


MWC – Military Workout® Challenge

MW PHYSICAL TEST

Level: Fitness (bodyweight)



MW FITNESS COACH Lev.1

2015 Minimum Requirements - Category: MEN

Power by Andrea Varri

MW PHYSICAL TEST

MW FITNESS COACH Lev.1

2015 Minimum Requirements - Category: MEN

EXERCISE	REQUIREMENTS
PUSH UPS	2' AMRAP
PULL UPS	12 reps STRICT
BURPEES JUMP	30 reps
CHIN UPS	10 reps
DIPS	10 reps - RINGS (knees to chest) or 15 reps - PARALLEL
MW FROG + MW Bodyweight swing	10 reps + 10 reps } 6 series no rest

Max rest between exercises 5 minutes

MW PHYSICAL TEST

TEST 1: PUSH UP

GOAL

2 minutes AMRAP (as many reps as possible)

TECHNIQUE

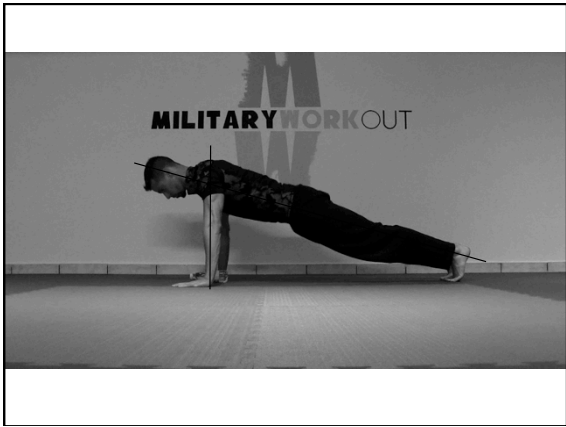
START POSITION

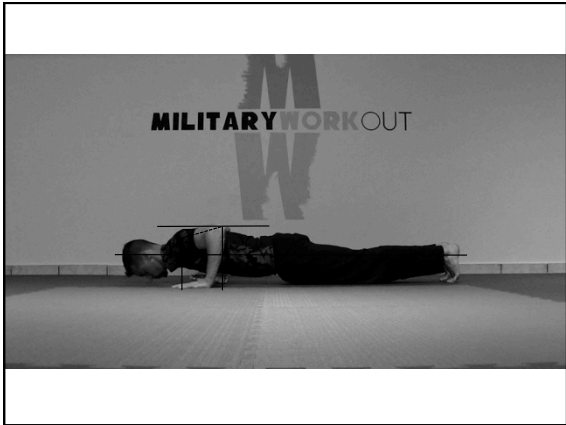
- Arms fully extended
- Lumbar spine in neutral position

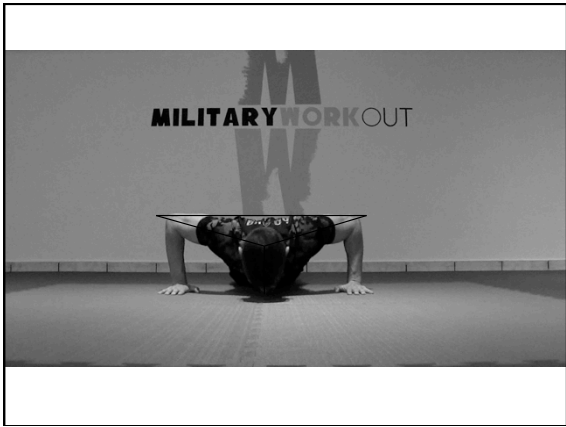
➔

END POSITION

- Chest touching the bottle
- Shoulders under the elbow line
- Hips away from the ground







MW PHYSICAL TEST
PUSH UP SCORE
Age 22 to 42

Total POINTS	Total REPS
6 <small>(minimum passing score)</small>	40
7	48
8	55
9	63
10	70

Age above 42 yrs refer to APFT Test Rules (Army Physical Fitness Test)

