Razvoj motoričkih sposobnosti primjenom level metode u rekreacijskom CrossFitu

Nikolac, Mate

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RAZVOJ MOTORIČKIH SPOSOBNOSTI PRIMJENOM LEVEL METODE U REKREACIJSKOM CROSSFITU

(DIPLOMSKI RAD)

Student:

Mate Nikolac

Mentor:

dr.sc. Mateo Blažević

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SAŽETAK

CrossFit je jedan od najpopuilarnijih fitness programa u svijetu koji raste iz dana u dan. Različite su metode provedbe CrossFit-a kao programa, a jedna od njih je i Level Method (level metoda) koja je zapravo i predmet ovog rada. Cilj rada je istražiti razvoj motoričkih sposobnosti primjenom Level methoda, a što će pokazati i objektivnu procjenu cjelokupnog fitnessa kod rekreativaca u CrossFit-u primjenom petnaest testova koje Level Method nalaže. Istraživanje je provedeno na uzorku od 15 rekreativaca, muškaraca i žena, kronološke dobi od 24 do 36 godina. Ispitanici su mjerenji kroz petnaest testova koje Level Method (level metoda) nalaže, a ti testovi jesu: Front squat, Upper body pull, Lactic tolerance, Deadlift, Upper body push, Upper/Lower endurance, Weightlifting, Rings, Squat endurance, Neuro & core endurance, Kettlebel, Flexibility, Running, Rowing i Aerobic Power Intervals. Provedena su dva mjerenja: inicijalno i finalno. Inicijalno mjerenje je provedeno u studenom 2020. godine, a finalno u svibnju 2021. godine. U prosincu 2020. i siječnju 2021. godine nisu provođeni trenažni procesi već su provođeni u veljači, ožujku i travnju 2021. godine. Ispitivanjem su utvrđene pozitivne i očekivaane razlike u minimalnim i maksimalnim rezultatima pojedinih testova kroz inicijalno i finalno testiranje, ali i uglavnom pozitivne promjene u rezultatima sveukupne procjene stanja motoričkih sposobnosti i treniranosti rekreativca.

Ključne riječi: Crossfit, level method, inicijalno, finalno, mjerenje, rezultati, motoričke sposobnosti

SUMMARY

CrossFit is one of the most popular fitness programs in the world and it is growing day by day. There are diferents methods od implementing CrossFit and one of them is The Level Method which is also subject of this work. The aim of this work is to investigate motor skills development using Level Method, what will also show objective assessment of the overal fitness of recreational athletes in CrossFit applying the fifteen tests required by Level Method. The research was conducted on a sample of 15 recreational athletes aged 24 to 36 years. The subjects were measured in fifteen tests required by the level method and that tests are: Front squat, Upper body pull, Lactic tolerance, Deadlift, Upper body push, Upper/Lower endurance, Weightlifting, Rings, Squat endurance, Neuro & core endurance, Kettlebel, Flexibility, Running, Rowing i Aerobic Power Intervals. Two measurements were performed: initial and final. The initial measurement was conducted in November 2020, and the final in May 2021. In December 2020 and January 2021, no training processes were conducted but were conducted in February, March and April 2021. The examination revealed differences in the minimum and maximum results of individual tests through initial and final testing, but also mostly positive changes in the results of the overall assessment of the state of motor abilities of recreational athletes.

Key words: CrossFit, level method, initial, final, measurements, results, motor, abilities

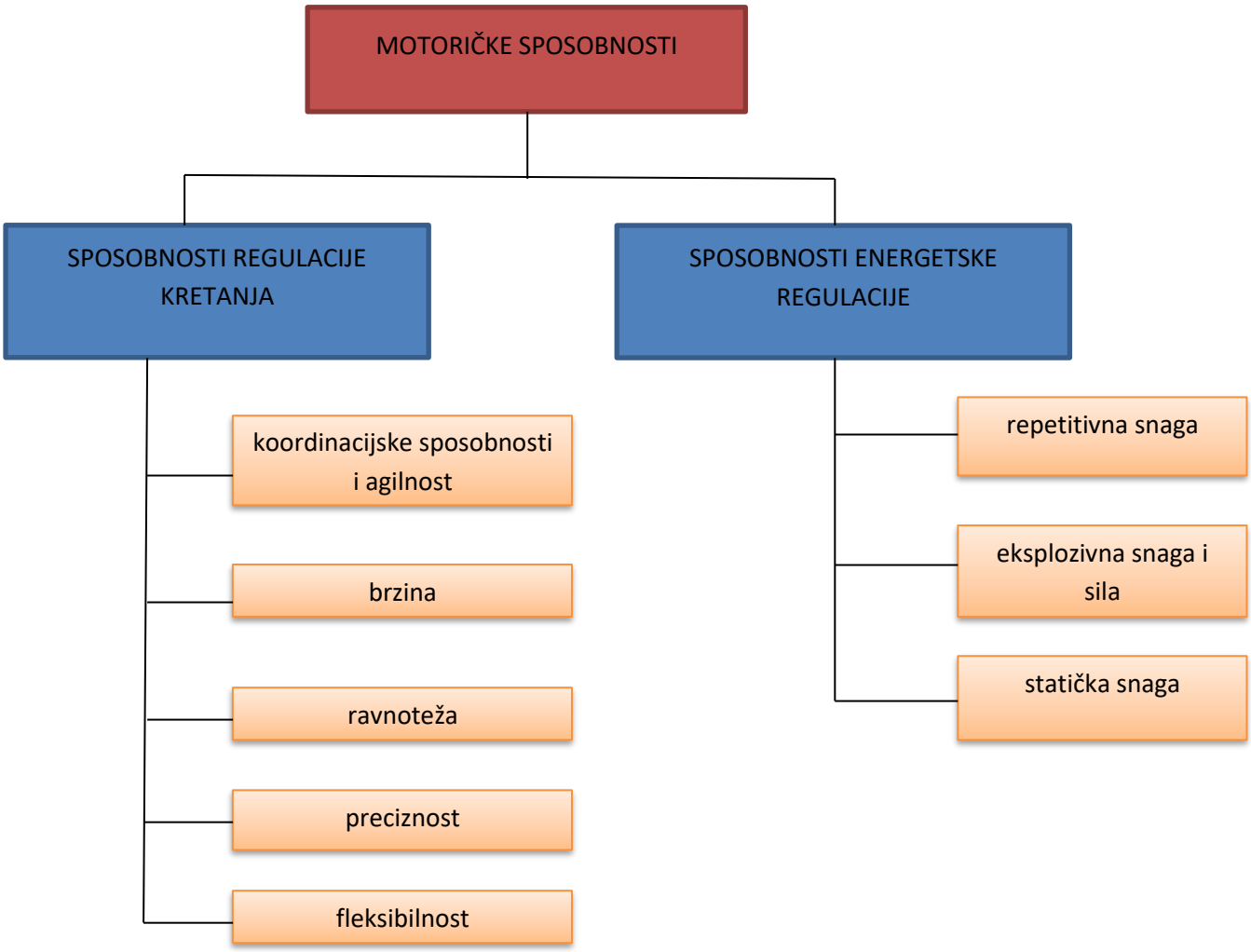
1. UVOD

Rekreacija obuhvaća niz sadržaja korisnih čovjeku, posebno danas kada svatko sa sve većim poteškoćama usklađuje brojne obveze koje nameće izrazito brz životni tempo. Sadržaji rekreacije omogućuju bavljenje svim aktivnostima, i to iz vrlo različitih područja djelatnosti, koje su iznimno korisne i povoljno djeluju na čovjeka sa više aspekata. Rekreacijom se aktiviraju potencijali koji se nisu mogli ostvariti profesionalnim radom kao što su sklonost prema umjetnosti kroz glazbu, slikanje i oblikovanje; kulturnim sadržajima, sportu, tehnici, znanstvenim i obrazovnim sadržajima i sl. Kineziološka rekreacija je primijenjena znanstvena disciplina u području kineziologije koja ustanovljava i definira načine primjene sportsko-rekreacijskih sadržaja i programa tjelesne aktivnosti radi unapređenja ljudskog zdravlja. (Andrijašević, M., 2010.)

FUNKCIJE SPORTSKE REKREACIJE			
Zdravstvena	**Socijalna**	**Ekonomska**	**Ekološka**
-Očuvanje zdravlja -unapređenje zdravlja -prevencija bolesti -rast i razvoj - pozitivne navike -vitalnost starijih -psihološke karakteristike -optimizam	-socijalizacija -prevencija delikvencije -prevencija ovisnosti - humanizacija života - emocionalnost i empatija - kvaliteta slobodnog vremena	- manje bolovanja -osiguravajuća društva -zapošljavanje u privatnom i društvenom sektoru - prihod od programa sportske rekreacije u uslužnim djelatnostima - višestruka aktivnost	- razvoj svijesti o zdravom okolišu - uređenje okoliša - strategija očuvanja okoliša - uređenje prirodnog okoliša za slobodno vrijeme - poticanje aktivnosti u prirodi

Tablica 1. Pregled funkcija sportske rekreacije u društvu (Andrijašević, M., 2010.)

Motoričke sposobnosti su sposobnosti koje određuju potencijal osobe u izvođenju motoričkih manifestacija, tj. jednostavnih i složenih voljnih kretnji koje se izvode djelovanjem skeletnog mišićja. (Sekulić, D., Metikoš, D., 2007.)



Slika 1. Pojednostavljena struktura motoričkih sposobnosti (Sekulić, D., Metikoš, D., 2007.)

Koordinacija ili motorička inteligencija je sposobnost upravljanja pokretima tijela, očituje se brzom i preciznom izvedbom složenih motoričkih zadataka odnosno u što većoj mjeri brzom rješavanju motoričkih problema. Za rješavanje zadataka u kojima se manifestira ova sposobnost bitna je sinkronizacija viših regulacijskih centara živčanog sustava s perifernim dijelovima sustava za kretanje. (Prskalo, I., 2004.)

Agilnost se najjednostavnije definira kao – sposobnost efikasne promjene pravca i/ili smjera kretanja. U nekim sportovima i aktivnostima agilnost je izuzetno bitna komponenta uspjeha. To prvenstveno stoga što neki sportovi (tenis, borilački sportovi, rukomet..) zahtijevaju od sportaša efikasno i brzo kretanje pri čemu se mijenja i brzina, smjer i / ili pravac kretanja. (Prskalo, I., 2004.)

Brzina je definirana kao sposobnost brzog reagiranja i izvođenja jednog ili više pokreta te kretanje tijela u prostoru, koja se ogleda u savladavanju što dužeg puta u što kraćem vremenu odnosno za najkraće vrijeme u danim uvjetima. (Findak, V., Prskalo, I., 2004.) Osnovni oblici brzine su: (1) brzine reakcije, (2) brzina pojedinačnog pokreta, (3) brzina repetitivnih pokreta i (4) brzina lokomocije. Važne pretpostavke za postizanje brzine kretanja su: morfološke značajke, visoka aktivnost živčano-mišićnog sustava, gipkost i sposobnost opuštanja mišića, kvaliteta tehnike motoričkog gibanja, biokemijske osobine na periferiji lokomotornog sustava te tempo korištenja energetskih tvari. Brzina je sposobnost s relativno visokim stupnjem urođenosti i na nju se može djelovati samo u određenoj razvojnoj dobi. (Prskalo, I., 2004.)

Ravnoteža je sposobnost održavanja ravnotežnog položaja uz analizu informacija o položaju tijela koje dolaze putem kinestetičkih i vidnih receptora. Inače, ravnoteža je sposobnost koja je evidentno od velikog značaja za motoričko funkcioniranje ljudi. Ako se sposobnost ravnoteže promatra nešto detaljnije, postoje dva segmenta ili dva podfaktora ukupne ravnotežne sposobnosti i to : (1) ravnoteža otvorenim očima i (2) ravnoteža zatvorenim očima. (Sekulić, D., Metikoš, D., 2007.)

