

# Harbinger Score Card

## **Event 1 – Total Body Strength Endurance**

Max Reps Hip to Overhead in 2 minutes 30 seconds

Load = 95lbs

Note: Athlete can rest the bar in the front rack position only, if bar touches ground test is over

Passing score = 25 reps

Additional reps = 1 point each

## **Event 2 – Lower Body Strength Endurance**

Max Reps Lunges in 2 minutes 30 seconds

Load = 95lbs

Note: Athlete can rest anytime but cannot place bar on the ground

Passing score = 50 reps - each lunge is a single rep

Additional reps = .5 points for each additional rep

## **Event 3 – Upper Body Strength Endurance**

Max Reps Bench Press

Load = Bodyweight

Passing score = 10 reps

Additional reps = 1 point for each additional step

## **Event 4 – Work Capacity Under Load**

Max Reps 25 meter sprints in 90 seconds

4 rounds total – 60 seconds rest between each round

Load = 25lbs (plate, KB, DB)

Passing score = 40 sprints

Additional reps = 2 points for each 25 meter sprint completed

## **Event 5 – Aerobic Capacity**

3 mile run for time

Passing time = under 24 minutes

Additional points = 1.5 points for every 15 seconds under 24 minutes

Note: You'll need to enter this as a decimal - 15 seconds is .25 of a minute. You will need to round up to the nearest quarter. For example if you ran a 23:22 then that would round up to 23:30, then be input as 23.5 - if you ran a 22:12 then that would round up to 22:15 and be input as 22.25 - make sense? No partial credit, you will round up to the :15 / :30 / :45 / or :00 mark.

## **Event 6 – Upper Body Strength Endurance**

Max Reps Pull-ups

Passing score = 13 reps

Additional reps = 1 point per rep