MW PHYSICAL TEST
TEST 2: PULL UP

GOAL
Minimum 12 pull ups STRICT

TECHNIQUE

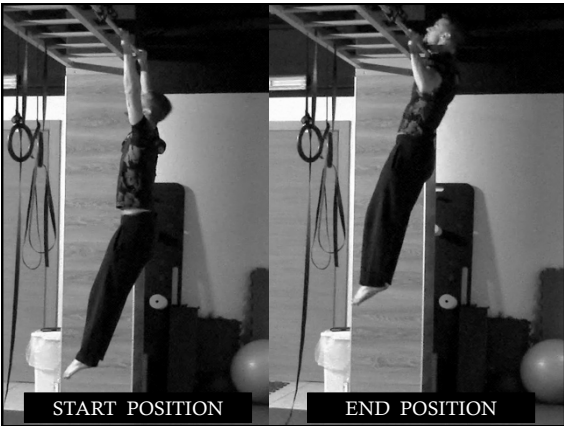
START POSITION

- Arms fully extended
- Straight legs

➔

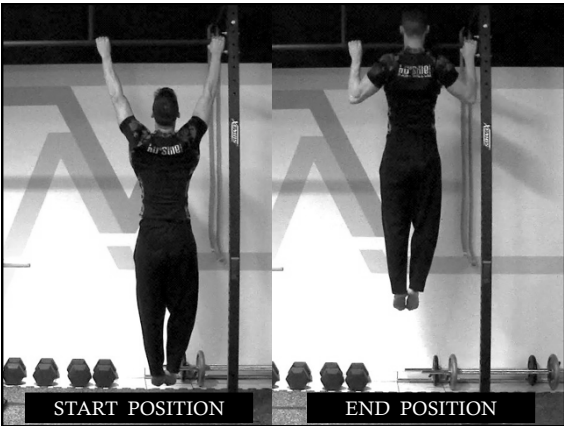
END POSITION

- Chin over the bar
- Straight legs



START POSITION**END POSITION**

3



MW PHYSICAL TEST

PULL UP SCORE

Age 22 to 42

Total POINTS	Total REPS
6 (minimum passing score)	12
7	14
8	16
9	18
10	20

MW PHYSICAL TEST

TEST 3: BURPEE JUMP

GOAL
30 Burpees Jump
(max time: 4min)

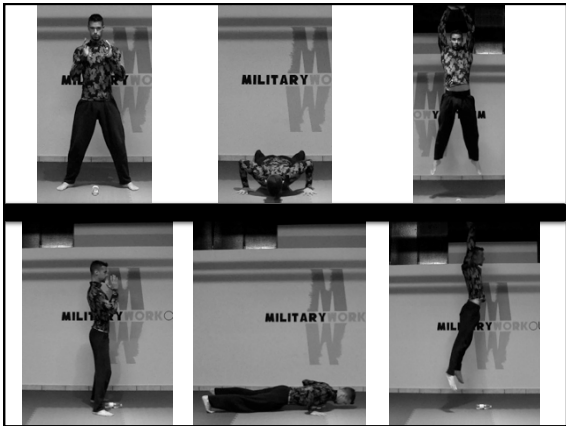
TECHNIQUE

START MOVEMENT

1- Squat down
2- Plank
3- Push up chest to bottle

FINAL MOVEMENT

4- Return to squat position
5- Jump (+20cm) with arms and legs fully extended
6- Land and squat down



MW PHYSICAL TEST

BURPEE JUMP SCORE

Age 22 to 42

Total POINTS	Total REPS
6 (minimum passing score)	30 reps < 4'
7	30 reps < 3'30"
8	30 reps < 3'
9	30 reps < 2'30"
10	30 reps < 2'