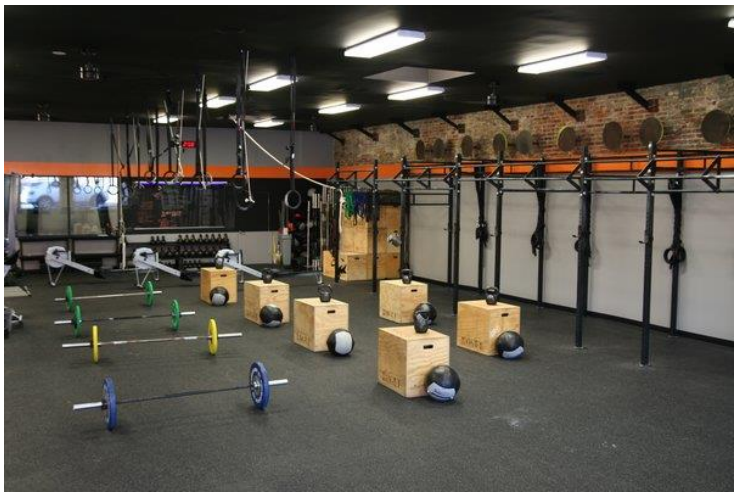
Preciznost je sposobnost efikasnog pogađanja vanjskog objekta vođenim i/ili izbačenim projektilom. Razlikujemo dvije manifestacije preciznosti: (1) preciznost ciljanjem vođenim projektilom i (2) preciznost gađanjem izbačenim projektilom. Pod preciznošću je uvijek podrazumijevamo sposobnost da se nešto „pogodi“. Pri tome je moguće da se preciznost manifestira na način da se objekt kojim se cilja vodi (nosi) od početka do kraja – dakle do trenutka kontakta s „ciljnim objektom“. Drugi faktor preciznosti je- preciznost gađanjem ili preciznost izbačenim projektilom. Ova preciznost manifestira se u slučajevima kada osoba samo djelomično upravlja projektilom kojim obavlja gađanje. (Sekulić, D., Metikoš, D., 2007.)

Fleksibilnost je sposobnost postizanja maksimalne amplitude voljnih kretnji u jednom ili više zglobova. Fleksibilnost definiraju tri parametra: (1)građa zgloba (2) ligamentozne strukture oko pojedinog zgloba (3) muskulatura. U pravilu, treningom se može utjecati samo na treći parametar. Povećanjem gibljivosti poboljšava se ukupna motorička efikasnost i na viši se stupanj podiže stabilnost lokomotornog sustava. (Prskalo, I. 2004.)

Snaga je rad obavljen u jedinici vremena odnosno količina energije potrošena u jedinici vremena. (Prskalo, I., 2004.) Eksplozivna snaga je sposobnost apsolutne eksitacije maksimalnog broja mišićnih jedinica u jedinici vremena, u kretnji koja je određena potrebom za jednokratnim davanjem ubrzanja vlastitom tijelu ili vanjskom objektu, a što rezultira

efikasnim savladavanjem prostorne udaljenosti. Repetitivna snaga je sposobnost ponovljene ekscitacije mišićnih jedinica, a koja je određena medijalnim i submaksimalnim opterećenjem, te koja se manifestira ponavljanjem određene kretnje. Statička snaga je sposobnost održavanja ekscitacije mišićnih jedinica, što u konačnici omogućava zadržavanje položaja koji je zauzet aktivacijom mišićnih jedinica. (Sekulić, D., Metikoš, D., 2007.)
Izdržljivost je sposobnost obavljanja aktivnosti duže vremena bez sniženja razine njene efikasnosti. Sniženje efikasnosti rezultata je umora koji se može odrediti kao stanje organizma koje nastaje zbog dugotrajnog i napornog rada, a karakterizira ga smanjenje radne sposobnosti. (Prskalo, I., 2004.).

Prema službenim stranicama (www.crossfit.com) CrossFit je prepoznat kao jedan od najbrže rastućih načina funkcionalnog treninga visokog intenziteta. Trening dana u CrossFit-u zove se WOD (workout of the day) i uključuje rad na 10 razina fizičke pripremljenosti: kardiovaskularna i respiratorna izdržljivost, opća izdržljivost, snaga, fleksibilnost, jakost, brzina, koordinacija, agilnost, ravnoteža, i preciznost. CrossFit kao program osnovao je Greg Glassman u SAD-u 1996. godine i do danas u svijetu postoji više od 15.000 CrossFit boxeva.



Slika 2. CrossFit box. Izvor: www.crossfit-montlucon.borealis-comunication.com

CrossFit je prvenstveno osnovan za obuku vojske, vatrogasaca i policije, ali je postepeno stekao svoju popularnost među civilnim stanovništvom. CrossFit trening sastoji se od različitih vježbi koje pojedincu omogućuju savladavanje različitih fizičkih zadataka, kao i samu pripremu na savladavanje istih. Jedna od glavnih značajki CrossFit treninga je da se

vježbe izvode brzo i ponavljaju se, dok je vrijeme za oporavak između setova ograničeno ili ga uopće nema. Program treninga razlikuje se ovisno o individualnom stanju sportaša. Vježbe se izvode u što kraćem vremenu ili na broj maksimalnih ponavljanja u zadanom vremenu, a mogu se provoditi individualno, u paru ili pak u grupi. Prema posljednjim istraživanjima utvrđeno je kako CrossFit ima pozitivan učinak na izdržljivost, povećani maksimalni aerobni kapacitet, ali i pozitivan učinak na tjelesnu kompoziciju, snagu, fleksibilnost, ravnotežu, BMI, smanjenje potkožnog masnog tkiva i to ne samo u odraslih već i u adolescenata. Osim navedenih pozitivnih učinaka, istraživanja su pokazala i pozitivan učinak na stanje raspoloženja i socijalne aspekte. (Wagener, S., Wilhelm Hoppe, M. i sur., 2020)

Prema službenim crossfit stranicama (www.crossfit.com) navedneo je kako je metoda CrossFit-a zapravo temeljena na piramidi. Na dnu piramide se nalazi prehrana, a na vrhu piramide sport. Ostali dijelovi piramide jesu metaboličko kondicioniranje, gimnastika i weightlifting. Prehrana koju promovira CrossFit zajednica je zapravo Paleo Prehrana koja se uglavnom sastoji od 40% ugljikohidrata, 30% proteina i 30% masti na dnevnoj bazi. Vožnja biciklom, trčanje, plivanje i slično predstavljaju metaboličko kondicioniranje koje je u piramidi smješteno odmah iznad prehrane. Gimnastika je smještena iznad metaboličkog kondicioniranja, a vrlo je važno napomenuti kako se kod gimnastike ne radi isključivo o elementima sportske gimnastike, već o svim elementima gimnastike koji za cilj imaju kontrolu vlastitog tijela. Iznad gimnastike nalazi se olimijsko dizanje koje se odnosi na mrtvo dizanje, čučanj, trzaj, nabačaj i izbačaj, a samim treningom olimpijskog dizanja razvija se brzina, jakost, snaga i fleksibilnost. Na samom vrhu piramide nalazi se sport, a što zapravo predstavlja natjecanje u CrossFit-u.

Postoji više načina provođenja CrossFit treninga, a jedan od njih je i level metoda (The Level Method). Prema službenim stranicama (www.levelmethod.com) level metoda (the level method) je zapravo sustav temeljen na levelima koji mjeri ukupnu razinu fitnessa individue kroz petnaest različitih kategorija. Dakle, koristeći level metod moguće je precizno i objektivno odrediti u koji level individua pripada prema svojim slabostima, ali i prema onome što mu dobro ide. Po izvršenom testiranju, vježbači se smještaju u različite skupine i to 8 različitih skupina gdje je svaka skupina označena različitom bojom (bijela, žuta, anrančasta, plava, ljubičasta, smeđa, crna i crvena).. Najveća prednost Level methoda je objektivan pogled na trenutne vježbačeve sposobnosti. Svaka kategorija ima svoje individualne levele, a nakon procjene svih kategorija dobije se cjelokupni level. Level metodom se započinje inicijalnim testiranjem kroz 15 kategorija, a te kategorije jesu front squat, upper body pull,

lactic tolerance, rowing, running, deadlift, upper body push, upper/lower endurance, aerobic power intervals, weightlifting, rings i squat endurance, neuro and core endurance, kettlebell i flexibility. Nakon završenog inicijalnog testiranja osoba se svrstava u skupinu (boju) ovisno o rezultatima testiranja, te se testiranje po istim kategorijama ponavlja nakon 4 mjeseca. Cjelokupni level se uglavnom temelji na „najlošijoj“ kategoriji i to po pravilu (+2), pa je najlakši način za napredak taj da se konstantno radi na vježbačevim slabostima.

2. DOSADAŠNJA ISTRAŽIVANJA

Berisha M., i Cilli, M. su 2018. godine proveli istraživanje „Examing the effects of CrossFit Workouts on a selection of motor skills“. Istraživanje je provedeno na uzorku od 30 ispitanika od kojih je 15 činilo kontrolnu skupinu, a 15 eksperimentalnu skupinu ispitanika koji su provodili CrossFit trening kroz četiri tjedna. Testovi koji su se koristili za vrijeme istraživanja jesu: pull up-ovi, pushups, 20 meters endurance shuttle run, bent arm hang test, 10x5 meters shuttle run test, standing broad jump, sit ups, maximal aerobic power. Po završetku ispitivanja utvrđen je pozitivan učinak Crossfit treninga na motoričke sposobnosti i to za 25,3% kod eksperimentalne skupine.

Hamdouni, H., Kliszczewicz, B., i sur. su 2021. godine proveli istraživanje „Effects of three fitness programs on strenght, speed, flexibility and muscle power on sedentary subjects“. Cilj istraživanja bio je utvrditi i usporediti Crossfit, Less Mills i tradiocionalni funkcionalni trening u razvoju spomenutih motoričkih sposobnosti. Ispitanici su bili nasumično podijeljeni u tri grupe te je svaka grupa provodila trening pet puta tjedno kroz šesnaest tjedana. Na kraju istraživanja utvrđeno je kako su ispitanici koji su provodili treninge CrossFita i tradicionalnog funkcionalnog treninga ostvarili pozitivne učinake na brzinu i snagu, dok su kod Less Mills programa utvrđeni pozitivni učinci na fleksibilnost.

Cosgrove, S., Crawford, D. su 2019. godine proveli istraživanje „Multiple fitness improvment found afret 6-months of High intensity functional trening“, a kje istraživanje je provedeno na uzorku od 45 ispitanika i to 23 žene i 22 muškarca. Svi ispitanici su prethodno provodili Crossfit treninge od 0 do 27 mjeseci te su ispitanici podijeljeni u grupe po spolu, ali i po iskustvu u crossfitu na način da su jednu grupu činile osobe koje su u CrossFitu od 0-6 mjeseci, a drugu grupu osobe sa +7 mjeseci u crossFitu. Kod grupe žena, ali i muškaraca utvrđeni su značajni pozitivni učinci CrossFit-a na fleksibilnost, snagu i izdržljivost, a koji su se pozitivni učinci naročito ogledali kod grupe žena i muškaraca koji su imali do 6 mjeseci iskustva u CrossFitu.

3. CILJ RADA

Sukladno problematici postavljenoj u ovom istraživanju, cilj je napraviti analizu razvoja motoričkih sposobnosti primjenom Level Method (level metode) programa treninga u rekreativnom CrossFitu. Cilj je, dakle, utvrditi razvoj i razlike u motoričkim sposobnostima primjenjujući Level Method (level metodu) program treninga u rekreativnom CrossFitu, kroz ukupno petnaest (15) testova postavljenih Level Methodom (level metodom) i to kao inicijalno testiranje te testiranje nakon tri mjeseca sustavnog treninga.

4. METODE RADA

4.1. UZORAK ISPITANIKA

U svrhu istraživanja razvoja motoričkih sposobnosti primjenom Level Methoda (level metode) u rekreacijskom CrossFitu korišten je uzorak od 15 rekreativaca, muške i ženske populacije, kronološke dobi od 24 do 36 godina.

4.2. UZORAK VARIJABLI

Testiranja su provedena kroz ukupno petnaest testova koji su postavljeni level metodom, a ti testovi jesu:

1. Front squat
2. Upper body pull
3. Lactic tolerance
4. Deadlift
5. Upper body push
6. Upper/Lower endurance
7. Weightlifting
8. Rings
9. Squat endurance
10. Neuro & core endurance
11. Kettlebel
12. Flexibility
13. Running
14. Rowing
15. Aerobic Power Intervals

Inicijalna testiranja su provedena od 01.-15. studenog 2020. godine, dok su finalna testiranja provedena od 02.-15. svibnja 2021. godine. U prosincu 2020. i siječnju 2021. godine treninzi nisu provođeni obzirom da je odlukom Ministarstva unutarnjih poslova, Ravnateljstva civilne zaštite donesena mjera o obustavi rada fitness centara. Treninzi su se, dakle, provodili kroz veljaču, ožujak i travanj 2021. godine nakon čega su od 02.-15. svibnja 2021. godine napravljena finalna testiranja. Ispitanici su svaki test izvodili samo jednom za vrijeme inicijalnog i jednom za vrijeme finalnog testiranja. Svi ispitanici testirani su pojedinačno.

