



THE BELT SYSTEM



**STRENGTH AND
CONDITIONING**
COURSE.COM





INTRODUCTION

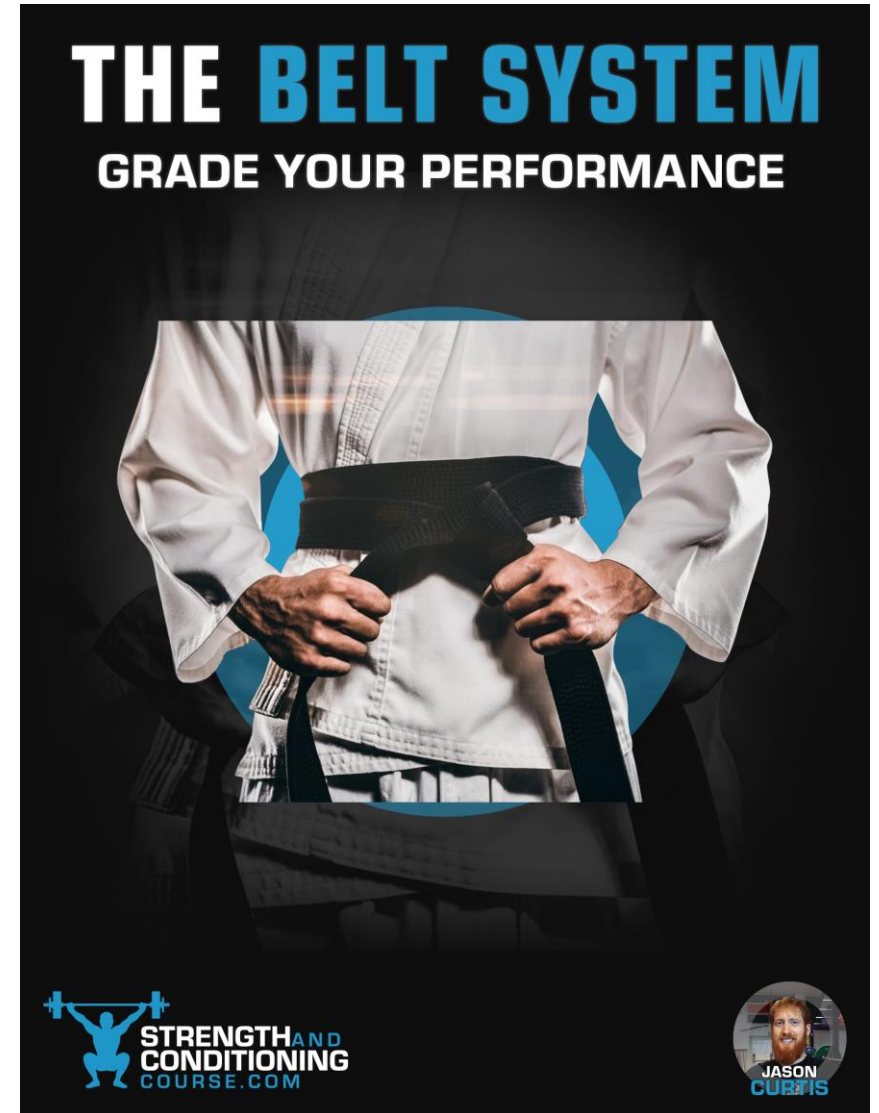
Training shouldn't be boring, so we have created a **Belt System** with male & female standards.

5 Disciplines, 8 Tests Per Discipline (40 in Total), 8 Belts to Achieve!

- 8x Bodyweight Muscular Endurance.
- 8x Barbell Strength.
- 8x Olympic Weightlifting.
- 8x Speed & Power.
- 8x Endurance.

To achieve a belt for a specific discipline, you must achieve all 8 standards.

Gain your **TRIBRID** Belt by achieving all 8 standards in every discipline for a specific colour.





THE TRIBRID PATCH

If you can prove that you have achieved the Black Belt Standard on all 8 Tests across all 8 Disciplines, we will send you the **TRIBRID Black Belt Patch**.

To prove it, we need to see video evidence of the exercises and watch data for the runs, etc.

In all honesty, I doubt we will be sending many of these out. To achieve the Black Belt standard across all 40 Tests is a HUGE achievement and makes you an absolute machine!

Would you like more coloured patches available for the other belt colours? Possibly even for each discipline? – These would become available to purchase on the website.



