

# 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 &amp; 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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<b>hips</b>	<i>vertical jump:</i> 10 inches	<i>vertical jump:</i> 18 inches	<i>vertical jump:</i> 25 inches	<i>vertical jump:</i> 30 inches
<b>push</b>	<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
<b>pull</b>	<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
<b>core</b>	<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
<b>work</b>	<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
<b>speed</b>	<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
<b>work</b>	<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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