4.3. OPIS TESTOVA

4.3.1. FRONT SQUAT

Front Squat		-	I	-	I	II	**III**
	M		Goblet squat 12 kg 5 reps	Front squat 20kg 8 reps	Front squat 30kg 8 reps	Front squat 42,5 kg 8 reps	Front squat 52,5 kg 8 reps
	Ž	Goblet squat 6 kg 5 reps	Goblet squat 8 kg 5 reps	Front squat 15kg 8 reps	Front squat 20kg 8 reps	Front squat 30kg 8 reps	Front squat 35kg 8 reps

Front squat		-	I	II	III	-	I	II	III
	M	Barbell front squat 60 kg 5 reps	Barbell front squat 65 kg 5 reps	Barbell front squat 70 kg 5 reps	Barbell front squat 75 kg 5 reps	Barbell front squat 82,5 kg 3 reps	Barbell front squat 85 kg 3 reps	Barbell front squat 87,5 kg 3 reps	Barbell front squat 90 kg 3 reps
	Ž	Barbell front squat 40 kg 5 reps	Barbell front squat 42,5 kg 5 reps	Barbell front squat 45 kg 5 reps	Barbell front squat 47,5 kg 5 reps	Barbell front squat 52,5 kg 3 reps	Barbell front squat 55 kg 3 reps	Barbell front squat 57,5 kg 3 reps	Barbell front squat 60 kg 3 reps

Front squat		-	I	II	III	-	I	II	III
	M	Barbell front squat 97,5 kg 1 rep	Barbell front squat 100 kg 1 rep	Barbell front squat 102,5 kg 1 rep	Barbell front squat 105 kg 1 rep	Barbell front squat 110 kg 1 rep	Barbell front squat 115 kg 1 rep	Barbell front squat 117,5 kg 1 rep	Barbell front squat 120 kg 1 rep
	Ž	Barbell front squat 65 kg 1 rep	Barbell front squat 67,5 kg 1 rep	Barbell front squat 70 kg 1 rep	Barbell front squat 72,5 kg 1 rep	Barbell front squat 75 kg 1 rep	Barbell front squat 77,5 kg 1 rep	Barbell front squat 80 kg 1 rep	Barbell front squat 82,5 kg 1 rep

		-	I	II	III
Front squat	M	Barbell front squat 122,5 kg 1 rep	Barbell front squat 125 kg 1 rep	Barbell front squat 130 kg 1 rep	Barbell front squat 135 kg 1 rep
	Ž	Barbell front squat 85 kg 1 rep	Barbell front squat 87,5 kg 1 rep	Barbell front squat 90 kg 1 rep	Barbell front squat 92,5 kg 1 rep

		-	I	II	III	IV	V
Front squat	M	Barbell front squat 137,5 kg 1 rep	Barbell front squat 142,5 kg 1 rep	Barbell front squat 147,5 kg 1 rep	Barbell front squat 152,5 kg 1 rep	Barbell front squat 157,5 kg 1 rep	Barbell front squat 160 kg 1 rep
	Ž	Barbell front squat 95 kg 1 rep	Barbell front squat 100 kg 1 rep	Barbell front squat 100 kg 1 rep	Barbell front squat 107,5 kg 1 rep	Barbell front squat 107,5 kg 1 rep	Barbell front squat 110 kg 1 rep

4.3.2. UPPER BODY PULL

		-	I	-	I	II	III
UPPER BODY PULL	M	3 ring rows	8 ring rows	5 s deadhang hold	15 s deadhang hold	5 scap pullups @2020	5 s chin over bar hold
	Ž	1 ring row	3 ring rows	8 ring rows	5 s deadhang hold	15 s deadhang	5 scap pullups

		-	I	II	III	-	I	II	III
UPPER BODY PULL	M	15 s chin over bar hold	2 sets of 5 s chinuo negative	1 strict chinup @ controlled tempo	1 strict pullup @ controlled tempo	2 strict pullups	3 strict pullups	4 strict pullups	5 strict pullups
	Ž	5 sec chin over bar hold	15 s chin over bar hold	2 sets of 5 sec chinup negative	1 strict chinup @controlled tempo	1 strict pullup @controlled tempo	2 strict chinups	2 strict pullups	3 strict pullups

		-	I	II	III	-	I	II	III
UPPER BODY PULL	M	6 strict pullups	7 strict pullups	Weighted pullup .15x bodyweight 1 rep	Weighted pullup .175x bodyweight 1 rep	Weighted pullup .2x bodyweight 1 rep	Weighted pullup .225x bodyweight 1 rep	Weighted pullup .25x bodyweight 1 rep	Weighted pullup .275x bodyweight 1 rep
	Ž	3 strict pullups	4 strict pullups	Weighted pullup .11x bodyweight 1rep	Weighted pullup .12x bodyweight 1rep	Weighted pullup .14x bodyweight 1 rep	Weighted pullup .15x bodyweight 1 rep	Weighted pullup .16x bodyweight 1 rep	Weighted pullup .16x bodyweight 1 rep

		-	I	II	III
UPPER BODY PULL	M	Weighted pullup .3x bodyweight 1 rep	Weighted pullup .35x bodyweight 1 rep	Weighted pullup .4x bodyweight 1 rep	Weighted pullup .45x bodyweight 1 rep
	Ž	Weighted pullup .18x bodyweight 1 rep	Weighted pullup .2x bodyweight 1 rep	Weighted pullup .225x bodyweight 1 rep	Weighted pullup .25x bodyweight 1 rep

		-	I	II	III	IV	V
UPPER BODY PULL	M	Weighted pullup .5x bodyweight 1 rep	Weighted pullup .53x bodyweight 1 rep	Weighted pullup .55x bodyweight 1 rep	Weighted pullup .6x bodyweight 1 rep	Weighted pullup .65x bodyweight 1 rep	Weighted pullup .7x bodyweight 1 rep
	Ž	Weighted pullup .5x bodyweight 1 rep	Weighted pullup .35x bodyweight 1 rep	Weighted pullup .4x bodyweight 1 rep	Weighted pullup .45x bodyweight 1 rep	Weighted pullup .5x bodyweight 1 rep	Weighted pullup .55x bodyweight 1 rep

4.3.3. LACTIC TOLERANCE

LACTIC TOLERANCE		-	I	-	I	II	III
	M	12-9-6 24“ elevated bodybuilders standing pullups	12-9-6 24“ Elevated bodybuilders standing pullups <6:00	15-12-9 24“ Elevated bodybuilder standing pullups <6:00	15-12-9 24“ Elevated bodybuilder jumping pullups <6:00	15-12-9 Bodybuilder jumping pullups <6:00	21-15-9 Bodybuilder jumping pullups <6:00
	Ž	12-9-6 20“ elevated bodybuilders standing pullups	12-9-6 20“ Elevated bodybuilders standing pullups <6:00	15-12-9 20“ Elevated bodybuilder standing pullups <6:00	15-12-9 20“ Elevated bodybuilder jumping pullups <6:00	15-12-9 Bodybuilder jumping pullups <6:00	21-15-9 Bodybuilder jumping pullups <6:00

LACTIC TOLERANCE		-	I	II	III	-	I	II	III
	M	15-12-9 burpees jumping pullups <6:00	21-15-9 burpees jumping pullups <6:00	21-15-9 Thruster 30 kg jumping pullups <6:00	21-15-9 thruster 30kg jumping pullups <5:30	21-15-9 thruster 30kg jumping pullups <5:00	21-15-9 thruster 30kg jumping pullups <4:45	21-15-9 thruster 30kg jumping pullups <4:30	21-15-9 thruster 35kg jumping CTB pullups <5:30
	Ž	15-12-9 burpees jumping pullups <6:00	21-15-9 burpees jumping pullups <6:00	21-15-9 Thruster 20 kg jumping pullups <6:00	21-15-9 thruster 20 kg jumping pullups <5:30	21-15-9 thruster 20 kg jumping pullups <5:00	21-15-9 thruster 20 kg jumping pullups <4:45	21-15-9 thruster 20 kg jumping pullups <4:30	21-15-9 thruster 25 kg jumping CTB pullups <5:30

LACTIC TOLERANCE	M	-	I	II	III	-	I	II	III
		21-15-9 thruster 35kg jumping CTB pullups <5:00	21-15-9 thruster 35kg jumping CTB pullups <4:30	15-12-9 thruster 35kg / pullups <6:00	15-12-9 thruster 35kg / pullups <5:00	15-12-9 thrusters 42,5 pullups <6:00	15-12-9 thrusters 42,5 pullups <5:30	15-12-9 thrusters 42,5 pullups <5:00	21-15-9 thrusters 42,5 pullups <6:00
	Ž	21-15-9 thruster 25 kg jumping CTB pullups <5:00	21-15-9 thruster 25 kg jumping CTB pullups <4:30	15-12-9 thruster 25 kg pullups <6:30	15-12-9 thruster 25 kg pullups <5:30	15-12-9 thrusters 30 kg pullups <6:30	15-12-9 thrusters 30 kg pullups <6:00	15-12-9 thrusters 30 kg pullups <5:30	21-15-9 thrusters 30 kg pullups <7:00

LACTIC TOLERANCE	M	-	I	II	III
		21-15-9 thrusters 42,5 pullups <5:30	Weighted pullup .2x bodyweight 1 rep	Weighted pullup .225x bodyweight	Weighted pullup .25x bodyweight 1 rep
	Ž	21-15-9 thrusters 30 kg pullups <6:30	21-15-9 thrusters 30 kg pullups <6:00	21-15-9 thrusters 30 kg pullups <5:30	21-15-9 thrusters 30 kg pullups <5:10

LACTIC TOLERANCE	M	-	I	II	III	IV	V
		21-15-9 thrusters 42,5 kg pullups <3:50	21-15-9 thrusters 42,5 kg pullups <3:30	21-15-9 thrusters 42,5 kg pullups <3:20	21-15-9 thrusters 42,5 kg pullups <3:10	21-15-9 thrusters 42,5 kg pullups <3:00	21-15-9 thrusters 42,5 kg pullups <2:50
	Ž	21-15-9 thrusters 30 kg pullups <4:50	21-15-9 thrusters 30 kg pullups <4:30	21-15-9 thrusters 30 kg pullups <4:10	21-15-9 thrusters 30 kg pullups <3:50	21-15-9 thrusters 30 kg pullups <3:30	21-15-9 thrusters 30 kg pullups <3:15

4.3.4. DEADLIFT

DEADLIFT	M	-	I	-	I	II	III
		Kettlebell deadlift 15 kg 8 reps	Barbell deadlift 20kg 8 reps	Barbell deadlift 30 kg 8 reps	Barbell deadlift 42,5 kg 8 reps	Barbell deadlift 57,5 kg 8 reps	Barbell deadlift 70 kg 8 reps
	Ž	KB deadlift 8 kg 8 reps	KB deadlift 12 kg 8 reps	Barbell deadlift 20 kg 8 reps	Barbell deadlift 30 kg 8 reps	Barbell deadlift 42,5 kg 8 reps	Barbell deadlift 50 kg 8 reps

DEADLIFT	M	-	I	II	III	-	I	II	III
		Barbell deadlift 85 kg 5 reps	Barbell deadlift 95 kg 5 reps	Barbell deadlift 100 kg 5 reps	Barbell deadlift 105 kg 5 reps	Barbell deadlift 115 kg 3 reps	Barbell deadlift 117,5 kg 3 reps	Barbell deadlift 122,5 kg 3 reps	Barbell deadlift 127,5 kg 3 reps
	Ž	Barbell deadlift 60 kg 5 reps	Barbell deadlift 62,5 kg 5 reps	Barbell deadlift 67,5 kg 5 reps	Barbell deadlift 72,5 kg 5 reps	Barbell deadlift 80 kg 3 reps	Barbell deadlift 82,5 kg 3 reps	Barbell deadlift 85 kg 3 reps	Barbell deadlift 87,5 kg 3 reps

DEADLIFT	M	-	I	II	III	-	I	II	III
		Barbell deadlift 137,5 kg 1 rep	Barbell deadlift 142,5 kg 1 rep	Barbell deadlift 150 kg 1 rep	Barbell deadlift 157,5 kg 1 rep	Barbell deadlift 162,5 kg 1 rep	Barbell deadlift 167,5 kg 1 rep	Barbell deadlift 172,5 kg 1 rep	Barbell deadlift 177,5 kg 1 rep
	Ž	Barbell deadlift 92,5 kg 1 rep	Barbell deadlift 95kg 1 rep	Barbell deadlift 100 kg 1 rep	Barbell deadlift 105 kg 1 rep	Barbell deadlift 100 kg 1 rep	Barbell deadlift 115 kg 1 rep	Barbell deadlift 120 kg 1 rep	Barbell deadlift 122,5 kg 1 rep