MALE: BODYWEIGHT MUSCULAR ENDURANCE

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
MAX WALL SIT	>30s	>1m	>1m 30s	>2m	>2m 30s	>3m	>3m 30s	>4m
1M PUSH UP	10reps	15reps	20reps	25reps	30reps	35reps	40reps	50reps
1M PULL UP	2reps	3reps	5reps	6reps	8reps	10reps	12reps	15reps
MAX DEAD HANG	>30s	>1m	>1m 30s	>2m	>2m 30s	>3m	>3m 30s	>4m
1M SIT UP	15reps	20reps	25reps	30reps	35reps	40reps	45reps	55reps
1M LEG TUCK	6reps	8reps	10reps	12reps	14reps	16reps	18reps	20reps
MAX FRONT PLANK	>30s	>1m	>1m 30s	>2m	>2m 30s	>3m	>3m 30s	>4m
MAX SIDE PLANK	>20s	>40s	>1m	>1m 20s	>1m 40s	>2m	>2m 20s	>2m 40s

FEMALE: BODYWEIGHT MUSCULAR ENDURANCE

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
MAX WALL SIT	>30s	>1m	>1m 30s	>2m	>2m 30s	>3m	>3m 30s	>4m
1M PUSH UP	5reps	8reps	12reps	15reps	18reps	21reps	25reps	30reps
1M PULL UP	1rep	2reps	3reps	4reps	5reps	6reps	7reps	8reps
MAX DEAD HANG	>20s	>40s	>1m	>1m 20s	>1m 40s	>2m	>2m 20s	>2m 40s
1M SIT UP	10reps	15reps	20reps	25reps	30reps	35reps	>40reps	50reps
1M LEG TUCK	4reps	5reps	6reps	7reps	8reps	10reps	12reps	14reps
MAX FRONT PLANK	>30s	>1m	>1m 30s	>2m	>2m 30s	>3m	>3m 30s	>4m
MAX SIDE PLANK	>20s	>40s	>1m	>1m 20s	>1m 40s	>2m	>2m 20s	>2m 40s

BECOME THE EXPERT

MALE: BARBELL STRENGTH

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
BACK SQUAT	60kg	80kg	100kg	120kg	140kg	160kg	180kg	200kg
FRONT SQUAT	50kg	65kg	80kg	95kg	110kg	125kg	140kg	155kg
CON DEADLIFT	80kg	100kg	120kg	140kg	160kg	180kg	200kg	220kg
SUMO DEADLIFT	80kg	100kg	120kg	140kg	160kg	180kg	200kg	220kg
HEX BAR DEADLIFT	100kg	120kg	140kg	160kg	180kg	200kg	220kg	240kg
BENCH PRESS	50kg	60kg	70kg	80kg	90kg	100kg	110kg	120kg
STRICT PRESS	45kg	50kg	55kg	60kg	65kg	70kg	75kg	80kg
PUSH PRESS	55kg	60kg	65kg	70kg	75kg	80kg	90kg	100kg

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FEMALE: BARBELL STRENGTH

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
BACK SQUAT	35kg	45kg	55kg	65kg	75kg	85kg	100kg	115kg
FRONT SQUAT	25kg	30kg	35kg	40kg	45kg	50kg	60kg	70kg
CON DEADLIFT	40kg	50kg	60kg	70kg	85kg	100kg	115kg	130kg
SUMO DEADLIFT	40kg	50kg	60kg	70kg	85kg	100kg	115kg	130kg
HEX BAR DEADLIFT	50kg	60kg	70kg	80kg	95kg	110kg	125kg	140kg
BENCH PRESS	20kg	25kg	30kg	35kg	40kg	45kg	50kg	60kg
STRICT PRESS	15kg	17.5kg	20kg	25kg	30kg	35kg	40kg	45kg
PUSH PRESS	20kg	25kg	30kg	35kg	40kg	45kg	50kg	55kg

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MALE: OLYMPIC WEIGHTLIFTING

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
OH SQUAT	35kg	45kg	55kg	65kg	75kg	85kg	100kg	115kg
SNATCH BALANCE	35kg	45kg	55kg	55kg	75kg	85kg	95kg	110kg
SNATCH	30kg	40kg	50kg	60kg	70kg	80kg	90kg	100kg
POWER SNATCH	30kg	40kg	50kg	55kg	60kg	65kg	70kg	80kg
CLEAN	45kg	55kg	65kg	75kg	85kg	95kg	110kg	125kg
POWER CLEAN	40kg	45kg	50kg	60kg	70kg	80kg	90kg	100kg
POWER JERK	35kg	45kg	55kg	65kg	75kg	85kg	100kg	110kg
SPLIT JERK	35kg	45kg	55kg	65kg	75kg	85kg	100kg	110kg

