

Level 4 CrossFit Seattle

Athletic Skill Levels I-IV

| | WHITE | GREEN | BLUE | BLACK |
|-------|--|--|---|---|
| | Level I well rounded beginner | Level II intermediate athlete | Level III advanced athlete | Level IV elite athlete |
| hips | <i>squats:</i> 50 free squats | <i>squats:</i> 100 free squats <i>squat:</i> 1 x bodyweight | <i>pistols:</i> 10 each leg <i>squat:</i> 1 1/2 x bodyweight | <i>pistols:</i> 25 each leg <i>squat:</i> 2 x bodyweight |
| push | <i>push ups:</i> 10 | <i>push ups:</i> 30 <i>bench press:</i> 1 x bodyweight | <i>push ups:</i> 40 on rings <i>bench press:</i> 1 1/4 x bodyweight | <i>push ups:</i> 60 on rings <i>bench press:</i> 1 1/2 x bodyweight |
| pull | <i>static hang:</i> 30 seconds | <i>rope climb:</i> 20 foot climb, 1 trip | <i>rope climb:</i> 20 foot climb 1 trip, no feet | <i>rope climb:</i> 20 foot climb 2 trips touch and go, no feet |
| core | <i>sit ups:</i> 30 | <i>v-ups:</i> 30 | <i>overhead squat:</i> 1 x bodyweight | <i>overhead squat:</i> 15 repetitions at 1 x bodyweight |
| work | <i>kettlebell swings:</i> 25 | <i>kettlebell snatch:</i> 30 each arm men 24kg women 16kg | <i>kettlebell snatch:</i> 10 minute test 200 reps men 24kg women 16kg | <i>2 db/kb clean & jerk:</i> 150 reps in 10 minutes men 24kg women 16kg |
| speed | <i>400 meter run:</i> 2:04 minutes | <i>400 meter run:</i> 1:34 minutes | <i>400 meter run:</i> 1:19 minutes | <i>400 meter run:</i> 1:04 minutes |
| hips | <i>deadlift:</i> 3/4 x bodyweight | <i>deadlift:</i> 1 1/2 x bodyweight | <i>deadlift:</i> 2 x bodyweight | <i>deadlift:</i> 2 1/2 x bodyweight |
| push | <i>military press:</i> 1/4 x bodyweight | <i>military press:</i> 1/2 x bodyweight <i>handstand hold:</i> 1 minute | <i>military press:</i> 3/4 x bodyweight <i>handstand push up:</i> 10 | <i>military press:</i> 1 x bodyweight <i>handstand push up:</i> 10 full range |
| pull | <i>medicine ball cleans:</i> 10 | <i>power clean:</i> 3/4 x bodyweight | <i>clean:</i> 1 x bodyweight | <i>clean:</i> 1 1/2 x bodyweight |
| core | <i>knees to chest:</i> 10 sitting | <i>hanging knees to elbows:</i> 15 | <i>hanging straight leg raise:</i> 20 | <i>front lever:</i> 15 seconds |
| work | <i>wall ball:</i> 25 <i>800 meter run:</i> 4:20 minutes | <i>thrusters:</i> 45 reps at 1/2 x bodyweight <i>800 meter run:</i> 3:20 minutes | <i>sandbag carry:</i> 1 mile with 1/2 x bodyweight <i>800 meter run:</i> 2:50 minutes | <i>sandbag carry:</i> 1 mile with 3/4 x bodyweight <i>800 meter run:</i> 2:20 minutes |
| speed | <i>500 meter row:</i> women 2:20 men 1:55 | <i>500 meter row:</i> women 2:00 men 1:45 | <i>500 meter row:</i> women 1:50 men 1:32 | <i>500 meter row:</i> women 1:40 men 1:25 |

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|--------------|---|---|--|--|
| hips | <i>vertical jump:</i> 10 inches | <i>vertical jump:</i> 18 inches | <i>vertical jump:</i> 25 inches | <i>vertical jump:</i> 30 inches |
| push | <i>dips:</i> 3 | <i>dips:</i> 20 <i>dip:</i> 1 with 1/3 x bodyweight | <i>dips:</i> 30 on rings <i>dip:</i> 1 with 3/4 x bodyweight | <i>dips:</i> 50 on rings <i>dip:</i> 1 with 1 x bodyweight |
| pull | <i>pull ups:</i> 3 | <i>pull ups:</i> 20 <i>pull up:</i> 1 with 1/3 x bodyweight <i>muscle up:</i> 1 | <i>pull ups:</i> 40 <i>pull up:</i> 1 with 3/4 x bodyweight <i>muscle up:</i> 10 | <i>pull ups:</i> 40 dead hang <i>pull up:</i> 1 with 1 x bodyweight <i>muscle up:</i> 15 |
| core | <i>L-sit:</i> 10 seconds | <i>L-sit:</i> 30 seconds | <i>L-sit:</i> 1 minute | <i>L-sit:</i> 1:30 minutes |
| work | <i>2000 meter row:</i> women 9:50 men 8:10 | <i>2000 meter row:</i> women 8:50 men 7:30 | <i>row:</i> 5k row for women at 21:00 6k row for men at 21:45 | <i>row:</i> 5k row for women at 20:00 6k row for men at 20:00 |
| speed | <i>dumbbell snatch:</i> 10/arm | <i>power snatch:</i> 1/2 x bodyweight | <i>snatch:</i> 1 x bodyweight | <i>snatch:</i> 1 1/4 x bodyweight |
| work | <i>Christine:</i> 15 minutes 3 rounds for time -- 500 m row, 12 deadlifts, 21 box jumps <i>1 mile run:</i> 9 minutes | <i>Helen:</i> 11:30 minutes 3 rounds for time -- 400 meter run, 21 kb swings, 12 pull ups <i>1 mile run:</i> 7 minutes | <i>Chelsea:</i> 30 minutes every minute on the minute for 30 minutes - 5 pull ups, 10 push ups, 15 squats <i>1 mile run:</i> 6 minutes | <i>Mary:</i> 15 rounds in 20 minutes 5 handstand push ups, 10 pistols, 15 pull ups <i>1 mile run:</i> 5 minutes |

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