

Crossfit Levels

Level 1 Girls	Level 1 Boys
500 m row 2'	500 m row 1'55''
50 Air Squats unbroken	50 Air Squats unbroken
2 Strict Pull-Up's	4 Strict Pull-Up's
20 Hanging Knee Raise	20 Hanging Knee Raise
2 Dips rx	5 Dips rx
5 Push-Up's rx	10 Push-Up's rx
30'' HS-Hold	45'' HS Hold
30'' Hollow	45'' Hollow
1' Plank	2' Plank
10 DL BW -10% rx	10 DL BW + 10% rx
1 OHS Complex 15 kg	1 OHS Complex 25 kg
3 Back Squat BW - 20%	3 Back Squat BW
3 Bench Press BW - 35%	5 Bench Press BW - 20%
3 x 25 kg Shoulder-Press	5 x 35 kg Shoulder Press
30 KB Swings 16 Kg unbroken	50 KB Swings 16 Kg unbroken
1 Full-Clean 30 kg	1 Full Clean 50 kg
1 Full-Snatch 20 kg	1 Full Snatch 35 kg
100 Burpees under 9'	100 Burpees under 8'

Level 2 Girls	Level 2 Boys
<p>1000 m row 3' 50''</p> <p>5 Strict Pull-Up's</p> <p>5 Kipping Pull-Up's</p> <p>10 Hanging Leg Raise</p> <p>5 Dips rx</p> <p>10 Push-Up's rx</p> <p>5 HSPU Kipping</p> <p>45'' Hollow</p> <p>10 roll-outs</p> <p>10 DL BW rx</p> <p>1 OHS Complex 20 kg</p> <p>3 Back Squat BW</p> <p>3 Bench Press BW - 20%</p> <p>3 x 30 kg Shoulder-Press</p> <p>30 KB Swings 20 Kg unbroken</p> <p>1 Full-Clean 40 kg</p> <p>1 Full-Snatch 30 kg</p> <p>100 WB under 8' (14 lbs)</p> <p>10 DU's unbroken</p>	<p>1000 m row 3' 40''</p> <p>8 Strict Pull-Up's</p> <p>10 Kipping Pull-Up's</p> <p>10 Hanging Leg Raise</p> <p>8 Dips rx</p> <p>20 Push-Up's rx</p> <p>10 HSPU Kipping</p> <p>1' Hollow</p> <p>10 roll-outs</p> <p>10 DL BW + 25% rx</p> <p>1 OHS Complex 30 kg</p> <p>3 Back Squat BW + 25%</p> <p>3 Bench Press BW</p> <p>3 x 50 kg Shoulder-Press</p> <p>50 KB Swings 20 Kg unbroken</p> <p>1 Full-Clean 65 kg</p> <p>1 Full-Snatch 45 kg</p> <p>100 WB under 7' (20 lbs)</p> <p>20 DU's unbroken</p>

Level 3 Girls	Level 3 Boys
<p>5 k row under 22'</p> <p>10 Strict Pull-Up's unbroken</p> <p>10 Kipping Pull-Up's unbroken</p> <p>10 T2B unbroken</p> <p>10 Dips rx</p> <p>20 Push-Up's rx</p> <p>10 Kipping HSPU</p> <p>1' Hollow</p> <p>20 Box Jumps 24 inch</p> <p>3 DL 1,5 x BW rx</p> <p>1 OHS Complex 30 kg</p> <p>3 Back Squat BW + 20%</p> <p>1 Bench Press BW -10%</p> <p>5 x 35 kg Shoulder-Press</p> <p>1 Full-Clean 50 kg</p> <p>1 Full-Snatch 35 kg</p> <p>50 FSQ BW - 20% under 7'</p> <p>50 Strict DU's</p> <p>Murph without vest under 55'</p>	<p>5k row under 19' 30''</p> <p>15 Strict Pull-Up's unbroken</p> <p>15 Kipping Pull-Up's unbroken</p> <p>15 T2B unbroken</p> <p>15 Dips rx</p> <p>40 Push-Up's rx</p> <p>10 HSPU + 10 Kipping HSPU</p> <p>1' 15'' Hollow</p> <p>30 Box Jumps 30 inch</p> <p>10 DL 1,5 x BW rx</p> <p>1 OHS Complex 40 kg</p> <p>5 Back Squat 1,5 x BW</p> <p>5 Bench Press BW + 15%</p> <p>5 x 55 kg Shoulder-Press</p> <p>1 Full-Clean 75 kg</p> <p>1 Full-Snatch 50 kg</p> <p>50 FSQ BW under 7'</p> <p>50 Strict DU's</p> <p>Murph without vest under 50'</p>

Level 4 Girls	Level 4 Boys
<p>10 k row under 43'</p> <p>15 Strict Pull-Up's unbroken</p> <p>15 Kipping Pull-Up's unbroken</p> <p>15 T2B unbroken</p> <p>15 Dips rx</p> <p>30 Push-Up's rx</p> <p>Free HS-Hold 20"</p> <p>1' 30" Hollow</p> <p>L-Sit 45"</p> <p>1 Bar Muscle-Up</p> <p>10 DL 1,5 x BW rx</p> <p>3 Back Squat BW + 50%</p> <p>1 Full-Clean and Jerk 60 kg</p> <p>1 Full-Snatch 45 kg</p> <p>70 Strict DU's</p> <p>100 KB Thrusters 12 kg S.A.</p> <p>10 Pistols unbroken</p> <p>Fran under 8'</p>	<p>10 k row under 40'</p> <p>20 Strict Pull-Up's unbroken</p> <p>20 Kipping Pull-Up's unbroken</p> <p>20 T2B unbroken</p> <p>20 Dips rx</p> <p>50 Push-Up's rx</p> <p>Free HS-Hold 30"</p> <p>2' Hollow</p> <p>L-Sit 60"</p> <p>3 Bar Muscle-Up</p> <p>3 DL 2 x BW rx</p> <p>3 Back Squat BW + 75%</p> <p>1 Full-Clean and Jerk 90 kg</p> <p>1 Full-Snatch 60 kg</p> <p>70 Strict DU's</p> <p>100 KB Thrusters 16 kg S.A.</p> <p>10 Pistols unbroken</p> <p>Fran under 7'</p>