

CROSSFIT EL PASO

LEVEL TESTING



NAME: _____		DATE: _____			
If you miss an attempt, you get an immediate chance at the movement again. If you miss the second attempt, you must move on.		RESULTS	Level 2	Level 3	Firebreather
			18 out of 22 passed	19 out of 22 passed	21 out of 22 passed
1	400m Run - (1:20 / 1:25)		1:25/1:35	1:15/1:25	1:05/1:15
2	5 reps- front squat (155/105). Crease of hip below parallel and full hip extension at top of squat.		135 / 95	155 / 105	185 / 135
3	5 reps- overhead squat (95/65). Crease of hip below parallel and full hip extension at top of squat.		95 / 65	135 / 95	155 / 115
4	5 reps deadlift (225/155). Full extension at top of lift and hands must stay on bar for all five reps.		185 / 135	225 / 155	295 / 225
5	kettle bell swing (32kg/20kg). Arms must stay straight and ears must be in front of arms in overhead position.		10 @ 1p 10 @ 1.5p	5 @ 2p 5 @ 1.5p	10 @ 2p 10 @ 1.5p
6	3 reps- thruster (135/95). Crease of hip below parallel and ears in front of arms in overhead position.		115 / 75	135 / 95	155 / 115
7	Wall ball (20/10). Crease of hip below parallel. Ball must touch wall and go OVER the 10' mark. Must catch ball on every rep. A drop of ball constitutes a failed attempt.		10 reps	15 reps	25 reps
8	5 reps- squat clean (135/95). Must catch bar in full squat position with crease of hip below parallel. Must stand to full hip extension with elbows in front of bar. Hands must stay on bar for all five reps.		115 / 75	135 / 95	155 / 115
9	5 reps- jerk (135/95). Ears in front of arms in locked out overhead position. Push jerk or split jerk.		115 / 75	135 / 95	185 / 135
10	3 reps- squat snatch (135/95). Must catch in squat position with crease of hip below parallel. Must stand to full hip extension. Must keep hands on bar for all three reps. You can keep attempting as long as you get three in a row and don't let go of the bar.		95 / 65	115/ 75	135 / 95
11	5 reps- press (95/65). Ears in front of arms in locked out overhead position.		85 / 55	95 / 65	115 / 85
12	5 reps- push press (135/95). Ears in front of arms in locked out overhead position.		115 / 75	135 / 95	155 / 115
13	Kipping pull-ups. Full extension of arms at bottom. Chin over bar at top.		5	10	20
14	5 reps- strict pull-ups. Full extension of arms at bottom. Chin over bar at top.		1	5	10
15	L sit Toes must be above hips during time.		5sec	15sec	30sec
16	Muscle-up. Must turn palms out at bottom prior to beginning movement. Must turn palms forward when over the rings before returning to start position. Must not come off the rings for all three reps.		5 c2b Pullups 3 c2b Pullups	1 / 3	5 / 3
17	Push-up. On count of judge. Down, hold, up, hold. Chest touches deck. Full extension of arms at top of push-up.		20 / 10	25 / 15	30 / 20
18	5 reps- ring dips. Shoulders below elbows at bottom position. Must turn palms forward when over the rings at finish position.		3 / 1	5 / 3	10 / 7
19	Handstand push-ups. Forehead touches deck. At top position, head comes forward and ears are in front of arms.		1 1 @ 2"	5 / 3	10 / 7
20	One leg squat (pistols). Butt must go to ankle depth. You leg extended cannot touch ground for all three reps.		3 @ ball	3	5
21	Double under unbroken. Self explanatory.		10	20	30
22	Row 500m - Damper can be set at any location		1:45 / 2:00	1:32 / 1:50	1:25 / 1:40