



The F45 Playoffs is functional all body, strength, agility and cardiovascular trial that tests you equally on all four disciplines and has become the benchmark for fitness testing globally.

THE 10 MINUTE TEST FORMAT

10

STATIONS

45

SECONDS WORK

15

SECONDS REST

REP TARGETS PER STATION

1



TARGET: 290m

ROWING

Dampener set to 10.

2



TARGET: 95

BENCH HOP

Two feet take off & landing

3



TARGET: 57

PUSH UP KNEE TUCK

Chest touches floor & knees past 90 degrees.

4

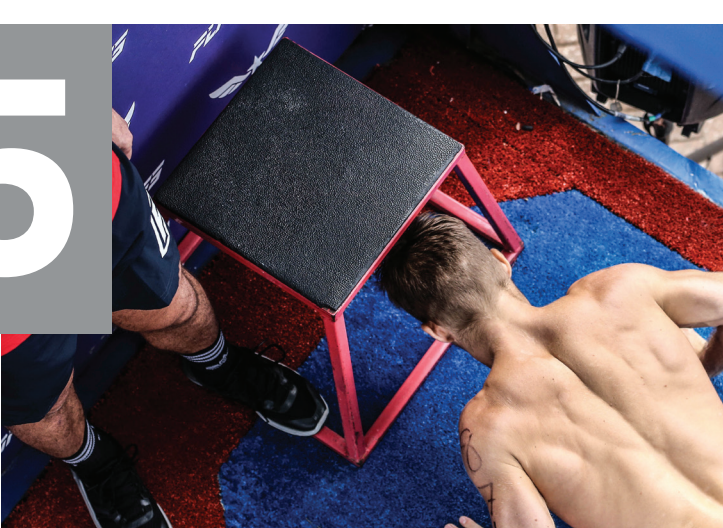


TARGET: 130

LATERAL HOP

Two feet take off & landing.
Jump over & between cones.

5



TARGET: 20

BURPEE & BOX JUMP

Hand release start & end.
Two feet take off.

6



TARGET: 25

CHIN UPS

Chin over bar.
Full lockout dead hang.

7



TARGET: 36

SQUAT & PRESS

(30KG MALE - 15KG FEMALE)

Full squat to parallel or knees.
Full lockout overhead.

8



TARGET: 87

RUSSIAN TWIST

Feet off ground.
Ball touches ground.
No bounce.

9



TARGET: 27

DEADBALL OVER SHOULDER THROW

Pick up & throw over
the shoulder.

10



TARGET: 15

SHUTTLE SPRINT & LATERAL HOP

Four hops over hurdle.
Two feet take off landing
before sprint.