


MWC – Military Workout® Challenge

# MW PHYSICAL TEST

Level: Fitness (bodyweight)



MW FITNESS COACH Lev.1  
2015 Minimum Requirements - Category: MEN

*Power by Andrea Varri*

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# 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 } + } 6 series no rest 10 reps }

Max rest between exercises 5 minutes

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# 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

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**END POSITION**

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

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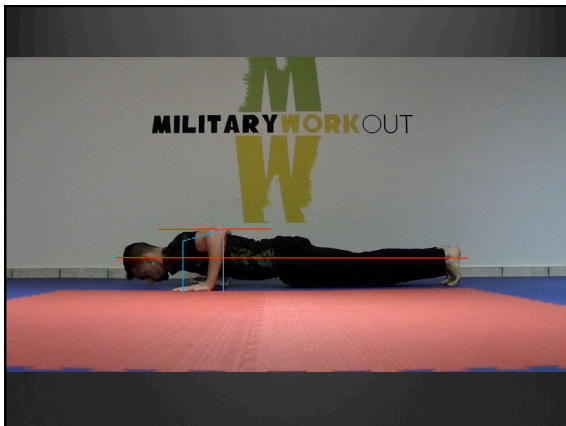
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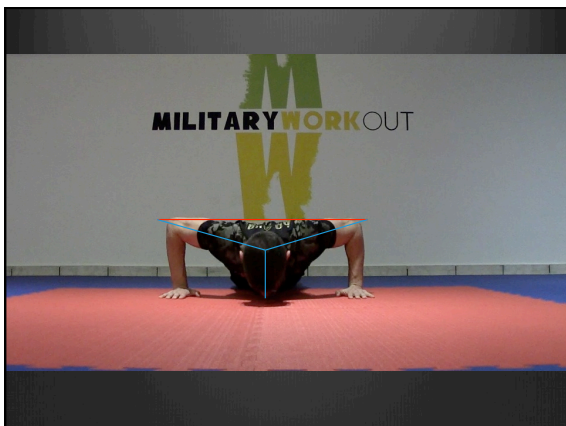
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## MW PHYSICAL TEST

### 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)

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## MW PHYSICAL TEST

### TEST 2: PULL UP

**GOAL**  
Minimum 12 pull ups STRICT

**TECHNIQUE**

<b>START POSITION</b> <ul style="list-style-type: none"><li>- Arms fully extended</li><li>- Straight legs</li></ul>		<b>END POSITION</b> <ul style="list-style-type: none"><li>- Chin over the bar</li><li>- Straight legs</li></ul>
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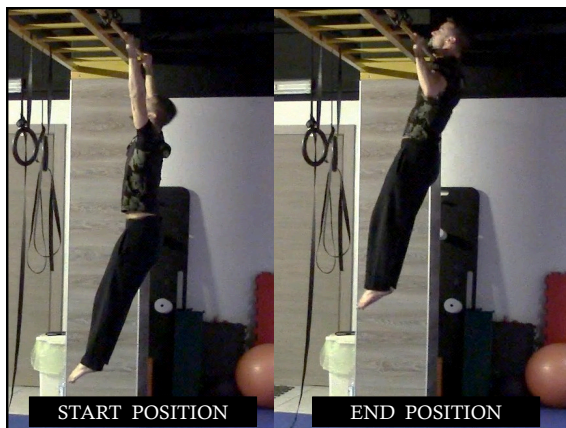
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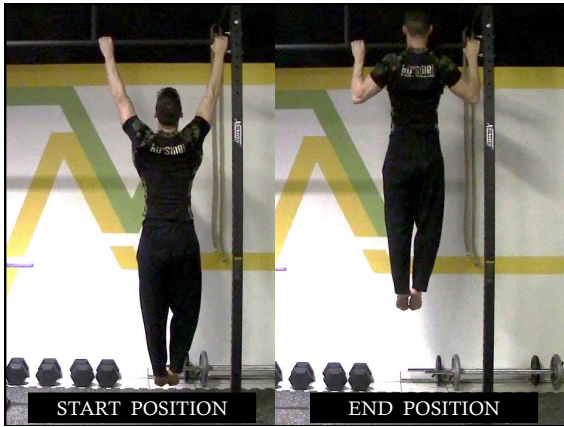
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**MW PHYSICAL TEST**  
**PULL UP SCORE**  
Age 22 to 42

