



SFB Strength Standards: Female under 70kg

	SFB Beginner	SFB Intermediate	SFB Star	SFB Pro	SFB Elite
Press	Press up bar (knee) x 5	Press up (mid shin) x 5	Press up full (foam roller) x 1-5	Press up full x 1-9	Press up full 10+
Pull	Inverted row x 1-5	Inverted row x 5-10	Pull up red band x 5-8	Pull up x 1-5	Pull up x 6+
Squat	BB x 10	0.5 x BW x 5	0.8 x BW x 1	1.1 x BW x 1	1.5 x BW x 1
1 Leg	Step down (small box) x 5+	Step down (thigh parallel) x 5+	1 leg squat (thigh parallel) x 5+	BB Lunge 0.4 x BW x 6 each leg	BB Lunge 0.6 x BW x 6 each leg
Leg press	1 x BW x 10 reps	2 x BW x 10 reps	2.7 x BW x 5 reps	3.2 x BW x 3 reps	3.8 x BW x 3 reps
Deadlift	DB DL 15kg x 10	0.5 x BW x 5	0.9 x BW x 3	1.3 x BW x 1	1.6 x BW x 1
Countermovement jump	20cm	27cm	35cm	42cm	50cm
Squat jump	16-18cm	21-24cm	29-32cm	34-38cm	40-45cm
Trunk static	Plank 30 seconds	Plank 60 seconds	Plank 90 seconds	Plank (10% BW) 60 seconds	Plank (20% BW) 60 seconds
Trunk dynamic	Deadbugs x 10	Double leg lower x 10	Alenkas 2.5kg x 10	Rollouts (on knee) 5+	Rollouts (full) 2+
Lower back static	Prone 30 seconds	Prone 60 seconds	On bench arms by head 60 seconds	On bench arms overhead 60 seconds	On bench arms overhead 90 seconds
Airdyne Max Watts	500	700	900	1000	1200
Rower 250m	1.40	1.20	1.05	55 seconds	45 seconds



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	SFB Beginner	SFB Intermediate	SFB Star	SFB Pro	SFB Elite
Press	Press up bar (knee) x 3	Press up (mid shin) x 3	Press up full (foam roller) x 1-5	Press up full x 1-5	Press up full x 5+
Pull	Inverted row x 1-5	Inverted row x 5-10	Pull up green band x 8+	Pull up x 1-3	Pull up x 4+
Squat	BB x 10	0.5 x BW x 5	0.8 x BW x 1	1 x BW x 1	1.4 x BW x 1
1 Leg	Step down (small box) x 5+	Step down (thigh parallel) x 5+	1 leg squat (thigh parallel) x 5+	BB Lunge 0.4 x BW x 6 each leg	BB Lunge 0.6 x BW x 6 each leg
Leg press	1 x BW x 10 reps	2 x BW x 10 reps	2.5 x BW x 5 reps	3 x BW x 3 reps	3.5 x BW x 3 reps
Deadlift	DB DL 20kg x 10	0.5 x BW x 5	0.8 x BW x 3	1.25 x BW x 1	1.5 x BW x 1
Countermovement jump	20cm	27cm	35cm	42cm	50cm
Squat jump	16-18cm	21-24cm	29-32cm	34-38cm	40-45cm
Trunk static	Plank 30 seconds	Plank 60 seconds	Plank 90 seconds	Plank (10% BW) 60 seconds	Plank (20% BW) 60 seconds
Trunk dynamic	Deadbugs x 10	Double leg lower x 10	Alenkas 2.5kg x 10	Rollouts (on knee) 5+	Rollouts (full) 1+
Lower back static	Prone 30 seconds	Prone 60 seconds	On bench arms by head 60 seconds	On bench arms overhead 60 seconds	On bench arms overhead 90 seconds
Airdyne Max Watts	600	800	1000	1100	1300
Rower 250m	1.35	1.15	60 seconds	50 seconds	40 seconds



