



RANKING SYSTEM

Level 1	• :15 hang & 2 assisted pull-ups
Level 2	• :30 hang & 6 assisted pull-ups
Level 3	• :45 hang & 12 assisted pull-ups
Level 4	• 1:00 hang & 1 pull-up*
Level 5	• 1:15 hang & 3 pull-ups
Level 6	• 1:30 hang & 5 pull-ups
Level 7	• 2:15 hang & 10 pull-ups
Level 8	• 3:00 hang & 15 pull-ups
Level 9	• 4:30 hang & 20 pull-ups
Level 10	• 6:00 hang & 25 pull-ups

Levels 11-20

Level 11 - 8:00 & 30 PU

Level 12 - 10:00 & 35 PU

Level 13 - 12:00 & 40 PU

Levels 14+: add 2 minutes hang & 5 PU each level.

NOTES

*Pull-ups are all strict form.

Hang time does include shakeouts, but no dropping.

Wristbands are only given to members once they reach level 6 or higher.