FEMALE: OLYMPIC WEIGHTLIFTING

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
OH SQUAT	15kg	20kg	25kg	30kg	35kg	40kg	50g	60kg
SNATCH BALANCE	15kg	20kg	25kg	30kg	35kg	40kg	50g	60kg
SNATCH	15kg	20kg	25kg	30kg	35kg	40kg	50g	60kg
POWER SNATCH	15kg	17.5kg	20kg	22.5kg	25kg	35kg	40kg	45kg
CLEAN	20kg	25kg	30kg	35kg	45kg	55kg	65kg	80kg
POWER CLEAN	20kg	25kg	30kg	35kg	40kg	45kg	55kg	65kg
POWER JERK	15kg	20kg	25kg	30kg	35kg	40kg	50kg	60kg
SPLIT JERK	15kg	20kg	25kg	30kg	35kg	40kg	50kg	60kg

BECOME THE EXPERT

MALE: SPEED & POWER

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
30M SPRINT	<5s	<4.9s	<4.8s	<4.7s	<4.6s	<4.4s	<4.2s	<4s
50M SPRINT	<9s	<8.6s	<8.4s	<8.2s	<8s	<7.8s	<7.6s	<7.4s
100M SPRINT	<14.5s	<13.5s	<13s	<12.8s	<12.6s	<12.4s	<12.2s	<12s
400M SPRINT	<90s	<85s	<80s	<75s	<70s	<65s	<60s	<55s
VERTICAL CMJ	>20cm	>25cm	>30cm	>35cm	>40cm	>45cm	>50cm	>55cm
BROAD CMJ	>1.7m	>1.8m	>1.9m	>2m	>2.1m	>2.2m	>2.3m	>2.4m
100M ROW	<22s	<21s	<20s	<19s	<18.5s	<18s	<17.5s	<17s
100M SKI ERG	<22s	<21s	<20s	<19s	<18.5s	<18s	<17.5s	<17s

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FEMALE: SPEED & POWER

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
30M SPRINT	<5.2s	<5.1s	<5s	<4.9s	<4.8s	<4.7s	<4.6s	<4.5s
50M SPRINT	<9.8s	<9.4s	<9.2s	<8s	<8.8s	<8.4s	<8.2s	<8s
100M SPRINT	<15.5s	<14.5s	<14s	<13.8s	<13.6s	<13.4s	<13.2s	<13s
400M SPRINT	<100s	<95s	<90s	<85s	<80s	<75s	<70s	<65s
VERTICAL CMJ	>10cm	>15cm	>20cm	>25cm	>30cm	>35cm	>40cm	>45cm
BROAD CMJ	>1.2m	>1.3m	>1.4m	>1.5m	>1.6m	>1.7m	>1.8m	>1.9m
100M ROW	<25s	<24s	<23s	<22s	<21s	<20s	<19.5s	<19s
100M SKI ERG	<26s	<25s	<24s	<23s	<22.5s	<21s	<20.5s	<20s

BECOME THE EXPERT

MALE: ENDURANCE

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
1KM RUN	<5m 30s	<5m	<4m 45s	<4m 30s	<4m 15s	<4m	<3m 45s	<3m 30s
5KM RUN	<28m	<26m	<24m	<23m	<22m	<21m 30s	<19m 30s	<18m 30s
10KM RUN	<60m	<55m	<50m	<48m	<45m	<42m	<40m	<39m
2KM ROW	<10m	<9m 30s	<8m 30s	<8m	<7m 30s	<7m 15s	<7m	<6m 45s
5KM ROW	<25m	<23m	<22m	<21m	<20m 30s	<20m	<19m 30s	<19m
10KM ROW	<54m	<50m	<48m	<44m	<42m	<41m	<40m	<39m
1KM SKI ERG	<6m 45s	<6m	<5m 30s	<5m	<4m 45s	<4m 30s	<4m 15s	<4m
5KM SKI ERG	<25m	<23m	<22m	<21m	<20m 30s	<20m	<19m 30s	<19m

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FEMALE: ENDURANCE

TEST	WHITE	YELLOW	ORANGE	RED	GREEN	BLUE	PURPLE	BLACK
1KM RUN	<6m	<5m 30s	<5m 20s	<5m 10s	<5m	<4m 50s	<4m 40s	<4m 30s
5KM RUN	<35m	<32m	<30m	<28m	<26m	<24m	<23m	<22m
10KM RUN	<75m	<70m	<65m	<60m	<55m	<50m	<48m	<46m
2KM ROW	<12m	<11m	<10m 30s	<10m	<9m 30s	<9m	<8m	<7m 30s
5KM ROW	<28m	<27m	<26m	<25m	<24m	<23m	<22m 30s	<22m
10KM ROW	<60m	<55m	<50m	<45m	<44m 30s	<44m	<43m 30s	<43m
1KM SKI ERG	<8m	<7m 30s	<7m	<6m 30s	<6m	<5m 30s	<5m	<4m 45s
5KM SKI ERG	<32m	<30m	<28m	<27m	<26m 30s	<26m	<25m 30s	<25m



BECOME THE EXPERT

STAY SOCIAL



Thanks for downloading our Belt System, I hope you find it adds to your training and enhances your motivation.