		-	I	II	III
DEADLIFT	M	Barbell deadlift 182,5 1 rep	Barbell deadlift 187,5 1 rep	Barbell deadlift 192,5 1 rep	Barbell deadlift 187,5 1 rep
	Ž	Barbell deadlift 125 1 rep	Barbell deadlift 127,5 1 rep	Barbell deadlift 130 1 rep	Barbell deadlift 132,5 1 rep

		-	I	II	III	IV	V
DEADLIFT	M	Barbell deadlift 202,5 kg 1 rep	Barbell deadlift 205 kg 1 rep	Barbell deadlift 210 kg 1 rep	Barbell deadlift 215 kg 1 rep	Barbell deadlift 220 kg 1 rep	Barbell deadlift 227,5 kg 1 rep
	Ž	Barbell deadlift 135 kg 1 rep	Barbell deadlift 140 kg 1 rep	Barbell deadlift 145kg 1 rep	Barbell deadlift 150 kg 1 rep	Barbell deadlift 155 kg 1 rep	Barbell deadlift 160 kg 1 rep

4.3.5. UPPER BODY PUSH

		-	I	-	I	II	III
UPPER BODY PUSH	M	5 pushups to 30“	10 pushups to 30“	10 pushups to 20“	1 pushup	3 pushup	5 pushup
	Ž	1 pushup to 30“	5 pushups to 30“	10 pushups to 30“	5 pushups to 24“	10 pushups to 24“	10 pushups to 20“

		-	I	II	III	-	I	II	III
UPPER BODY PUSH	M	10 pushups	20 pushups in 60 sec	30 pushups in 30 sec	30 pushups in 60 sec	Pushups tabata 7	Pushups tabata 8	Pushups tabata 9	Strict barbell press .65x bodyweight 1 rep
	Ž	1 pushup	3 pushup	5 push up	30 pushups in 60 sec	Pushups tabata 4	Pushups tabata 5	Pushups tabata 6	Strict barbell press .5x bodywe

									ight 1 rep

		-	I	II	III	-	I	II	III
UPPER BODY PUSH	M	Strict barbell press .675x bodyweigh t 1 rep	Strict barbell press .7x bodyweigh t 1 rep	Strict barbell press .725x bodyweigh t 1 rep	Strict barbell press .75x bodyweigh t 1 rep	1 strict HSPU	2 strict HSPU	4 strict HSP U	6 strict HSP U
	Ž	Strict barbell press .53x bodyweigh t 1 rep	Strict barbell press .56x bodyweigh t 1 rep	Strict barbell press .59x bodyweigh t 1 rep	Strict barbell press .62x bodyweigh t 1 rep	Strict barbell press .65x Bodyweigh t 1 rep	Strict barbell press .68x Bodyweigh t 1 rep	1 strict HSP U	2 strict HSP U

		-	I	II	III
UPPER BODY PUSH	M	Barbell deadlift 182,5 1 rep	Barbell deadlift 187,5 1 rep	Barbell deadlift 192,5 1 rep	Barbell deadlift 187,5 1 rep
	Ž	Barbell deadlift 125 1 rep	Barbell deadlift 127,5 1 rep	Barbell deadlift 130 1 rep	Barbell deadlift 132,5 1 rep

		-	I	II	III	IV	V
UPPER BODY PUSH	M	Strict barbell press .9x BW 1 rep	Strict barbell press .92x BW 1 rep	Strict barbell press .94x BW 1 rep	Strict barbell press .96x BW 1 rep	Strict barbell press .98x BW 1 rep	Strict barbell press .1x BW 1 rep
	Ž	Strict barbell press .74x BW 1 rep	Strict barbell press .76x BW 1 rep	Strict barbell press .78x BW 1 rep	Strict barbell press .8x BW 1 rep	Strict barbell press .81x BW 1 rep	Strict barbell press .82x BW 1 rep

4.3.6. UPPER/LOWER ENDURANCE

		-	I	-	I	II	III
U/L ENDURANCE	M	9-6-3 kettlebell deadlift 12 kg, wall pushups	12-9-6 KB deadlift 16kg Wall Pushup <6:00	15-12-9 KB deadlift 20 kg pushup to 30“ <6:00	15-12-9 deadlift 30 KG pushup to 24“ <6:00	21-15-9 deadlift 35 kg pushup to 20“ <6:00	15-12-9 deadlift 42,5 kg pushup to 20“ <5:00
	Ž	9-6-3 KB deadlift 5 kg wall pushups	12-9-6 KB deadlift wall pushups <6:00	15-12-9 KB deadlift 12 kg pushup to wall <6:00	15-12-9 deadlift 20kg pushup to 30“ <6:00	21-15-9 deadlift 25kg pushup to 30“ <6:00	15-12-9 deadlift 30kg pushup to 30“ <5:00

		-	I	II	III	-	I	II	III
U/L ENDUREANCE	M	21-15-9 deadlift 42,5 pushup to 16“ <6:00	21-15-9 deadlift 60 kg pushup <6:00	21-15-9 deadlift 70 kg pushup <6:00	21-15-9 deadlift 75 kg pushup <5:30	21-15-9 deadlift 75kg pushup <5:00	21-15-9 deadlift 75kg pushup <4:30	21-15-9 deadlift 85kg pushup <5:30	21-15-9 deadlift 85kg pushup <5:00
	Ž	21-15-9 deadlift 30 kg pushup to 24“ <6:00	21-15-9 deadlift 42,5 kg pushup to 24“ <6:00	21-15-9 deadlift 47,5 kg pushup to 20“ <6:00	21-15-9 deadlift 52,5 pushup to 16“ <5:30	21-15-9 deadlift 52,5 kg pushup <8:00	21-15-9 deadlift 52,5 kg pushup <7:00	21-15-9 deadlift 60kg pushup <6:30	21-15-9 deadlift 60kg pushup <6:00

		-	I	II	III	-	I	II	III
U/L ENDURANCE	M	21-15-9 deadlift 85kg pushup <4:30	21-15-9 deadlift 85 kg strict press .175x bodyweight dumbell u svakoj ruci <7:00	21-15-9 deadlift 85 kg strict press .175x bodyweight dumbell u svakoj ruci <6:00	21-15-9 deadlift 85 kg strict press .2x bodyweight dumbell u svakoj ruci <6:00	21-15-9 deadlift 95 kg strict press .2x BW dumbell u svakoj ruci <6:00	21-15-9 deadlift 95 kg handstand pushup (9-6-3) <5:00	21-15-9 deadlift 95 kg handstand pushup (9-6-3) <4:30	21-15-9 deadlift 95 kg handstand pushup (12-9-6) <4:00
		21-15-9	21-15-9 deadlift 60	21-15-9 deadlift 60	21-15-9 deadlift 60	21-15-9 deadlift	21-15-9 deadlift	21-15-9 deadlift	21-15-9 deadlift

	Ž	deadlift 60kg pushup <5:30	kg strict press .125x bodyweight dumbell u svakoj ruci <8:00	kg strict press .125x bodyweight dumbell u svakoj ruci <7:00	kg strict press .15x bodyweight dumbell u svakoj ruci <7:00	65 kg strict press .15x BW dumbell u svakoj ruci <7:00	65 kg handstand pushup (9-6-3) <6:40	65 kg handstand pushup (9-6-3) <5:50	65 kg handstand pushup (12-9-6) <5:00

		-	I	II	III
U/L ENDURANCE	M	21-15-9 deadlift 95 kg HSPU (12-9-6) <3:30	21-15-9 deadlift 102,5 kg HSPU <6:00	21-15-9 deadlift 102,5 kg HSPU <5:30	21-15-9 deadlift 102,5 kg HSPU <5:00
	Ž	21-15-9 deadlift 65 kg HSPU (12-9-6) <4:10	21-15-9 deadlift 70 kg HSPU <7:00	21-15-9 deadlift 70 kg HSPU <6:30	21-15-9 deadlift 70kg HSPU <6:00

		-	I	II	III	IV	V
U/L ENDURANCE	M	21-15-9 deadlift 102,5 kg HSPU <4:30	21-15-9 deadlift 102,5 kg HSPU <4:00	21-15-9 deadlift 102,5 kg HSPU <3:45	21-15-9 deadlift 102,5 kg HSPU <3:30	21-15-9 deadlift 102,5 kg HSPU <3:15	21-15-9 deadlift 102,5 kg HSPU <3:00
	Ž	21-15-9 deadlift 70 kg HSPU <5:30	21-15-9 deadlift 70 kg HSPU <5:00	21-15-9 deadlift 70 kg HSPU <4:30	21-15-9 deadlift 70 kg HSPU <4:10	21-15-9 deadlift 70 kg HSPU <3:50	21-15-9 deadlift 70 kg HSPU <3:40

4.3.7. WEIGHTLIFTING

		-	I	-	I	II	III
WEIGHTLIFTING	M	Russian KbS 8 kg 5 reps	Russian Kbs 8 kg 10 reps	Russian Kbs 12 kg 10 reps	Russian Kbs 16 kg 20 reps	Russian Kbs 20 kg 15 reps	Russian Kbs 24 kg 10 reps
	Ž	Russian KbS 4 kg 5 reps	Russian KbS 4 kg 10 reps	Russian KbS 8 kg 10 reps	Russian KbS 8 kg 20 reps	Russian KbS 12 kg 20 reps	Russian KbS 16 kg 10 reps

		-	I	II	III	-	I	II	III
WEIGHTLIFTING	M	Russian KbS 24 kg 20 reps	Russian KbS 32 kg 10 reps	Hang power clean 35 kg 8 reps	Hang power clean 37,5 8 reps	Hang power clean 45kg 5 reps	Hang power clean 47,5kg 5 reps	Hang power clean 50kg 5 reps	Hang power clean 52,5kg 5 reps
	Ž	Russian KbS 16 kg 20 reps	Russian KbS 20 kg 10 reps	Russian KbS 20 kg 15 reps	Hang power clean 22,5 kg	Hang power clean 27,5kg 5 reps	Hang power clean 30kg 5 reps	Hang power clean 32,5kg 5 reps	Hang power clean 35kg 5 reps

		-	I	II	III	-	I	II	III
WEIGHTLIFTING	M	Hang power clean 57,5kg 3 reps	Hang power clean 60kg 3 reps	Powerclean 72,5 1 rep	Powerclean 80 kg 1 rep	Power clean 87,5 kg 1 rep	Powerclean 92,5 kg 1 rep	Snatch + CJ 137,5 kg	Snatch + CJ 152,5 kg
	Ž	Hang power clean 37,5kg 3 reps	Hang power clean 40kg 3 reps	Powerclean 50 kg 1 rep	Powerclean 55kg 1 rep	Powerclean 60kg 1 rep	Powerclean 65 kg 1 rep	Snatch + CJ 82,5 kg	Snatch + CJ 95 kg

		-	I	II	III
WEIGHTLIFTING	M	SNATCH + CJ 167,5 kg	SNATCH + CJ 180kg	SNATCH + CJ 190kg	SNATCH + CJ 200 kg
	Ž	SNATCH + CJ 105 kg	SNATCH + CJ 115 kg	SNATCH + CJ 125 kg	SNATCH + CJ 135 kg

		-	I	II	III	IV	V
WEIGHTLIFTING	M	SNATCH + CJ 212,5 kg	SNATCH + CJ 227,5kg	SNATCH + CJ 235kg	SNATCH + CJ 242,5 kg	SNATCH + CJ 250 kg	SNATCH + CJ 257,5 kg
	Ž	SNATCH + CJ 142,5 kg	SNATCH + CJ 147,5 kg	SNATCH + CJ 150 kg	SNATCH + CJ 155 kg	SNATCH + CJ 160kg	SNATCH + CJ 165 kg

4.3.8. RINGS

		-	I	-	I	II	III
RINGS	M	15 s plank hold na laktovima	2s stable support hold	5s stable support hold	15s stable support hold	5s ring support hold	15s ring support hold
	Ž	5s plank hold na laktovima	15 s plank hold na laktovima	2s stable support hold	5s stable support hold	15s stable support hold	5s ring support hold

		-	I	II	III	-	I	II	III
RINGS	M	2 SETS OF 5: 5s ring dip negatives	1 strict ring dip	2 strict ring dips	3 strict ring dip	4 strict ring dip	6 strict ring dips	8 strict ring dips	Wgt ring dip .17 BW 1 rep
	Ž	15s ring support hold	1 set of 3: 5s ring dip negatives	2 sets od 5: 5s Ring Dip Negatives	1 strict ring dip	2 strict ring dips	2 sets of 2: strict ring dips: odmor 2 min	3 strict ring dips	2 sets of 3: strict ring dips: odmor 2 min

