

# Optimal Human (overall) Standards

\*as apposed to optimal performance standards - OPS (tailored to specific sport/athletic requirements)

Mile 6:30 minutes or less (97.5s per lap) (6 minutes and 30 seconds) \_\_\_\_\_  
Sprint 100m 15:00-15.5 seconds \_\_\_\_\_  
Bench press 1.25x your weight \_\_\_\_\_  
Squat 1.5x your weight \_\_\_\_\_  
Deadlift 1.35x your weight \_\_\_\_\_  
Clean 1x your bw \_\_\_\_\_  
Pullup 3x (less than 150 lbs), 2x (150-250 lbs) 1x (more than 250 lbs) \*rules: 1 ct pause at bottom, full extension - \_\_\_\_\_  
to 90\* or better, eyes above the bar \_\_\_\_\_  
Plank 3 min \_\_\_\_\_  
Jump (box or hurdle) 1/3x your height (inches) \_\_\_\_\_  
Hold your breath 45s \_\_\_\_\_

Perfect score is 10/10

## Gold standard (2x multiplier for each)

Mile 6 minutes or less (90s per lap) \_\_\_\_\_  
Sprint 100m 13:30-14:59 seconds \_\_\_\_\_  
Bench press 1.35x your weight \_\_\_\_\_  
Squat 1.6x your weight \_\_\_\_\_  
Deadlift 1.45x your weight \_\_\_\_\_  
Clean 1.1x your bw \_\_\_\_\_  
Heitman Pullup 6x (less than 150 lbs), 4x (150-250 lbs) 2x (more than 250 lbs) \*rules: 1 ct pause at bottom, full \_\_\_\_\_  
extension - to 90\* or better \_\_\_\_\_  
Plank 6 min \_\_\_\_\_  
Jump (box or hurdle) 1/2x your height (inches) \_\_\_\_\_  
Hold your breath 60s \_\_\_\_\_

Top score is 20/10 or 10/10 on standard

## Platinum Standard (3x multiplier for each)

Mile 5:30 minutes or less (82.5s per lap) \_\_\_\_\_  
Sprint 100m 12:00-13:29 seconds \_\_\_\_\_  
Bench press 1.45x your weight \_\_\_\_\_  
Squat 1.7x your weight \_\_\_\_\_  
Deadlift 1.55x your weight \_\_\_\_\_  
Clean 1.2x your bw \_\_\_\_\_  
Heitman Pullup 9x (less than 150 lbs), 6x (150-250 lbs) 3x (more than 250 lbs) \*rules: 1 ct pause at bottom, full \_\_\_\_\_  
extension - to 90\* or better \_\_\_\_\_  
Plank 9 min \_\_\_\_\_  
Jump (box or hurdle) 2/3x your height (inches) \_\_\_\_\_  
Hold your breath 75s \_\_\_\_\_

Top score is 30/10 or 10/10 multiplier

**Total Score** \_\_\_\_\_