Please provide feedback so we can optimize the standards – are some standards too hard, while others too easy?

If you love this kind of content and all things strength and conditioning, please follow our social media pages – I post new content daily to both Facebook and Instagram.

Here are the links below:

Facebook: <https://facebook.com/strengthandconditioningcourse>

Instagram: <https://Instagram.com/strengthandconditioningcourse>

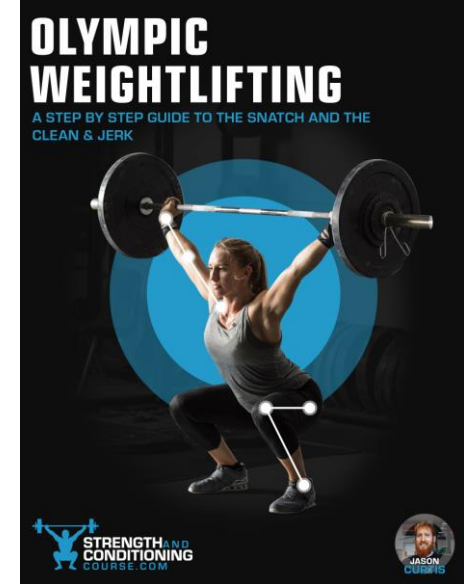
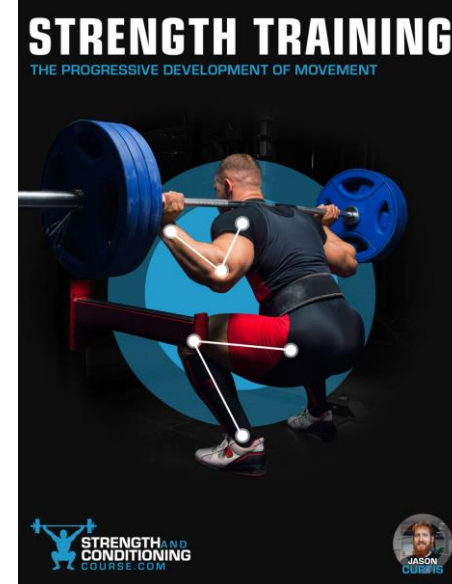
