



# ATHLETE IQ BASELINE

## BENCHMARK WORKOUTS

| WORKOUTS             | Date   Time |
|----------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| ENZO GORLOMI         |             |             |             |             |             |             |
| BUMPER CABLES        |             |             |             |             |             |             |
| KING LARRY I         |             |             |             |             |             |             |
| CUPCAKE LUNGS        |             |             |             |             |             |             |
| PENNIES              |             |             |             |             |             |             |
| CHUCKLES 1 & 2       |             |             |             |             |             |             |
| MIGHT NOT            |             |             |             |             |             |             |
| SPEED, NOT VOLUME    |             |             |             |             |             |             |
| HURT AND INJURED     |             |             |             |             |             |             |
| RULE 8               |             |             |             |             |             |             |
| FAIRY DUST           |             |             |             |             |             |             |
| 75 CONTINENTAL DRIVE |             |             |             |             |             |             |



# ATHLETE IQ BASELINE

## 1-REP MAX LIFTS

| LIFTS          | Date   Weight |
|----------------|---------------|---------------|---------------|---------------|---------------|---------------|
| DEADLIFT       |               |               |               |               |               |               |
| SQUAT CLEAN    |               |               |               |               |               |               |
| POWER CLEAN    |               |               |               |               |               |               |
| CLEAN & JERK   |               |               |               |               |               |               |
| PUSH JERK      |               |               |               |               |               |               |
| SPLIT JERK     |               |               |               |               |               |               |
| SQUAT SNATCH   |               |               |               |               |               |               |
| POWER SNATCH   |               |               |               |               |               |               |
| OVERHEAD SQUAT |               |               |               |               |               |               |
| BACK SQUAT     |               |               |               |               |               |               |
| FRONT SQUAT    |               |               |               |               |               |               |
| STRICT PRESS   |               |               |               |               |               |               |
| BENCH PRESS    |               |               |               |               |               |               |



# ATHLETE IQ BASELINE

## MONOSTRUCTURAL

| TESTS       | Date   Time |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1 MILE RUN  |             |             |             |             |             |             |
| 5K RUN      |             |             |             |             |             |             |
| 10K RUN     |             |             |             |             |             |             |
| 1K C2 BIKE  |             |             |             |             |             |             |
| 4K C2 BIKE  |             |             |             |             |             |             |
| 10K C2 BIKE |             |             |             |             |             |             |
| 20K C2 BIKE |             |             |             |             |             |             |
| 1K SKI      |             |             |             |             |             |             |
| 2K SKI      |             |             |             |             |             |             |
| 5K SKI      |             |             |             |             |             |             |
| 10K SKI     |             |             |             |             |             |             |
| 1K ROW      |             |             |             |             |             |             |
| 2K ROW      |             |             |             |             |             |             |
| 5K ROW      |             |             |             |             |             |             |
| 10K ROW     |             |             |             |             |             |             |



# ATHLETE IQ BASELINE

## CUBE TESTS

| TESTS            | Date   Score |
|------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| RUN              |              |              |              |              |              |              |
| C2 BIKE          |              |              |              |              |              |              |
| SKI              |              |              |              |              |              |              |
| ROW              |              |              |              |              |              |              |
| AAB              |              |              |              |              |              |              |
| MIXED<br>MACHINE |              |              |              |              |              |              |