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

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**MW PHYSICAL TEST**  
**TEST 3: BURPEE JUMP**

**GOAL**  
30 Burpees Jump  
(max time: 4min)

**TECHNIQUE**

<b>START MOVEMENT</b> 1- Squat down 2- Plank 3- Push up chest to bottle		<b>FINAL MOVEMENT</b> 4- Return to squat position 5- Jump (+20cm) with arms and legs fully extended 6- Land and squat down
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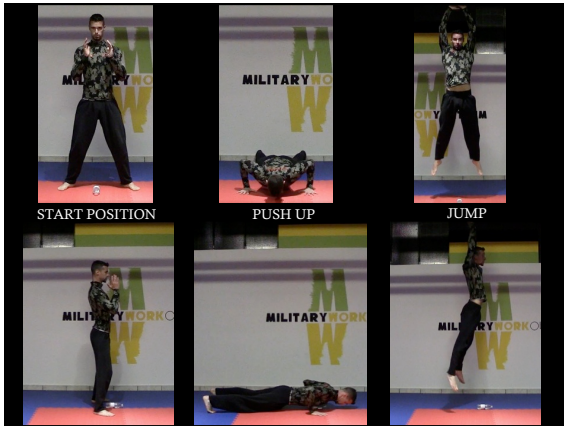
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**MW PHYSICAL TEST**  
**BURPEE JUMP SCORE**  
 Age 22 to 42

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

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**MW PHYSICAL TEST**  
**TEST 4: CHIN UP**  
**GOAL**  
 Minimum 10 chin ups

**TECHNIQUE**

**START POSITION**

- Arms fully extended
- Legs straight in forward position

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**END POSITION**

- Chin over the bar
- Legs straight in forward position

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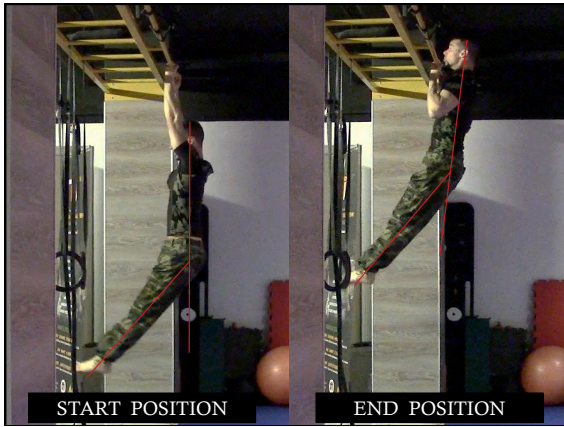
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**MW PHYSICAL TEST**  
**CHIN UP SCORE**  
Age 22 to 42

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

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**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

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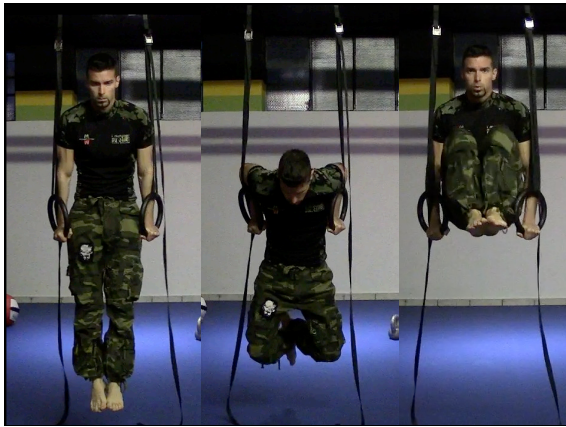
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**MW PHYSICAL TEST**  
RING DIPS SCORE  
Age 22 to 42

