE ACADEMY

ATHLETIC STANDARDS 2013/14

	Intermediate	Advanced	Elite
Strength:			
Bench Press	Bodyweight x 5	Bodyweight x 8	Bodyweight x 15
Pull-Ups	8 reps	12 reps	20 reps
Squat	Bodyweight x 3	Bodyweight x 8	Bodyweight x 15
Deadlift	Bodyweight	150% Bodyweight	Double Bodyweight
40m Farmers Walk	Half BW Per hand	75% BW Per Hand	Bodyweight Per Hand
Muscular Endurance:			
Chin Ups	10 reps	15 reps	20 reps
Push Ups	25 reps	40 reps	60 reps
Dips	12 reps	20 reps	40 reps
Explosive Strength:			
Vertical Jump	20-25inches	25 - 35inches	35 + inches
Standing Broad Jump	2.15 – 2.28m	2.29 – 2.44m	2.45m +
Standing Triple Jump	6.00 – 7.49m	7.50 – 9.04m	9.04 – 10.50m
Speed & Agility:			
Agility T-Test	Under 11.5s	Under 10.5s	Under 9.5s
Illinois Agility Test	16.2-18.1s	15.2-16.1	Under 15.2
Endurance:			
Circuit GGB	200 reps	300 reps	350 rep
Hand Eye Coordination	25-29	30-35	35 +

Athletes achieving 15/15 in the Intermediate category will be classed as Intermediate.

Athletes achieving 12/15 in the Advanced category will be classed as Advanced.

Athletes achieving 10/15 in the Elite category will be classed as Elite.