MW PHYSICAL TEST

TEST 4: CHIN UP

GOAL
Minimum 10 chin ups

TECHNIQUE

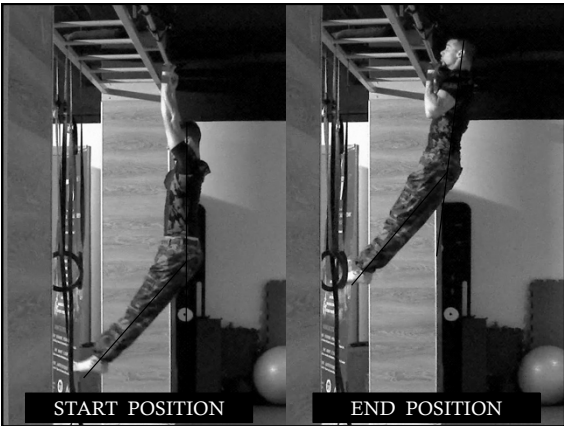
START POSITION

- Arms fully extended
- Legs straight in forward position

➡

END POSITION

- Chin over the bar
- Legs straight in forward position



MW PHYSICAL TEST

CHIN UP SCORE

Age 22 to 42

Total POINTS	Total REPS
6 (minimum passing score)	10
7	12
8	13
9	15
10	17

MW PHYSICAL TEST

TEST 5: RING DIPS

GOAL
10 ring dips

TECHNIQUE

START POSITION

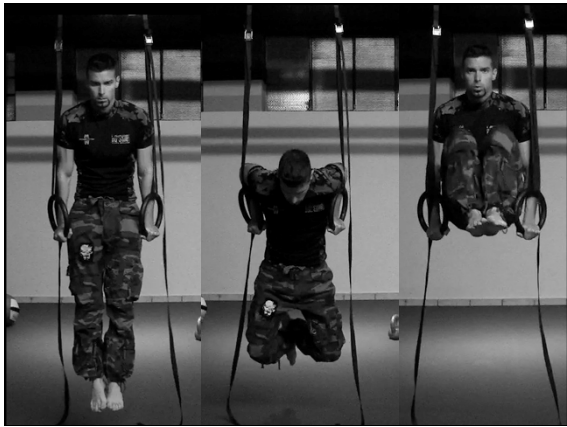
- Arms fully extended
- Legs slightly forward

TRANSITION

- Shoulder under the elbow line
- Legs away from the ground

END POSITION

- Arms fully extended
- Knees to chest



MW PHYSICAL TEST

RING DIPS SCORE

Age 22 to 42

Total POINTS	Total REPS
6 (minimum passing score)	10
7	12
8	13
9	15
10	17

MW PHYSICAL TEST

TEST 5 (alternative): PARALLEL DIPS

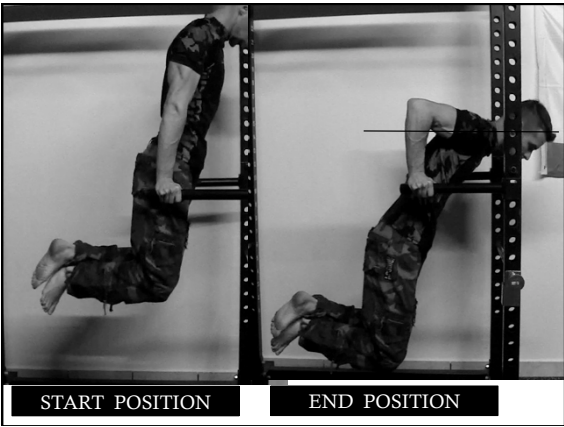
GOAL
15 parallel bar dips

TECHNIQUE

START POSITION
- Arms fully extended
- Curled legs



END POSITION
- Shoulders under the elbows line
- Knees away from the ground



MW PHYSICAL TEST
PARALLEL BAR DIPS SCORE
Age 22 to 42

Total POINTS	Total REPS
6 (minimum passing score)	15
7	17
8	19
9	21
10	23

MW PHYSICAL TEST
TEST 6
MW Frog + MW bodyweight SWING
GOAL
10 MW Frog
+
10 MW Bodyweight Swing
} 6 series
max total time 4'30"
no rest between series

TEST RULES

- ✓ Use Level 1 progression during the first series
- ✓ You can upgrade to following progression after each series
- ✓ Do not change progression until series completion
- ✓ Do not lower the progression level during the test



10 MW Frog
Knees away from the ground

10 MW bw Swing
No rest during exercises

MW Frog
Level 1 progression

MILITARYWORKOUT

MILITARYWORKOUT





START POSITION

END POSITION

MW Bodyweight Swing
Level 1 progression

MILITARYWORKOUT

MILITARYWORKOUT



START POSITION

END POSITION

MW PHYSICAL TEST
MW Frog + MW Bodyweight swing SCORE
Age 22 to 42

Total POINTS	Total REPS
6 (minimum passing score)	6 series < 4'30"
7	6 series < 4'
8	6 series < 3'30"
9	6 series < 3'
10	6 series < 2'30"

MW PHYSICAL TEST

RECOVERY CAPACITY SCORE

Age 22 to 42

Total POINTS	Total REPS
6 (minimum passing score)	time < 5'
7	time < 4'
8	time < 3'30"
9	time < 3'
10	time < 2'30"

Time = average time

MW PHYSICAL TEST

FINAL TOTAL SCORE

TEST SCORE SUM
+
RECOVERY CAPACITY SCORE

MINIMUM TOTAL SCORE: 42
(6 pts x 6 tests + 6 pts total recovery capacity)

MAXIMUM TOTAL SCORE: 70
(10 pts x 6 tests + 10 pts total recovery capacity)