SFB Strength Standards: Male under 80kg

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Press	Press up x 8	Press up + 5-10kg x 5	Bench press 1 x BW x 5	Bench press 1.25 x BW x 3	Bench press 1.4 x BW x 3
Pull	Inverted row x 5-10	Pull up red band x 8+	Pull up x 5+	Pull up 10kg x 5	Pull up 20kg x 5
Squat	0.5 x BW x 10	0.8 BW x 8	1 x BW x 5	1.4 x BW x 1	1.6 x BW x 1
1 Leg	Step down (small box) x 5+	Step down (thigh parallel) x 5+	1 leg squat (thigh parallel) x 5+	BB Lunge 0.5 x BW x 6 each leg	BB Lunge 0.7 x BW x 6 each leg
Leg press	1.5 x BW x 10 reps	2 x BW x 10 reps	2.5 x BW x 5 reps	3.2 x BW x 5 reps	4.2 x BW x 5 reps
Deadlift	DB DL 25kg x 10	0.8 x BW x 5	1.4 x BW x 5	1.6 x BW x 3	2 x BW x 1
Countermovement jump	30cm	35cm	40cm	47cm	55cm
Squat jump	24-27cm	29-32cm	32-36cm	40-45cm	43-49cm
Trunk static	Plank 30 seconds	Plank 60 seconds	Plank 90 seconds	Plank (10% BW) 60 seconds	Plank (20% BW) 60 seconds
Trunk dynamic	Deadbugs x 10	Double leg lower x 10	Alenkas 5kg x 10	Rollouts (on knee) 5+	Rollouts (full) 5+
Lower back static	Prone 30 seconds	Prone 60 seconds	On bench arms by head 60 seconds	On bench arms overhead 60 seconds	On bench arms overhead 90 seconds
Airdyne Max Watts	800	1000	1200	1400	1600
Rower 250m	1.30	1.10	1 minute	50 seconds	40 seconds



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	SFB Beginner	SFB Intermediate	SFB Star	SFB Pro	SFB Elite
Press	Press up x 8	Press up + 5-10kg x 5	Bench press 1 x BW x 5	Bench press 1.15 x BW x 3	Bench press 1.3 x BW x 3
Pull	Inverted row x 5-10	Pull up green band x 8+	Pull up x 1-5	Pull up x 5	Pull up 15kg x 5
Squat	0.5 x BW x 10	0.8 BW x 5	1 x BW x 3	1.3 x BW x 1	1.5 x BW x 1
1 Leg	Step down (small box) x 5+	Step down (thigh parallel) x 5+	1 leg squat (thigh parallel) x 5+	BB Lunge 0.4 x BW x 6 each leg	BB Lunge 0.6 x BW x 6 each leg
Leg press	1.3 x BW x 10 reps	2 x BW x 8 reps	2.3 x BW x 5 reps	3 x BW x 5 reps	4 x BW x 5 reps
Deadlift	DB DL 25kg x 10	0.8 x BW x 5	1.3 x BW x 5	1.5 x BW x 3	2 x BW x 1
Countermovement jump	30cm	35cm	40cm	47cm	55cm
Squat jump	24-27cm	29-32cm	32-36cm	40-45cm	43-49cm
Trunk static	Plank 30 seconds	Plank 60 seconds	Plank 90 seconds	Plank (10% BW) 60 seconds	Plank (20% BW) 60 seconds
Trunk dynamic	Deadbugs x 10	Double leg lower x 10	Alenkas 2.5kg x 10	Rollouts (on knee) 5+	Rollouts (full) 5+
Lower back static	Prone 30 seconds	Prone 60 seconds	On bench arms by head 60 seconds	On bench arms overhead 60 seconds	On bench arms overhead 90 seconds
Airdyne Max Watts	950	1150	1350	1500	1700
Rower 250m	1.25	1.05	55 seconds	45 seconds	35 seconds