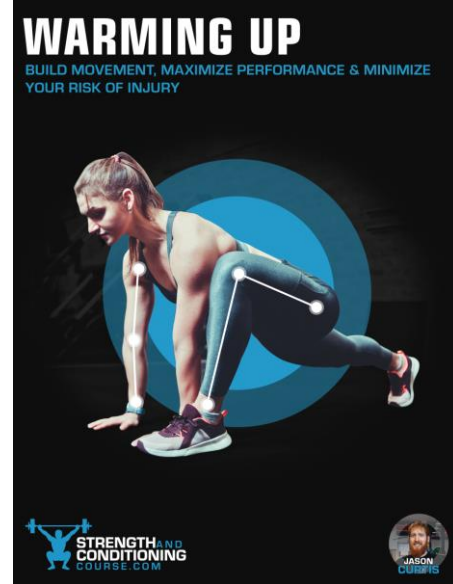
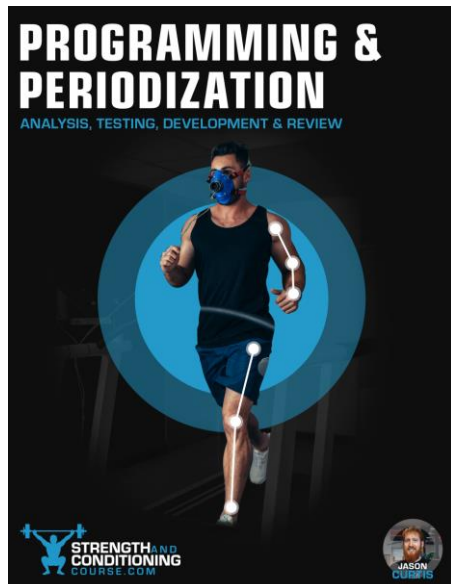
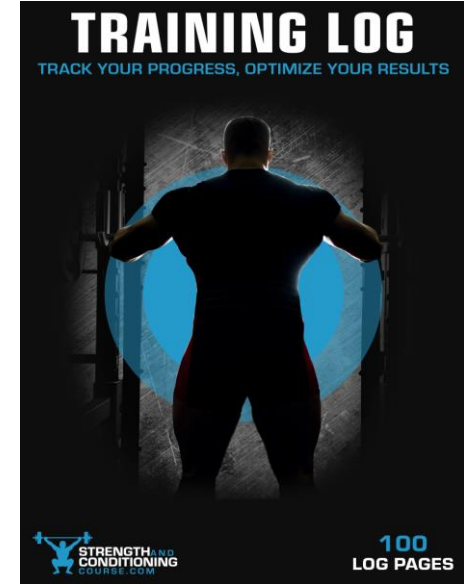
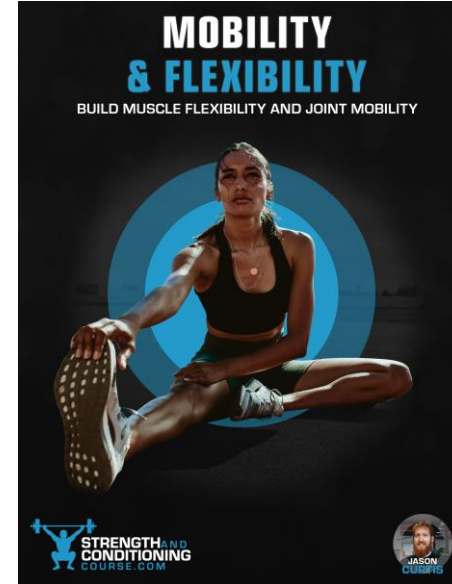
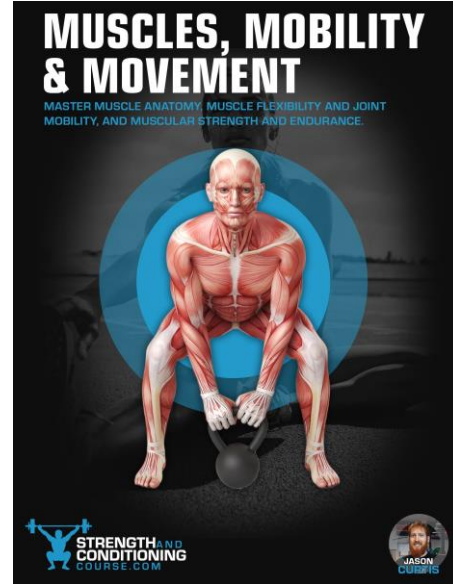
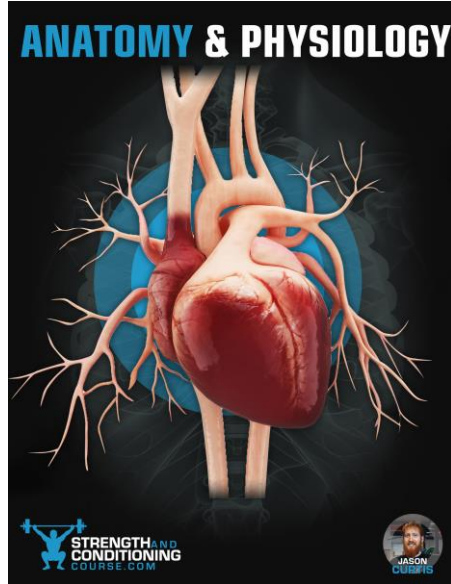
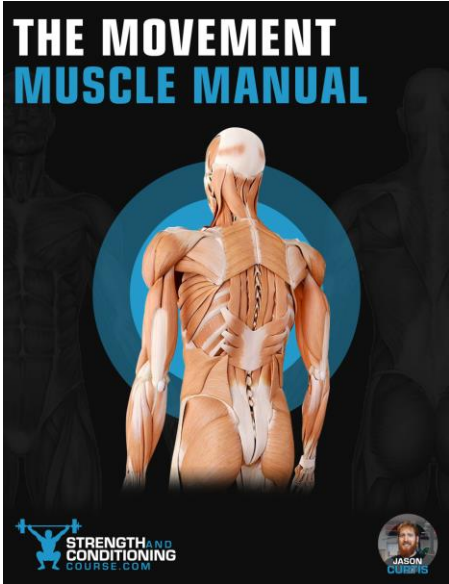
Please don't hesitate to drop me a message on either feeds if you have any questions at all.

Coach Curtis





MY BOOKS: WWW.JASONCURTIS.ORG



HOPE YOU ENJOYED
OUR CONTENT



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