		-	I	II	III	-	I	II	III
RINGS	M	Wgt ring dip .2 BW 1 rep	Wgt ring dip .23 BW 1 rep	Wgt ring dip .26 BW 1 rep	Wgt ring dip .29 BW 1 rep	Wgt ring dip .32 BW 1 rep	Wgt ring dip .35 BW 1 rep	1 strict ring muscle up	2 ring muscleup
	Ž	4 strict ring dips	5 strict ring dips	Wgt ring dip .12 BW 1 rep	Wgt ring dip .15 BW 1 rep	Wgt ring dip .18 BW 1 rep	Wgt ring dip .21 BW 1 rep	Wgt ring dip .24 BW 1 rep	1 strict ring muscle up

		-	I	II	III
RINGS	M	4 ring muscle up	6 ring muscle up	8 ring muscle up	12 ring muscle up
	Ž	2 ring muscle up	3 ring muscle up	4 ring muscle up	5 ring muscle up

		-	I	II	III	IV	V
RINGS	M	30 muscle up za vrijeme < 4:45	30 muscle up za vrijeme < 4:30	30 muscle up za vrijeme < 4:20	30 muscle up za vrijeme < 4:10	30 muscle up za vrijeme < 4:00	30 muscle up za vrijeme < 3:50
	Ž	6 ring muscle up	30 muscle up za vrijeme < 6:15	30 muscle up za vrijeme < 6:00	30 muscle up za vrijeme < 5:40	30 muscle up za vrijeme < 5:20	30 muscle up za vrijeme < 5:00

4.3.9. SQUAT ENDURANCE

		-	I	-	I	II	III
SQUAT ENDURANCE	M	5 air squats to 20“	10 air squats to 20“	15 air squat to 16“	25 air squat to 16“	20 air squat in 1 min	30 air squat in 1 min
	Ž	5 air squats to 20“	10 air squats to 20“ in 1 min	15 air squat to 16“	25 air squat to 16“	20 air squat in 1 min	30 air squat in 1 min

		-	I	II	III	-	I	II	III
SQUAT ENDURANCE	M	Tabata air squat 10	Tabata air squat 11	Tabata air squat 12	Tabata air squat 13	Tabata air squat 14	Rear elevated split squat @2020 tempo .1x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .15x BW Dumbel l / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .18x BW Dumbel l / 8 u svakoj ruci
	Ž	Tabata air squat 10	Tabata air squat 10	Tabata air squat 10	Tabata air squat 10	Tabata air squat 14	Rear elevated split squat @2020 tempo .05x BW Dumbell / 8 u	Rear elevated split squat @2020 tempo .08x BW Dumbel l / 8 u	Rear elevated split squat @2020 tempo .1x BW Dumbel l / 8 u svakoj

							svakoj ruci	svakoj ruci	ruci

		-	I	II	III	-	I	II	III
SQUAT ENDURANCE	M	Rear elevated split squat @2020 tempo .2x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .23x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .25x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .27x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .3x BW Dumbell / 8 u svakoj ruci	Back squat .90x BW 20 reps	Back squat .95x BW 20 reps	Back squat 1.00x BW 20 reps
	Ž	Rear elevated split squat @2020 tempo .12x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .14x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .16x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .18x BW Dumbell / 8 u svakoj ruci	Rear elevated split squat @2020 tempo .2x BW Dumbell / 8 u svakoj ruci	Back squat .80x BW 20 reps	Back squat .85x BW 20 reps	Back squat .90x BW 20 reps

		-	I	II	III
SQUAT ENDURANCE	M	Back squat 1.05x BW 20 reps	Back squat 1.10x BW 20 reps	Back squat 1.15x BW 20 reps	Back squat 1.2x BW 20 reps
	Ž	Back squat 0.95x BW 20 reps	Back squat 1.00x BW 20 reps	Back squat 1.05x BW 20 reps	Back squat 1.10x BW 20 reps

		-	I	II	III	IV	V
SQUAT ENDURANCE	M	Back squat 1.25x BW 20 reps	Back squat 1.3x BW 20 reps	Back squat 1.35x BW 20 reps	Back squat 1.4x BW 20 reps	Back squat 1.45x BW 20 reps	Back squat 1.5x BW 20 reps
	Ž	Back squat 1.15x BW 20 reps	Back squat 1.2x BW 20 reps	Back squat 1.25x BW 20 reps	Back squat 1.3x BW 20 reps	Back squat 1.35x BW 20 reps	Back squat 1.4x BW 20 reps

4.3.10. NEURO & CORE ENDURANCE

NEURO AND CORE ENDURANCE		-	I	-	I	II	III
	M	1 jump rope single + 5 band assisted situps	5 jump rope singles + 5 anchored situps	15 jump rope singles + 10 anchored situps in 1 min	25 jump rope singles + 20 anchored situps in 90 sec	50 jump rope singles + tabata abmat situp 4	100 jump rope singles + tabata abmat situp 6
	Ž	1 jump rope single + 5 band assisted situps	5 jump rope singles + 5 anchored situps	15 jump rope singles + 10 anchored situps in 1 min	25 jump rope singles + 20 anchored situps in 90 sec	50 jump rope singles + tabata abmat situp 4	100 jump rope singles + tabata abmat situp 6

NEURO AND CORE ENDURANCE		-	I	II	III	-	I	II	III
	M	150 jump rope singles + tabata abmat situp 7	1 doubleunder + 15s hanging knee raise hold	3 double unders in 1 min + tabata abmat situp 8	10 double unders in 1 min +1 strict hanging leg raise	25 DU alternated with singles + tabata abmat situp 9	5 unbroken DU + 5 hanging leg raise (strict) in 40 sec	15 unbroken DU + tabata abmat sit up 10	25 unbroken DU + 10 hanging leg raise (strict) in 1 min
	Ž	150 jump rope singles + tabata abmat situp 7	1 doubleunder + 15s hanging knee raise hold	3 double unders in 1 min + tabata abmat situp 8	10 double unders in 1 min +1 strict hanging leg raise	25 DU alternated with singles + tabata abmat situp 9	5 unbroken DU + 5 hanging leg raise (strict) in 40 sec	15 unbroken DU + tabata abmat sit up 10	25 unbroken DU + 10 hanging leg raise (strict) in 1 min

NEURO AND CORE ENDURANCE		-	I	II	III	-	I	II	III
	M	40 unbroken DU + tabata abmat sit up 11	50-40-30-20-10 reps DU & situp <10:30	50-40-30-20-10 reps DU & situp <10:00	50-40-30-20-10 reps DU & situp <09:00	50-40-30-20-10 reps DU & situp <08,30	50-40-30-20-10 reps DU & situp <08,00	50-40-30-20-10 reps DU & situp <07,45	50-40-30-20-10 reps DU & situp <07,30
	Ž	40 unbroken DU + tabata abmat sit up 11	50-40-30-20-10 reps DU & situp <10:30	50-40-30-20-10 reps DU & situp <10:00	50-40-30-20-10 reps DU & situp <09:00	50-40-30-20-10 reps DU & situp <08,30	50-40-30-20-10 reps DU & situp <08,00	50-40-30-20-10 reps DU & situp <07,45	50-40-30-20-10 reps DU & situp <07,30

		-	I	II	III
NEURO AND CORE ENDURANCE	M	50-40-30-20-10 reps DU & situp <07,15	50-40-30-20-10 reps DU & situp <07,00	50-40-30-20-10 reps DU & situp <06,45	50-40-30-20-10 reps DU & situp <06,30
	Ž	50-40-30-20-10 reps DU & situp <07,15	50-40-30-20-10 reps DU & situp <07,00	50-40-30-20-10 reps DU & situp <06,45	50-40-30-20-10 reps DU & situp <06,30

		-	I	II	III	IV	V
NEURO AND CORE ENDURANCE	M	50-40-30-20-10 reps DU & situp <06,15	50-40-30-20-10 reps DU & situp <06,00	50-40-30-20-10 reps DU & situp <05,45	50-40-30-20-10 reps DU & situp <05,30	50-40-30-20-10 reps DU & situp <05,15	50-40-30-20-10 reps DU & situp <05,00
	Ž	50-40-30-20-10 reps DU & situp <06,15	50-40-30-20-10 reps DU & situp <06,00	50-40-30-20-10 reps DU & situp <05,45	50-40-30-20-10 reps DU & situp <05,30	50-40-30-20-10 reps DU & situp <05,15	50-40-30-20-10 reps DU & situp <05,00

4.3.11. KETTLEBEL

		-	I	-	I	II	III
KETTLEBEL	M	5 min KB deadlift 8 kg 10/min	5 min KB deadlift 8 kg 10/min	5 min russian KB swing 8 kg 12/min	5 min russian KB swing 12 kg 12/min	5 min russian KB swing 16 kg 14/min	10 min russian KB swing 16 kg 14/min
	Ž	5 min KB deadlift 4 kg 10/min	5 min KB deadlift 4 kg 10/min	5 min russian KB swing 4 kg 10/min	5 min russian KB swing 4 kg 12/min	5 min russian KB swing 8 kg 12/min	10 min russian KB swing 8 kg 12/min

		-	I	II	III	-	I	II	III
KETTLEBEL	M	10 min russian KB swing 20 kg 24/min	10 min one arm KB swing 24 kg 16/min	10 min one arm KB swing 24 kg 18/min	10 min one arm KB swing 24 kg 20/min	10 min one arm KB swing 24 kg 22/min	10 min one arm KB swing 24 kg 24/min	10 min KB snatch 24 kg 14/min	10 min KB snatch 24 kg 15/min
	Ž	10 min KB swing 12 kg 22/min	10 min one arm KB swing 16 kg 14/min	10 min one arm KB swing 16 kg 16/min	10 min one arm KB swing 16 kg 18/min	10 min one arm KB swing 16 kg 20/min	10 min one arm KB swing 16 kg 22/min	10 min KB snatch 16 kg 12/min	10 min KB snatch 16 kg 14/min

KETTLEBEL	M	-	I	II	III	-	I	II	III
		10 min russian KB swing 16 kg 16/min	10 min russian KB swing 16 kg 18/min	10 min russian KB swing 16 kg 20/min	10 min russian KB swing 16 kg 22/min	10 min russian KB swing 20 kg 16/min	10 min russian KB swing 20 kg 18/min	10 min russian KB swing 20 kg 20/min	10 min russian KB swing 20 kg 22/min
	Ž	10 min russian KB swing 8 kg 14/min	10 min russian KB swing 8 kg 16/min	10 min russian KB swing 8 kg 18/min	10 min russian KB swing 8 kg 20/min	10 min russian KB swing 12 kg 14/min	10 min russian KB swing 12 kg 16/min	10 min russian KB swing 12 kg 18/min	10 min russian KB swing 12 kg 20/min

KETTLEBEL	M	-	I	II	III
		10 min KB snatch 24 kg 16/min	10 min KB snatch 24 kg 17/min	10 min KB snatch 24 kg 18/min	10 min KB snatch 24 kg 19/min
	Ž	10 min KB snatch 16 kg 15/min	10 min KB snatch 16 kg 16/min	10 min KB snatch 16 kg 17/min	10 min KB snatch 16 kg 18/min

KETTLEBEL	M	-	I	II	III	IV	V
		10 min KB snatch 24 kg 20/min	10 min KB snatch 24 kg 21/min	10 min KB snatch 24 kg 22/min	10 min KB snatch 24 kg 23/min	10 min KB snatch 24 kg 24/min	10 min KB snatch 24 kg 25/min
	Ž	10 min KB snatch 16 kg 19/min	10 min KB snatch 16 kg 20/min	10 min KB snatch 16 kg 21/min	10 min KB snatch 16 kg 22/min	10 min KB snatch 16 kg 23/min	10 min KB snatch 16 kg 24/min

4.3.12. FLEXIBILITY

FLEXIBILITY	M	-	I	-	I	II	III
		Hold bttm of a squat, below parallel for 30 sec, relaxed, assisted	Hold bttm of a squat, below parallel for 30 sec, relaxed, assisted	Hold bttm of a squat, below parallel for 30 sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 30 sec sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 1:00 sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 1:00 sec, relaxed, unassisted
		Hold bttm of a squat, below	Hold bttm of a squat, below	Hold bttm of a squat, below	Hold bttm of a squat, below	Hold bttm of a squat, below	Hold bttm of a squat, below

	Ž	parallel for 30 sec, relaxed, assisted	parallel for 30 sec, relaxed, assisted	parallel for 30 sec, relaxed, unassisted	parallel for 30 sec, relaxed, unassisted	parallel for 1:00 sec, relaxed, unassisted	parallel for 1:00 sec, relaxed, unassisted

