Conditioning Challenges													
		Exercise					**Level A**	**Level B**	**Level C**	Notes:			
		Jump Rope					1:00 Best Reps	5:00 Best Reps	10 min Best Reps	Use weighted on regular rope			
		Sled Push					1:00 Best Reps	5:00 Best Reps	10 min Best Reps	Record weight used & reps			
		Row Machine					500 m	1000 m	2000 m	Record best time			
		Ski Erg					500 m	1000 m	2000 m	Record best time			
		Bike Aerdyne					1:00	5 min	10 min	max cals			
		Mile Walk/Run					<10/14 min	<8/12 min	<7/10 min	Record time & post heart rate			
		Step Test(12 in box)					3 min			Record heart rate for 1:00 seated post test			
Notes													