

# AKR Milestones



## SQUAT

1. Bodyweight Squat
2. Goblet Squat 10kg
3. Goblet Squat 20kg
4. Squat BW kg
5. Squat 1.5 BW kg+
6. 1leg Squat BW kg+

## HINGE

1. Deadlift Pink KB
2. Deadlift Orange KB
3. Deadlift 40kg
4. Deadlift BW kg
5. Deadlift 1.5 BW kg+
6. 1leg Deadlift BW kg+

## PUSH

1. Plank 10s
2. Incline Push-up
3. OH Press with Dowel
4. OH Press 0.5 BW kg
5. OH Press 0.75 BW kg
6. 1arm OH Press 0.3 BW kg

## PULL

1. Ring Row
2. Hang 20s
3. Scap Chin/Pull-up
4. Eccentric Chin/Pull-up
5. Full Chin/Pull-up
6. Chin/Pull-up for reps

## CONSISTENCY

1. MyZone Iron
2. MyZone Bronze
3. MyZone Silver
4. MyZone Gold
5. MyZone Platinum
6. MyZone Diamond

## STEPS

1. Average 25k p/week
2. Average 35k p/week
3. Average 55k p/week
4. Average 70k p/week
5. Average 85k p/week
6. Average 100k+ p/week

## FOLLOW A SLEEP ROUTINE

1. Five Consecutive Days
2. Two Full Weeks
3. One Consistent Month

## EAT COLOURFUL VEGGIES

1. 1-2 Servings p/day
2. 3-4 Servings p/day
3. 5+ Servings p/day

## PRIORITISE PROTEIN

1. One meal p/day
2. Two meals p/day
3. Three meals p/day

## STOP WHEN FULL

1. Five Consecutive Days
2. Two Full Weeks
3. One Consistent Month