FLEXIBILITY	M	-	I	II	III	-	I	II	III
		Hold bttm of a squat, below parallel for 1:30 sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 1:30 sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 2:00 sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 1:00 sec, relaxed, unassisted	Hold bttm of a squat, below parallel, fot 3:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 10“ from wall with PVC pipe in OHS squat	Hold bttm of a squat, below parallel, fot 3:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 10“ from wall with PVC pipe in OHS squat	Hold bttm of a squat, below parallel, fot 3:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 6“ from wall with PVC pipe in OHS squat	Hold bttm of a squat, below parallel, fot 3:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 6“ from wall with PVC pipe in OHS squat
	Ž	Hold bttm of a squat, below parallel for 1:30 sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 1:30 sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 2:00 sec, relaxed, unassisted	Hold bttm of a squat, below parallel for 2:00 sec, relaxed, unassisted	Hold bttm of a squat, below parallel, fot 3:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 10“ from wall with PVC pipe in OHS squat	Hold bttm of a squat, below parallel, fot 3:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 10“ from wall with PVC pipe in OHS squat	Hold bttm of a squat, below parallel, fot 3:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 6“ from wall with PVC pipe in OHS squat	Hold bttm of a squat, below parallel, fot 3:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 6“ from wall with PVC pipe in OHS squat

FLEXIBILI		-	I	II	III	-	I	II	III
		Hold bttm of a squat, below parallel,	Hold bttm of a squat, below parallel,	Hold bttm of a squat, below parallel,	Hold bttm of a squat, below parallel,	Hold bttm of a squat, below parallel,	Hold bttm of a squat, below parallel,	Hold bttm of a squat, below parallel,	Hold bttm of a squat, below parallel,

	M	fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with PVC pipe in OHS squat	fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with PVC pipe in OHS squat	fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with8 kg bar in OHS squat	fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with8 kg bar in OHS squat	fot 5:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with 16kg bar in OHS squat	fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with 16kg bar in OHS squat	fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with 20 kg bar in OHS squat	fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with 20 kg bar in OHS squat
	Ž	Hold bttm of a squat, below parallel, fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with PVC pipe in OHS squat	Hold bttm of a squat, below parallel, fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with PVC pipe in OHS squat	Hold bttm of a squat, below parallel, fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with8 kg bar in OHS squat	Hold bttm of a squat, below parallel, fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with8 kg bar in OHS squat	Hold bttm of a squat, below parallel, fot 5:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with 16kg bar in OHS squat	Hold bttm of a squat, below parallel, fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with 16kg bar in OHS squat	Hold bttm of a squat, below parallel, fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with 20 kg bar in OHS squat	Hold bttm of a squat, below parallel, fot 4:00 min, relaxed, unassisted + 5 wallsquats @5311 with feet 2“ from wall with 20 kg bar in OHS squat

		-	I	II	III
FLEXIBILITY	M	1 standing hamstring, touch ankle joint 2)scratch test fingers within 2“ ea/s 3) standing external hip at hip heigh within2“ 4)groin stretch, heel within 5“ 5) 30 s bellow parallel OHS w/50% BW on bar in lift shoes or heel elevated .75“	1 standing hamstring, touch ankle joint 2)scratch test fingers within 2“ ea/s 3) standing external hip at hip heigh within2“ 4)groin stretch, heel within 5“ 5) 30 s bellow parallel OHS w/50% BW on bar in lift shoes or heel elevated .75“	1 standing hamstring, touch ankle joint 2)scratch test fingers within 2“ ea/s 3) standing external hip at hip heigh within2“ 4)groin stretch, heel within 5“ 5) 30 s bellow parallel OHS w/50% BW on bar in lift shoes or heel elevated .75“	1 standing hamstring, touch ankle joint 2)scratch test fingers within 2“ ea/s 3) standing external hip at hip heigh within2“ 4)groin stretch, heel within 5“ 5) 30 s bellow parallel OHS w/50% BW on bar in lift shoes or heel elevated .75“
		1 standing hamstring, touch ankle joint 2)scratch test fingers	1 standing hamstring, touch ankle joint 2)scratch test fingers	1 standing hamstring, touch ankle joint 2)scratch test fingers	1 standing hamstring, touch ankle joint 2)scratch test fingers

	Ž	within 2“ ea/s 3) standing external hip at hip heigh within2“ 4)groin stretch, heel within 5“ 5) 30 s bellow parallel OHS w/50% BW on bar in lift shoes or heel elevated .75“	within 2“ ea/s 3) standing external hip at hip heigh within2“ 4)groin stretch, heel within 5“ 5) 30 s bellow parallel OHS w/50% BW on bar in lift shoes or heel elevated .75“	within 2“ ea/s 3) standing external hip at hip heigh within2“ 4)groin stretch, heel within 5“ 5) 30 s bellow parallel OHS w/50% BW on bar in lift shoes or heel elevated .75“	within 2“ ea/s 3) standing external hip at hip heigh within2“ 4)groin stretch, heel within 5“ 5) 30 s bellow parallel OHS w/50% BW on bar in lift shoes or heel elevated .75“		

		-	I	II	III	IV	V
FLEXIBILITY	M	Standing hamstring, touch floor 2) scratch test fingers within 1“ ea/s 3) standing external hip at hip height within 1“ 4) groin stretch, heels within 4“ 5) 45 sec bellow parallel OHS hold w/60% BW on bar in flat shoes	Standing hamstring, touch floor 2) scratch test fingers within 1“ ea/s 3) standing external hip at hip height within 1“ 4) groin stretch, heels within 4“ 5) 45 sec bellow parallel OHS hold w/60% BW on bar in flat shoes	Standing hamstring, touch floor 2) scratch test fingers within 1“ ea/s 3) standing external hip at hip height within 1“ 4) groin stretch, heels within 4“ 5) 45 sec bellow parallel OHS hold w/60% BW on bar in flat shoes	Standing hamstring, fists touch floor 2) scratch test fingers touching ea/s 3) standing external hip at hip height touching box 4) groin stretch, heels within 3“ 5) 45 sec bellow parallel OHS hold w/70% BW on bar in flat shoes	Standing hamstring, fists touch floor 2) scratch test fingers touching ea/s 3) standing external hip at hip height touching box 4) groin stretch, heels within 3“ 5) 45 sec bellow parallel OHS hold w/70% BW on bar in flat shoes	Standing hamstring, fists touch floor 2) scratch test fingers touching ea/s 3) standing external hip at hip height touching box 4) groin stretch, heels within 3“ 5) 45 sec bellow parallel OHS hold w/70% BW on bar in flat shoes
	Ž	Standing hamstring, touch floor 2) scratch test fingers within 1“ ea/s 3) standing external hip at hip height within 1“ 4) groin stretch, heels within 4“ 5) 45 sec bellow	Standing hamstring, touch floor 2) scratch test fingers within 1“ ea/s 3) standing external hip at hip height within 1“ 4) groin stretch, heels within 4“ 5) 45 sec bellow	Standing hamstring, touch floor 2) scratch test fingers within 1“ ea/s 3) standing external hip at hip height within 1“ 4) groin stretch, heels within 4“ 5) 45 sec bellow	Standing hamstring, fists touch floor 2) scratch test fingers touching ea/s 3) standing external hip at hip height touching box 4) groin stretch, heels within 3“	Standing hamstring, fists touch floor 2) scratch test fingers touching ea/s 3) standing external hip at hip height touching box 4) groin stretch, heels	Standing hamstring, fists touch floor 2) scratch test fingers touching ea/s 3) standing external hip at hip height touching box 4) groin stretch, heels within 3“

		parallel OHS hold w/60% BW on bar in flat shoes	parallel OHS hold w/60% BW on bar in flat shoes	parallel OHS hold w/60% BW on bar in flat shoes	5) 45 sec bellow parallel OHS hold w/70% BW on bar in flat shoes	within 3“ 5) 45 sec bellow parallel OHS hold w/70% BW on bar in flat shoes	5) 45 sec bellow parallel OHS hold w/70% BW on bar in flat shoes

4.3.13. RUNNING

		-	I	-	I	II	III
RUNNING	M	200 m walk continious without stoping	400 m walk continious without stoping	200 m without walking	200 m run <1:25	200 m run <1:10	400 m run <2:30
	Ž	200 m walk continious without stoping	400 m walk continious without stoping	200 m without walking	200 m run <1:35	200 m run <1:20	200 m run <2:50

		-	I	II	III	-	I	II	III
RUNNING	M	400 m run <2:20	400 m run <2:15	400 m run <2:10	400 m run <2:05	400 m run <1:55	400 m run <1:45	400 m run <1:40	400 m run <1:35
	Ž	400 m run <2:40	400 m run <2:30	400 m run <2:25	400 m run <2:20	400 m run <2:10	400 m run <2:00	400 m run <1:55	400 m run <1:50

		-	I	II	III	-	I	II	III
RUNNING	M	1600 m run <8:20	1600 m run <8:10	1600 m run <8:00	1600 m run <7:50	1600 m run <7:40	1600 m run <7:30	1600 m run <7:20	1600 m run <7:10
	Ž	1600 m run <9:30	1600 m run <9:15	1600 m run <9:00	1600 m run <8:50	1600 m run <8:40	1600 m run <8:30	1600 m run <8:20	1600 m run <8:10

		-	I	II	III
RUNNING	M	1600 m run <6:55	1600 m run <6:45	1600 m run <6:35	1600 m run <6:25
	Ž	1600 m run <8:00	1600 m run <7:50	1600 m run <7:40	1600 m run <7:30

		-	I	II	III	IV	V
RUNNING	M	1600 m run <6:10	1600 m run <6:00	1600 m run <5:50	1600 m run <5:42	1600 m run <5:36	1600 m run <5:30
	Ž	1600 m run <7:15	1600 m run <7:05	1600 m run <6:50	1600 m run <6:40	1600 m run <6:30	1600 m run <6:20

4.3.14. ROW

		-	I	-	I	II	III
ROW	M	2 min contionious row	4 min contionious row	6 min continious row	12 min continious row	20 min continious row	10 min row for m >2225m
	Ž	2 min contionious row	4 min contionious row	6 min continious row	12 min continious row	20 min continious row	10 min row for m >1950m

		-	I	II	III	-	I	II	III
ROW	M	15 min row for m >3375 m	20 min row for m >4450m	20 min row for m >4520m	20 min row for m >4590m	20 min row for m >4620	20 min row for m >4650	20 min row for m >4680	20 min row for m >4710
	Ž	15 min row for m >2955 m	20 min row for m >3900m	20 min row for m >3960m	20 min row for m >4025m	20 min row for m >4055	20 min row for m >4080	20 min row for m >4110	20 min row for m >4125

		-	I	II	III	-	I	II	III
ROW	M	20 min row for m >4740 m	20 min row for m >4770 m	20 min row for m >4880 m	20 min row for m > 4840m	20 min row for m >4880 m	20 min row for m >4910 m	20 min row for m >4940m	20 min row for m >4970 m
	Ž	20 min row for m >4160 m	20 min row for m >4185 m	20 min row for m >4215 m	20 min row for m > 4240 m	20 min row for m >4265 m	20 min row for m >4290 m	20 min row for m >4320 m	20 min row for m >4345 m

ROW	M	-	I	II	III
		20 min row for m >5000 m	20 min row for m >5060 m	20 min row for m >5115 m	20 min row for m >5170 m
	Ž	20 min row for m >4370 m	20 min row for m >4440 m	20 min row for m >4510 m	20 min row for m >4580 m

ROW	M	-	I	II	III	IV	V
		20 min row for m >5225 m	20 min row for m >5280m	20 min row for m >5335 m	20 min row for m >5390 m	20 min row for m >5445 m	20 min row for m >5500 m
	Ž	20 min row for m >4650 m	20 min row for m >4720 m	20 min row for m >4790 m	20 min row for m >4860 m	20 min row for m >4930 m	20 min row for m >5000 m

4.3.15. AEROBIC POWER INTERVALS

AEROBIC POWER INTERVALS	M	-	I	-	I	II	III
		3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1Min rest	3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1Min rest	3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1 min bodybuilders1 min rest >140 reps	3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1 min bodybuilders1 min rest >150 reps	3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1 min bodybuilders1 min rest >160 reps	3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1 min bodybuilders1 min rest >170 reps
	Ž	3 rounds of 1 min wall ball 4kg, 1 min russian KBS 8kg , 1 min box stepups 16“, 1	3 rounds of 1 min wall ball 4kg, 1 min russian KBS 8kg , 1 min box stepups 16“, 1	3 rounds of 1 min wall ball 4kg, 1 min russian KBS 8kg , 1 min box stepups 16“, 1 min Db	3 rounds of 1 min wall ball 4kg, 1 min russian KBS 8kg , 1 min box stepups 16“, 1 min Db	3 rounds of 1 min wall ball 4kg, 1 min russian KBS 8kg , 1 min box stepups 16“, 1 min Db	3 rounds of 1 min wall ball 4kg, 1 min russian KBS 8kg , 1 min box stepups 16“, 1 min Db

		min Db push press 8 kg, 1 min rest	min Db push press 8 kg, 1 min rest	push press 8 kg, 1 min bodybuilders, 1 min rest >120 reps	push press 8 kg, 1 min bodybuilders, 1 min rest >130 reps	push press 8 kg, 1 min bodybuilders, 1 min rest >140 reps	push press 8 kg, 1 min bodybuilders, 1 min rest >150 reps