Total POINTS	Total REPS
<b>6</b> <small>(minimum passing score)</small>	<b>10</b>
7	12
8	13
9	15
10	17

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**MW PHYSICAL TEST**  
TEST 5 (alternative): PARALLEL DIPS

**GOAL**  
15 parallel bar dips

**TECHNIQUE**

<b>START POSITION</b> <ul style="list-style-type: none"><li>- Arms fully extended</li><li>- Curled legs</li></ul>		<b>END POSITION</b> <ul style="list-style-type: none"><li>- Shoulders under the elbows line</li><li>- Knees away from the ground</li></ul>
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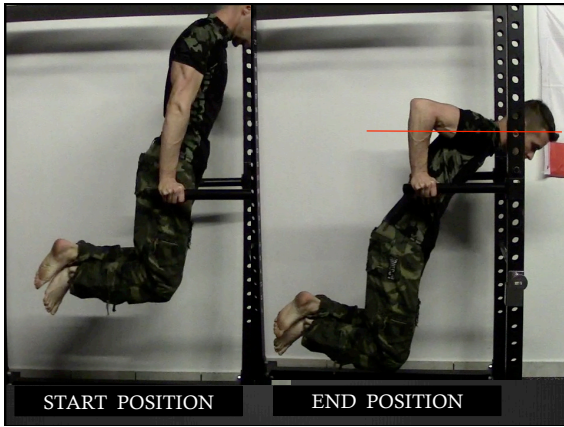
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**MW PHYSICAL TEST**  
**PARALLEL BAR DIPS SCORE**  
 Age 22 to 42

Total POINTS	Total REPS
<b>6</b> <small>(minimum passing score)</small>	<b>15</b>
7	17
8	19
9	21
10	23

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**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

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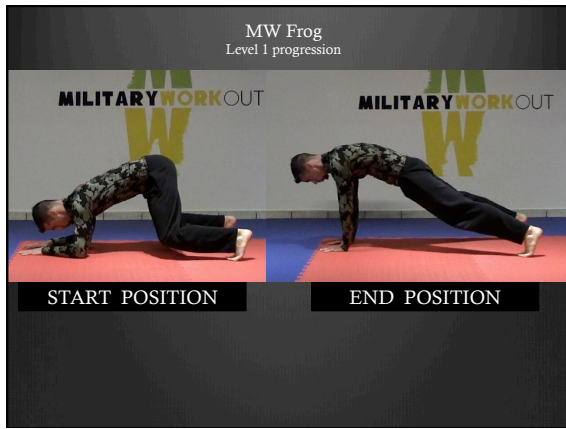
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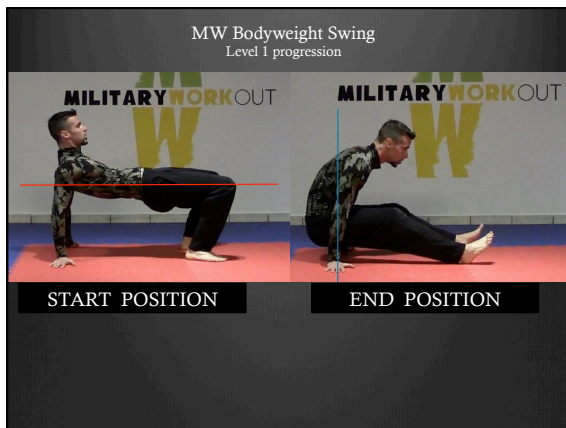
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**MW PHYSICAL TEST**  
MW Frog + MW Bodyweight swing SCORE  
Age 22 to 42

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

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**MW PHYSICAL TEST**  
**RECOVERY CAPACITY SCORE**  
Age 22 to 42

Total POINTS	Total REPS
<b>6</b> <small>(minimum passing score)</small>	<b>time &lt; 5'</b>
7	time < 4'
8	time < 3'30"
9	time < 3'
10	time < 2'30"

Time = average time

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**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)

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