

How to use this guide. These protocols explain how each challenge assessment will be conducted and what counts as a valid result. The goal is consistency: every participant is tested using the same setup, movement standards, timing and scoring rules whenever practical.



1. Dead Hang

- **Setup:** A secure pull-up bar and timer are used.
- **Starting position:** Begin in a controlled hang with an overhand grip; your body remains suspended without support.
- **Timing:** The timer starts once the standardized hang position is established and stops when you release the bar or can no longer maintain the position.
- **Result:** Total time is recorded to the nearest second. Meet or exceed your age/gender standard to pass.



2. Sit & Reach

- **Setup:** The HROK Sit & Reach box is used on **Scale A - FITNESSGRAM**. Scale B and Scale C are not used.
- **Position:** Shoes off; one leg is tested at a time. One knee stays straight with that foot against the box; the other knee is bent with the foot flat on the floor; hips stay square.
- **Reach:** The foot line is at the 9-inch position. Reach forward with both hands together while keeping the straight knee straight.
- **Attempts & result:** Complete four controlled reaches, hold the fourth for at least 1 second, and test both sides. The farthest valid reach is recorded to the nearest 0.5 inch. You must meet the listed standard on **both sides**.



3. Plank

- **Setup:** A floor mat and timer are used.
- **Starting position:** Forearms on the floor, elbows under shoulders, body in a straight line, feet about hip distance apart.
- **Timing:** The timer starts when the correct position is established and stops when the position can no longer be maintained or you stop.
- **Result:** Time is recorded to the nearest second. Meet or exceed your age/gender standard to pass.



4. Hand-Release Push-Ups

- **Setup:** A floor mat and timer are used. The test lasts **2 minutes**.
- **Movement:** At the bottom of each repetition, both hands must release from the floor before you return to the top position.
- **Body position:** Your whole body must lower to the ground together and be pushed off the ground together. The chest may not rise first while the legs remain down, and the legs may not lift or lag.
- **Result:** Only correctly completed repetitions count. The total number of valid repetitions completed in 2 minutes is recorded.



5. Curl-Ups

- **Setup:** A floor mat, timer and standardized foot/leg position are used.
- **Starting position:** Lie on your back with knees bent and feet secured according to the BESPOKE setup. Arms remain crossed over your chest.
- **Valid repetition:** Both elbows must touch the legs somewhere between the knees and hips, followed by a controlled return to the starting position.
- **Timing & result:** The test lasts **2 minutes**. Only full, valid repetitions count. Meet or exceed your age/gender standard to pass.



6. 1-Mile Run

- **Setup:** Complete at least 1 measured mile using a reputable GPS recording device.
- **Recording:** Use a device such as a Garmin watch or the Strava mobile app.
- **Verification:** The completed activity must be **posted to Strava**. Participants are asked to join the **BESPOKE Strava Club**.
- **Result:** The activity must show at least 1 mile. Your recorded/elapsed time is used for scoring.
- **Validity:** Manual entries or unverified distance claims are not used. If GPS data is clearly corrupted or the distance cannot be verified, a repeat may be required.



7. Cycling FTP / PWR

- **Where you test:** FTP testing is completed in the BESPOKE cycling studio during a **scheduled instructor-led or virtual ride**, using the **Keiser M Series app**.
- **If you need a Baseline:** If you did not complete the standardized July FTP test, you may complete your Baseline FTP during **any scheduled coach-led or virtual instructor ride in Baseline week**.
- **Class registration:** The studio is not open for separate unscheduled FTP testing, so you must register for the scheduled coach-led or virtual instructor ride as you normally would. The normal class fee applies.
- **Midway:** The Midway FTP retest is optional. If you want another PWR improvement opportunity, you may test during **any scheduled coach-led or virtual instructor ride in the Midway window** using the same process. If enough participants want to test, BESPOKE may schedule a dedicated FTP class.
- **Final:** The Final FTP assessment will be completed during BESPOKE's scheduled Final FTP week.
- **Result:** Your 20-minute power result and body weight are used to determine your official FTP/PWR result for the challenge.

Important: A PWR Baseline is required before you can earn a PWR improvement point. A standardized July FTP result may serve as that Baseline. If you complete the optional Midway test, your Final improvement is measured from Midway; if you do not, it is measured from Baseline.

HOW RESULTS ARE USED

Phase	What It Means for You
Baseline	Establish your official starting result. Meeting a BESPOKE standard earns 1 team point and the matching sticker.
Midway	A qualifying improvement from Baseline earns 1 progress point. FTP/PWR is optional.
Final	Improvement is measured from your most recent official result - Midway if you have one, otherwise Baseline.
Final Bonus	Top three performances within each BESPOKE age/gender group earn 3 / 2 / 1 bonus points.

Official results: The same movement standards and invalid-repetition rules are applied to everyone. Actual raw results are recorded. If an event is not completed, it is recorded as DNS / Not Tested rather than zero.

FITNESS STANDARDS CHALLENGE 2026

MEET THE STANDARD. BEAT YOUR BASELINE. HELP YOUR TEAM.

YOUR TARGETS FOR THE CHALLENGE: Each event is scored individually. Meet the listed standard in an event to earn that event sticker and 1 team point at Baseline. For the 1-Mile Run, the listed time or faster meets the standard; for all other events, the listed value or higher meets the standard.

Age	Gender	Dead Hang	Sit & Reach*	Plank	HR Push-Ups (2 min)	1-Mile Run	Curl-Ups (2 min)	PWR (W/kg)
Under 20	Male	30 sec	8"	1:30	15	9:00	35	2.5
Under 20	Female	22 sec	9"	1:30	11	10:30	32	2.1
20-29	Male	30 sec	10"	1:30	14	9:10	35	2.5
20-29	Female	22 sec	12"	1:30	11	10:40	32	2.1
30-39	Male	28 sec	9"	1:28	13	9:20	34	2.4
30-39	Female	21 sec	10"	1:28	11	10:50	31	2.0
40-49	Male	24 sec	9"	1:24	11	9:50	32	2.2
40-49	Female	19 sec	8"	1:24	10	11:20	29	1.8
50-59	Male	20 sec	8"	1:20	10	10:30	28	2.0
50-59	Female	17 sec	7"	1:20	10	12:05	26	1.6
60-69	Male	16 sec	8"	1:15	10	11:30	24	1.8
60-69	Female	15 sec	7"	1:15	10	13:05	22	1.4
70-79	Male	12 sec	8"	1:05	8	13:00	18	1.5
70-79	Female	12 sec	7"	1:05	8	14:30	16	1.2
80-89	Male	10 sec	7"	0:55	6	15:00	12	1.2
80-89	Female	10 sec	6"	0:55	6	16:30	10	1.0
90-99	Male	8 sec	6"	0:45	4	17:00	8	1.0
90-99	Female	8 sec	5"	0:45	4	18:30	6	0.8



Dead Hang



Sit & Reach



Plank



HR Push-Ups



Curl-Ups



1-Mile Run



PWR Cycling

* **Sit & Reach:** use the HROK box's **Scale A - FITNESSGRAM**. The standard is the minimum displayed inch value reached on the test. The Under-20 value is anchored to the published FITNESSGRAM adolescent benchmark; adult bands are BESPOKE age-banded standards informed by adult sit-and-reach norms and calibrated to the same Scale A reference.

Challenge note: Each event stands on its own for points and stickers. **Important:** BESPOKE Fitness Standards are independently developed and are informed by established fitness-testing practices including FITNESSGRAM/Cooper Institute, the Connecticut Physical Fitness Assessment, adult fitness norms, and U.S. Army fitness standards; they are not official standards of any of those organizations.