AEROBIC POWER INTERVALS	M	-	I	II	III	-	I	II	III
		3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1 min bodybuilders 1 min rest >180 reps	3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1 min bodybuilders1 min rest >190 reps	3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1 min bodybuilders1 min rest >200 reps	3 rounds of 1 min wall ball 6kg, 1 min russian KBS 16kg , 1 min box stepups 20“, 1 min Db push press 12 kg, 1 min bodybuilders1 min rest >210 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >170 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >180 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >190 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >200 reps
		3 rounds of 1 min wall	3 rounds of 1 min wall ball 4kg, 1 min	3 rounds of 1 min wall ball 4kg, 1 min russian	3 rounds of 1 min wall ball 4kg, 1 min russian KBS 8kg , 1 min	3 Rounds of 1 min wall ball 6kg, 1 min hang	3 rounds of 1 min wall ball 6kg, 1 min	3 rounds of 1 min wall	3 rounds of 1 min wall

	Ž	ball 4kg, 1 min russian KBS 8kg , 1 min box stepups 16“, 1 min Db push press 8 kg, 1 min bodybuilders , 1 min rest >160 reps	russian KBS 8kg , 1 min box stepups 16“, 1 min Db push press 8 kg, 1 min bodybuilders, 1 min rest >170 reps	KBS 8kg , 1 min box stepups 16“, 1 min Db push press 8 kg, 1 min bodybuilders, 1 min rest >180 reps	box stepups 16“, 1 min Db push press 8 kg, 1 min bodybuilders, 1 min rest >190 reps	powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >150 reps	hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >160 reps	ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >170 reps	ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >180 reps

AEROBIC POWER INTERVALS	M Ž	-	I	II	III	-	I	II	III
		3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest

		>210 reps	>220 reps	>230 reps	>240 reps	>250 reps	>260 reps	>270 reps	>280 reps
		3 rounds of 1 min wall ball 6kg, 1 min hang powercle an 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >190 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powercle an 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >200 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powercle an 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >210 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powercle an 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >220 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powercle an 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >230 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powercle an 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >240 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powercle an 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >250 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powercle an 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >260 reps

		-	I	II	III
AEROBIC POWER INTERVALS	M	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >290 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >300 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >315 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >330 reps
	Ž	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >270 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >280 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >295 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >210 reps

		-	I	II	III	IV	V
AEROBIC POWER INTERVALS	M	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >340 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >350 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >360 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >370 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >385 reps	3 rounds of 1 min wall ball 9kg, 1 min hang powerclean 35kg , 1 min box jump 24“, 1 min push press 35 kg, 1 min burpees 1 min rest >400 reps
	Ž	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >320 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >330 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >340 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >350 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >365 reps	3 rounds of 1 min wall ball 6kg, 1 min hang powerclean 25kg , 1 min box jump 20“, 1 min push press 25 kg, 1 min burpees 1 min rest >380 reps

4.4. OPIS EKSPERIMENTALNOG POSTUPKA

Samo istraživanje započeto je inicijalnim testiranjem kroz petnaest prethodno navedenih testova. Po završetku inicijalnog testiranje ispitanici su podvrgnuti trenažnim procesima primjenjujući Level Method (level metodu) program CrossFit treninga slijedeća tri

mjeseca, nakon čega je uslijedilo finalno testiranje. Istraživanje je provedeno na muškoj i ženskoj populaciji, članovima Crossfit boxa „20350 Athletics“, a glavni ciljevi trenažnog procesa bili su: unapređenje motoričkih sposobnosti ispitanika kao i unapređenje cjelokupnog fitnessa ispitanika. Prema level methodu svaki trening se sastojao od nekoliko dijelova i to zagrijavanja, vježbanja tehnike, dnevnog WOD-a te istezanja.

4.5. PRIMJER TJEDNOG MIKROCIKLUSA PRIMJENOM LEVEL METHODA (LEVEL METODE) U CROSSFITU

4.5.1. PONEDJELJAK

WARM UP: (0:00 – 10:00)

10 Scap pullups

10 Medball squats

20 singleunders

30 sec Tricep & Lat Strech ea/s

PREP: Pullup & Doubleunder (10:00 – 25:00)

PULLUP	DOUBLEUNDER
a) 15 sec Active Hang	30 sec Singleunder w/DU jump
b) 30 Arch – hollow Swings	30 sec Penguin Jumps
c) 2:00 Pullup practice	30 sec Doubleunder w/ imaginary rope
	2:00 Doubleunder practice

MAIN WOD: PARACHUTING IN (25:00-50:00)

12 rounds for time

Goal: < 20:00 min

4 jumping pullups	*5 jumping pullups*	*5 jumping pullups*	*5 jumping CtB pullups*
6 wallball (3/ 3)	*8 wallball (3 / 3)*	*8 wallball (6 / 3)*	*8 wallballs (9 / 6)*
15 singleunder	*25 singleunder*	*35 singleunder*	*15 doubleunder or 50 singleunder*

3 pullups	*5 pullups*	*5 CtB pullups*	*8 CtB pullups*
10 wallball (9 / 6)	*10 wallballs (9 / 6)*	*12 wallball (9/ 6)*	*12 wallball (9 / 6)*
25 doubleunder	*25 Doubleunder*	*35 doubleunder*	*35 Doubleunder*

CORE ACCESSORY: (50:00 – 60:00)

2 rounds for quality

30 sec ON / 30 sec OFF

- bent hollow hold	- bent hollow hold	- bent hollow hold	- hollow hold
- archbody hold	- archbody hold	- archbody hold	- archbody hold
- tuckups	- tuckups	- tuckups	- tuckups
- flutter kicks x2	- flutter kicks x2	- flutter kicks x2	- Flutter Kicks x2

- hollow hold	- hollow hold	- hollow hold	- hollow hold
- archbody hold	- archbody hold	- archbody hold	- archbody hold
- tuckups	- tuckups	- tuckups	- tuckups
- Flutter Kicks x2	- Flutter Kicks x2	- Flutter Kicks x2	- Flutter Kicks x2

EXTRA CREDIT

- 15 DB Curls
- 15 db skull crusher → 4 ROUNDS
- 2:00 min rest

4.5.2. UTORAK

WORM UP: (0:00 – 10:00)

4 rounds

a) Inch worms

b) Glute bridges

then

4 rounds

a) 10 Kb Deadlift

b) 20 sec Bent Hollow hold

PREP: (10:00 – 30:00) DEADLIFT

4 – 6 serija	4 – 6 serija	4 – 6 serija	4 – 6 serija
8 kb Deadlift	8 ponavljanja	8 ponavljanja	8 ponavljanja
(lagano i kontrolirano)	(lagano i kontrolirano)	(povećavanje kilaže ovisno o mogućnostima)	(povećavanje kilaže ovisno o mogućnostima)

8, 8 ,8	8, 8 ,8	8, 8 ,8	8, 8 ,8
Povećavanje	Povećavanje	Povećavanje	Povećavanje

opterećenja svaku seriju	opterećenja svaku seriju	opterećenja svaku seriju	opterećenja svaku seriju

MAIN WOD: RASTERIZE (30:00-60:00)

Goal : 250+ reps

30 sec ON / 30 sec OFF (alt x 16)

- russian Kbs (8/6) - anchored situp	- russian Kbs (12/8) - anchored situp	- russian Kbs (16/12) - anchored situp	- SA Kb Swings (20/12) - Anchored situp

- SA Kb swing (20/12) - anchored situp	- SA Kb swing (24/16) - anchored situp	- SA Kb swing (32/20) - anchored situp	- SA Kb swing (32/20) - anchored situp

EXTRA CREDIT:

- 2:00-3:00 Jog / Row
- 2:00 – 3:00 Lizard ea/s → 2 ROUNDS
- 2:00- 3:00 Glute Smash ea/s

4.5.3. SRIJEDA

WORM UP: (0:00 – 10:00)

2:00 Row

then 6 minutes of:

- 8 bodybuilders

- 12 rear step lunges

- 30 sec Lizard ea/s

PREP: MEDBALL CLEAN (10:00 – 25:00)

- 15 Medball deadlift

- 15 Medball deadlift + jump & shrug

-15 Medball squat

- 2:00 min Medball clean vježba

MAIN WOD: STREET SWEEPING (25:00-50:00)

Goal: 5+ rounds

20 min	*20 min*	*20 min*	*20 min*
30 cal row or bike	35 cal row or bike	40 cal row or bike	50 cal row or bike
AMRAP	**AMRAP**	**AMRAP**	**AMRAP**
6 Bodybuilders	9 Bodybuilders	9 Bodybuilders	9 Burpess
8 box stepups (16/12)	10 reverse Lunges	10 reverse lunges	10 jumping lunges
8 medball clean (3/3)	12 medball clean (3/3)	12 medball clean (6/3)	12 medball clean (9/6)

20 min	*20 min*	*20 min*	*20 min*
50 cal row or bike	50 cal row or bike	50 cal row or bike	50 cal row or bike
AMRAP	**AMRAP**	**AMRAP**	**AMRAP**
9 Burpess	9 Burpess	12 Burpess	15 Burpess
12 jumping lunges	12 jumping lunges	15 jumping lunges	15 jumping lunges
15 medball clean (9/6)	15 medball clean (9/6)	20 medball clean (9/6)	20 medball clean (9/6)

ACCESSORY: (50:00-60:00)

3 Rounds for quality

10 Y- T –W	10 Y- T –W	10 Y- T –W	10 Y- T –W
15 Glute bridges	15 Glute bridges	15 Glute bridges	15 Glute bridges
20 sec boat pose	20 sec boat pose	20 sec boat pose	20 sec boat pose

10 Y- T –W	10 Y- T –W	10 Y- T –W	10 Y- T –W
15 Glute bridges	15 Glute bridges	15 Glute bridges	15 Glute bridges
20 sec boat pose	20 sec boat pose	20 sec boat pose	20 sec boat pose

4.5.4. ČETVRTAK

WORM UP: (0:00 – 10:00)

4 ROUNDS OF:

-10 ring row scap pulls

- 8 Spiderman lunges (4 ea/s)

- 10 Strict press

- 8 puckups

PREP: RING DIPS (10:00-30:00)

4-6 serija 15-20 sec Box support + 8 Bench dips	4-6 serija 15-20 sec Ring support + 10 Bench dips	4 – 6 serija 3 ring dips neg 3 sec	4-6 serija 3-5 ring dips
4 – 6 serija 5 WtD Ring dips or 5-8 ring dips	5 WtD Ring dips	5 WtD Ring dips	5 WtD Ring dips

MAIN WOD: Chat roulette (30:00-60:00)

EMOM alt. x15	**EMOM alt. x15**	**EMOM alt. x15**	**EMOM alt. x15**
12 ring rows 12 Db Push press (7,5/5) 10 hanging knee raises	12 ring rows 12 Db Push press (10/7,5) 10 hanging knee raises	12 ring rows 12 Push press (30/20) 12 hanging knee raises	12 ring rows 12 Push press (35/25) 12 hanging leg raises

EMOM alt. x15	**EMOM alt. x15**	**EMOM alt. x15**	**EMOM alt. x15**
15 ring rows	15 ring rows	15 ring rows	15 ring rows
12 Push press (43/30)	15 Push press (43/30)	15 Push press (61,5/43)	15 Push press (61,5/43)
8 toes to bar	12 toes to bar	12 toes to bar	15 toes to bar

EXTRA CREDIT: 3-4 rounds for quality

15 BtN press

5 petersen stepups ea/s

20 sec Chinese plank

4.5.5. PETAK

WORM UP: (0:00-10:00)

3-6-9-12-15

- calf raises x2

- Db swings

- 5 leg swings ea/s/way

PREP: Running + progressions, Box jumps & jump technique (10:00-30:00)

10 -15 m walking Lunge w/twist x2

10 -15 m High kicks x2

10 – 15 m High Knees x2

10 – 15 m Buttkickers x2

200 m run

MAIN WOD: TOP SHELF (30:00-60:00)

goal: <20:00

3-6-9-12-15	**3-6-9-12-15-18**	**3-6-9-12-15-18-21**	**3-6-9-12-15-18-21**
Box stepups (16/12)	Box stepups (20/16)	Box jumps (20/16)	Box jumps (24/20)
Db snatch (7,5/5)	Db snatch (10/7,5)	Db snatch (12,5/10)	DB snatch (15/10)
200 m run	200 m run	200 m run	200 m run

