

ARE YOU A BEAST, A WARRIOR OR A SOLDIER? FIND OUT WITH THIS WORKOUT!

FIRE TEAM WHISKEY FITNESS TEST



You have 3 minutes to do as many reps as you can during the 3 minutes allowed (except for the plank, you will hold plank for as long as you can and the time ends when you have to stop holding plank position). Rest for 3 minutes only in between each exercise. 30 minutes total to take the FTW Fitness Test.

	BEAST	WARRIOR	SOLDIER	YOUR SCORE
SQUATS	150	125	100	
PUSH UPS (MOD FOR WOMEN)	100	75	50	
PLANK HOLD	3 MIN	2 MIN	1 MIN	
BURPEES	60	45	30	
JUMP ROPE	400	300	200	