

# Y/Elite Tiers

See the Wellness Director at a participating YMCA location to start your progression through Tier 1.

		Tier 1		Tier 2	Tier 3	Y Elite Status
		Goal		Coming Soon	Coming Soon	Coming Soon
		Activities	Men	Women		
Cardio	Row		1000m, 3:27	1000m, 4:03		
	Burpee Distance		400 meters, 35 min	400 meters, 45 min		
Power	Power Tests		Medicine Ball Put 15 feet Broad Jump=6.8 feet	Medicine Ball Put 10 feet Broad Jump=5.8 feet		
Strength (rep are done unbroken)	Pull-ups		10 reps	10 reps, Green Band		
	Deadlifts		15 reps, BW	15 Reps, 75% of BW		
	Toes to bar		15 reps	10 reps		
	Bench Press		10 reps, 80% BW	10 reps, 60% BW		
	Squats		75 reps, 25lb dumbbell	75 reps, 15lb dumbbell		
	Handstand Hold		1 min, supported	1 min, supported		
	Farmers Walk		.25mi, 45lb	.25mi, 35lb		
	HRPU		45 reps	30 reps		
Event (Choose 2)	Triathlon		Sprint			
	Obstacle Race		(3-4mi)			
	Y Run		Run to 3 Y's from DT Y location (James Center, North side, Tuckahoe)			
	Personal Best		Beat Your Personal Best in Any Event			



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