3-6-9-12-15-18-21	**3-6-9-12-15-18-21**	**3-6-9-12-15-18-21**	**3-6-9-12-15-18-21**
Box jumps (24/20)	Box jumps (24/20)	Box jumps (24/20)	Box jumps (30/24)
DB snatch (22,5/15)	DB snatch (22,5/15)	DB snatch (25/17,5)	DB snatch (25/17,5)
200 m run	200 m run	200 m run	200 m run

EXTRA CREDIT:

2:00-3:00 Jog/ Row

2:00-3:00 Lat Smash ea/s → 2 ROUNDS

2:00-3:00 Doorway Stretch ea/s

4.5.6. SUBOTA

WORM UP: (0:00-10:00)

6 Cossack Squats (3 ea/s)

8 High Pulls

12 Air Squats

10 Scap Pushups

PREP: WEIGHTLIFTING (10:00-30:00)

Acc. 4-6 sets	Acc. 4-6 sets	Acc. 4-6 sets	Acc. 4-6 sets
3 Hang power clean	3 Hang Power clean	1 hang power clean	1 Power clean
		+	+
		2 Front Squats	2 Front Squats

Acc. 4-6 sets	Acc. 4-6 sets	Acc. 4-6 sets	Acc. 4-6 sets
1 Power clean	1 Power clean	1 Power clean	1 Power clean
+	+	+	+
2 Front Squats	3 Front Squats	3 Front Squats	3 Front Squats

MAIN WOD: CHIEF (30:00-60:00)

Goal: 18+ rounds

3 min AMRAP	**3 min AMRAP**	**3 min AMRAP**	**3 min AMRAP**
3 Russian KbS (8/6) 5 box pushups 7 air squats 1:00 rest X5	3 Hang Power Cleans (20/15) 6 box Pushups 9 air squats 1:00 rest X5	3 Hang Power Cleans (30/20) 6 box Pushups 9 air squats 1:00 rest X5	3 Power Cleans (35/25) 6 Pushups 9 air squats 1:00 rest X5

3 min AMRAP	**3 min AMRAP**	**3 min AMRAP**	**3 min AMRAP**
3 Power Cleans (43/30) 6 box Pushups 9 air squats 1:00 rest X5	3 Power Cleans (61,5/43) 6 box Pushups 9 air squats 1:00 rest X5	3 Power Cleans (75/60) 6 box Pushups 9 air squats 1:00 rest X5	3 Power Cleans (90/75) 6 box Pushups 9 air squats 1:00 rest X5

EXTRA CREDIT: 3-4 rounds

5 wall walks

10 V- ups

20 archbody Pulses

5. REZULTATI I RASPRAVA

U nastavku slijede tablični prikazi mjerenja svih petnaest testova primjenom level metode u CrossFitu.

Tablica 1. Rezultati minimalne i maksimalne vrijednosti za inicijalno mjerenje grupe ispitanika (MIN- minimalna vrijednost, MAX- maksimalna vrijednost

Varijable	N	MIN	MAX
Front squat	15	-	V
Upper body pull	15	-	-
Lactic tolerance	15	1	2
Deadlift	15	-	2
Upper body push	15	-	-
Upper/lower endurance	15	2	-
Weightlifting	15	1	2
Rings	15	1	1
Squat endurance	15	-	1
Neuro & core endurance	15	1	-
Kettlebel	15	3	-
Flexibility	15	3	3
Running	15	3	-
Rowing	15	2	3
Aerobic power intervals	15	2	-

Rezultati u inicijalnom mjerenju pokazuju kako su ispitanici test prednjeg čučnja napravili u rasponu od levela „žuti ulaz“ do levela „crveni V“. Drugim riječima, ispitanik koji je nalošije napravio test „prednji čučanj“ svrstan je prema Level Methodu u level „žuti ulaz“ napravivši 8 ponavljanja testa prednji čučanj sa opterećenjem od 20 kg dok je najbolji ispitanik svrstan u level „crveni V“ napravivši maksimalno ponavljanje prednjeg čučnja sa opterećenjem od 175 kg. Kod testa „Upper body pull“, najlošiji ispitanik je prema Level Methodu svrstan u level „narančasti ulaz“ zadržavši se 5 sekundi u izdržaju sa bradom preko šipke, dok je najbolji ispitanik svrstan u level „crno ulaz“ napravivši pullup sa opterećenjem od 30% svoje tjelesne težine, odnosno sa dodatnim opterećenjem od 24,6 kg. U testu Lactic tolerance najlošiji rezultat prema Level Methodu bio je ispitanik koji je za svoj rezultat svrstan u level „žuti 1“, doje je najbolji ispitanik prema svom rezultatu svrstan u level „plavo 2“. Prema ostavarenim rezultatima u testu Deadlift najlošiji ispitanik prema Level Methodu svrstan je u level „žuti ulaz“, dok je najbolji ispitanik svrstan u level „crveni 2“. Isto tako , prema rezultatima testa „Upper body push“, najlošiji ispitanik je prema Level Methodu svrstan u level „narančasti ulaz“ , a najbolji ispitanik u level „smeđi ulaz“. Kod testa „upper/lower endurance“, najlošiji ispitanik je prema Level Methodu svrstan u level „žuti 2“, a najbolji ispitanik u level „smeđi 1“. U testu „Weightlifting“ najlošiji ispitanik je prema Level Methodu svrstan u level „žuti 1“, a najbolji u level „crni 1“. Prema ostvarenim rezultatima u testu „Rings“, najlošiji ispitanik prema Level Methodu i svojim ostavrenim rezultatima svrstan je u level „bijeli 1“, a najbolji ispitanik u level „ smeđi 1“. Prema rezultatima u testu „ Squat endurance“, najlošiji ispitanik je prema Level Methodu svrstan u level „plavi ulaz“ , a najbolji ispitanik u level „crni 1“. U testu „Neuro & core endurance“, prema Level Methodu najlošiji ispitianik je prema svojim rezultataima svrstan u level „žuti 1“, a najbolji ispitanik u level „plavi ulaz“. U testu „Kettlebel“, najlošiji ispitanik je prema svojim rezultatima i Level Methodu svrstan u level „žuti 3“, dok je najbolji ispitanik ostvario rezultate koji su ga svrstali u level „crveni ulaz“. Prema Level Methodu, u testu „Flexibility“ ispitanik sa najlošijim rezultatima svrstan je u level „narančasti 3“, dok je ispitanik sa najboljim rezultatima svrstan u level „smeđi 3“. U testu „Running“, najlošiji ispitanik je prema Level Methodu svrstan u lavel „narančasti 3“, dok je ispitanik sa najboljim rezultatima prema Level Methodu svrstan u level „crveni ulaz“. Prema Level Methodu i rezultatima u testu „Row“, najlošiji ispitanik je prema svojim rezultatima svrstan u level „žuti 2“, dok je najbolji ispitanik svrstan u level „crveni 3“. U testu Aereobic Power intervals, prema Level Methodu najlošji ispitanik svrstan je u level „“narančasti 2 , dok je najbolji ispitanik svrstan u level „crveni ulaz“.

Tablica 2. Rezultati minimalnih i maksimalnih vrijednosti za finalno mjerenje grupe ispitanika (MIN- minimalna vrijednost, MAX- maksimalna vrijednost)

Varijable	N	MIN	MAX
Front squat	15	2	5
Upper body pull	15	-	-
Lactic tolerance	15	-	1
Deadlift	15	1	5
Upper body push	15	-	1
Upper/lower endurance	15	3	-
Weightlifting	15	-	-
Rings	15	-	2
Squat endurance	15	1	-
Neuro & core endurance	15	-	3
Kettlebel	15	1	1
Flexibility	15	2	3
Running	15	2	1
Rowing	15	2	5
Aerobic power intervals	15	3	1

Po završetku finalnog mjerenja, a koje je provedeno nakon provođenja trojemjesečnog trenažnog ciklusa prema Level Methodu (level metodi), dobiveni su rezultati koji su usporedivi sa podacima dobivenima inicijalnim mjerenjem.

Usporedbom minimalnih rezultata ispitanika u inicijalnom i finalnom testiranju utvrđeno je kako su u u svim testovima bolji minimalni rezultati osim kod testova „upper body pull“ i „rowing“ gdje su najniži rezultati isti i u finalnom testiranju ti rezultati pripadaju u isti level kao i kod inicijalnog testiranja.

Usporedbom najboljih, odnosno maksimalnih vrijednosti utvrđeno je kako su u testovima „prednji čučanj“, „upper body pull“, i „flexibility“ najbolji rezultati jednaki najboljim rezultatima kod inicijalnog testiranja. Isto tako, utvrđeno je kako je najbolji rezultat u testu „upper body push“ lošiji nego li kod inicijalnog testiranja, dok su rezultati u testovima „lactic tolerance“, „deadlift“, „uper/lower endurance“, „weightlifting“, „rings“, „squat endurance“, „neuro and core endurance“, „kettlebel“, „runing“, „rowing“ i „aerobic power intervals“ bolji nego li najbolji rezultati kod inicijalnog testiranja.

Tablica 3. Rezultati ukupnog levela prema level metodi za ispitanike u inicijalnom i finalnom mjerenju

	UKUPNI LEVEL –inicijalno	**UKUPNI LEVEL – finalno**
ISPITANIK 1	-	1
ISPITANIK 2	2	3
ISPITANIK 3	3	1
ISPITANIK 4	2	3
ISPITANIK 5	2	2
ISPITANIK 6	2	1
ISPITANIK 7	3	2
ISPITANIK 8	1	1
ISPITANIK 9	2	2
ISPITANIK 10	1	2
ISPITANIK 11	2	1
ISPITANIK 12	2	-
ISPITANIK 13	1	-
ISPITANIK 14	1	1
ISPITANIK 15	2	1

Uzevši u obzir objektivnu procjenu stanja motoričkih sposobnosti i ukupnog fitnesa ispitanika na inicijalnom i finalnom testiranju, za zaključiti je kako je 13 od ukupno 15 ispitanika ostvarilo bolji rezultat, odnosno finalno testiranje ih je svrstalo u viši level ili razinu. Isto tako utvrđeno je kako su ispitanici 9 i 10 zadržali iste levele koje su imali i prilikom inicijalnog

testiranja. Drugim riječima, ispitanik označen rednim brojem 9 je prilikom inicijalnog i finalnog testiranja u testu veslanje ostvario zanemariv napredak koji ge je svrstao u level žuti tri, a vodeći se pravilom level metode (+2), njegov osobni level može biti najveći mogući narančasti jedan. Isti slučaj je i kod ispitanika označenog rednim brojem 9, koji ima najniži osobni level narančasto 0 pa primjenjujući isto pravilo, najveći mogući osobni ukupni level ispitanika broj 10 može biti narančasto dva. Kod obrade rezultata, aritmetička sredina i standardna devijacija nisu utvrđene, a razlog je što bi njihovo utvrđivanje, uzevši u obzir specifičnost testova, označavalo progrešku u obradi podataka. Također, što se tiče samog testiranja i trenažnih postupaka koji se odvijaju nakon testiranja, preporuča se da svaki ispitanik odrađuje trening koji mu je određen rezultatima u boji. Dakle, da se svaki ispitanik drži svog levela i ne odrađuje trening predviđen za druge ispitanike van njegovog levela. Ono što sam susresti kroz svoj rad u crossfit box-u „20350 Athletics“ jest da uglavnom ispitanici rade konzultacije sa trenerima o levelu koji je viši od onoga u koji su smješteni testiranjem, što im se naravno ne dozvoljava iako bi oni zadani trening možda i uspjeli završiti kako je i predviđeno. Brojni su razlozi ne udovoljavanja takvim zahtjevima, počevši od onog koji je glavni,a to je prevencija i održavanje zdravstvenog statusa, a drugi je uglavnom umor. Prema Level Methodu (level metodi), sama težina treninga oscilira i to na način da nisu svi treninzi postavljeni kao visoko zahtjevni. Uglavom jesu, ali kroz tjedan kada se provodi ukupno šest treninga, uvijek su najmanje dva treninga usmjerena na poboljšanje tehnike kompleksnih vježbi. Također, poseban naglasak, treneri stavljau i na fleksibilnost, koja je, laički rečeno omražena u trening velike većine ispitanika, ali je izuzetni bitna kod elementarnih vježbi u CrossFit-u kao što su OHS, Snatch i slično.

6. LITERATURA

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