

# CROSSFIT 2014

## Forging Elite Fitness

Name: \_\_\_\_\_

	Level 1	Date	Level 2	Date	Level 3	Date	Level 4	Date
<b>Gymnastics</b>	Air Squats	30 Air Squats in 1 Minute	45 Air Squats in 1 Minute		25 Pistols in 1 Minute		40 Pistols in 1 Minute	
	Pullup	1 Pullup (Strict or Kipping)	5 Unbroken Pullups (Strict or Kipping)		5 Unbroken Bar MU + 3 Unbroken Ring MU		10 Unbroken Bar MU + 8 Unbroken Ring MU	
	Pushup	m: 5 w: 3	1 Ring Dip & 1 HSPU (Strict or Kipping)		5 Ring Dips & 10 HSPU		20 Strict Ring Dips + 10 Freestanding HSPU	
	Burpees	15 in 1 Minute	20 in 1 Minute		25 in 1 Minute		30 in 1 Minute	
	Box Jump	20 Step Ups in 1 Minute 24/20	20 Box Jumps in 1 Minute 24/20		30 Box Jumps in 1 Minute 24/20		30 Box Jumps in 1 Minute 30/24	
<b>Monostructural</b>	200m Run	< 1:00	< 0:50		< 0:40		< 0:30	
	400m Run	< 2:30	< 2:00		< 1:30		< 1:15	
	800m Run	< 5:30	< 5:00		< 3:45		< 2:45	
	1600m Run	<12:00	< 10:00		< 7:30		< 6:00	
	250m Row	m: :50 w: 1:00	m: :45 w: 55		m: :35 w: 50		m: 30 w: 45	
	500m Row	m: 2:00 w: 2:30	m: 1:40 w: 2:00		m: 1:30 w: 1:45		m: 1:20 w: 1:30	
	1000m Row	m: 4:30 w: 5:30	m: 4:00 w: 5:00		m: 3:30 w: 4:00		m: 3:00 w: 3:20	
	Double Unders	5 Unbroken	20 Unbroken		100 Unbroken		20 Unbroken Triple Unders	
<b>Powerlifting</b>	Back Squat	m: BW w: 3/4 x BW	m: 1.5 x BW w: BW		m: 2 x BW w: 1.5 x BW		m: 2.5 x BW w: 2 x BW	
	Bench	m: 3/4 x BW w: 1/2 x BW	m: BW w: 3/4 x BW		m: 1.5 x BW w: BW		m: 1.75 x BW w: 1.15 x BW	
	Deadlift	m: 1.25 x BW w: BW	m: 2 x BW w: 1.5 x BW		m: 2.5 x BW w: 2 x BW		m: 3 x BW w: 2.5 x BW	
<b>Weightlifting</b>	Snatch	1/2 x BW	m: 3/4 x BW w: .7 x BW		m: BW w: .9 x BW		1.25 x BW	
	OHS	m: 3/4 x BW w: 1/2 x BW	m: BW w: 3/4 x BW		m: 1.25 x BW w: BW		1.5 x BW	
	Clean	m: BW f: 3/4 BW	m: 1.25 x BW w: BW		m: 1.5 x BW w: 1.25 x BW		m: 1.75 x BW w: 1.5 x BW	
	Jerk	m: BW f: 3/4 BW	m: 1.25 x BW w: BW		m: 1.5 x BW w: 1.25 x BW		m: 1.75 x BW w: 1.5 x BW	
	Front Squat	m: BW f: 3/4 BW	m: 1.25 x BW w: BW		m: 1.5 x BW w: 1.25 x BW		m: 1.75 x BW w: 1.5 x BW	
	Press	m: 1/2 BW w: .4 x BW	m: 3/4 x BW w: 1/2 BW		m: BW w: 3/4 x BW		m: 1.25 x BW w: BW	