

MONOSTRUCTURAL

200m run*
400m run*
800m run*
1 mile run*
3km run*

500m row
1km row
2km row

Double unders
(unbroken)

GYMNASTICS/BODYWEIGHT

Air squat – in 2 minutes

Pistols
Pull-up
Push-up
HSPU

HS Hold
Ring dip

Muscle-up

Rope climb

Skin the Cat

Burpee – In 1 minute

Box jump (height)

Toes to Bar

WEIGHTLIFTING

Back squat

Front squat

Overhead squat

Deadlift

Shoulder press

Shoulder to overhead

Snatch

Tall Clean

Clean (Squat) and Jerk

KB Snatch – Max reps in 3 min (24/16kg)

2KB OHS – Max reps (quality)

Farmer's walk – 160m

MET CON

Helen*

Jackie

Fran

Elizabeth (squat cleans)

BEGINNER

Pass a selection (8 out of 9) of Beginner items plus a MetCon to progress to Intermediate **

45 sec

m: 1:42 / w: 1:53

m: 3:58 / w: 4:28

m: 9:42 / w: 11:33

m: 17:22 / w: 19:08

m: 2:00 / w: 2:18

m: 4:20 / w: 4:55

m: 9:32 / w: 11:00

2

70

n/a

m: 5 / w: 3

m: 20 / w: 10

n/a

Against wall – 30 sec

m: 5 / w: 3

n/a

1

1

20

m: 30"/w: 24"

Knee raise (above hip) – m: 10 / w: 7

BW

.75xBW

.5xBW

BW

m: .5x / w: .45xBW

m: .75x / w: .6xBW

Tall snatch

Tall clean

n/a

50

NA

m: 20kg / w: 16kg

m: 11:00 / w: 13:00 (scale PU, 20/12kg KB)

m: 09:30 / w: 11:00

m: 12:00 / w: 14:00

m: 10:00 / w: 12:00 (40/30kg, scale dips)

INTERMEDIATE

Pass a selection (8 out of 9) of Intermediate items plus a MetCon to progress to Advanced **

m: 32 sec / w: 36 sec

m: 1:12 / w: 1:20

m: 2:50 / w: 3:10

m: 6:15 / w: 7:04

m: 12:43 / w: 13:37

m: 1:36 / w: 1:52

m: 3:31 / w: 4:15

m: 8:00 / w: 9:30

50

110

5 each leg (in a row)

m: 25 / w: 15

m: 40 / w: 20

m: 5 / w: 3

Facing the wall – 60 sec

n/a

m: 3 / w: 1

3

m: 7 / w: 5

26

m: 40"/w: 30"

m: 10 / w: 7

1.5xBW

1.25xBW

.75xBW

1.75xBW

m: .75x / w: .65xBW

m: 1.1x / w: .9xBW

m: .8x / w: .7x

n/a

m: 1.1x / w: .9xBW

75

1

m: 24kg / w: 20kg

m: 9:30 / w: 10:30

m: 8:00 / w: 9:30

m: 5:00 / w: 8:00

m: 8:00 / w: 9:30

ADVANCED

Pass a selection (8 out of 9) of Advanced items plus a MetCon to progress to Elite **

m: 28 sec / w: 32 sec

m: 1:03 / w: 1:10

m: 2:28 / w: 2:47

m: 5:28 / w: 6:11

m: 10:48 / w: 11:55

m: 1:24 / w: 1:44

m: 3:14 / w: 3:56

m: 7:18 / w: 8:25

100

130

15 each leg (in a row)

m: 40 / w: 25

m: 65 / w: 40

m: 5 / w: 3 (parallettes)

Free standing – 15 sec

n/a

m: 12 / w: 7

m: 2 (L-sit) / w: 1 (no legs)

w/ straight body – m: 3 / w: 1

30

m: 50"/w: 40"

(no kip) m: 15 / w: 10

2xBW

1.75xBW

1.25xBW

2.25xBW

m: 1.1x / w: .8xBW

m: 1.4x / w: 1.15x BW

m: 1.15x / w: 1xBW

n/a

m: 1.4x / w: 1.15x BW

100

5

m: 32kg / w: 24kg

m: 7:45 / w: 8:15

m: 7:00 / w: 8:00

m: 3:00 / w: 4:00

m: 6:00 / w: 7:30

ELITE

Pass a selection (8 out of 9) of Elite items plus a MetCon and you win! **

m: 25 sec / w: 28 sec

m: 57 sec / w: 63 sec

m: 2:12 / w: 2:29

m: 4:53 / w: 5:32

m: 9:37 / w: 10:38

m: 1:18 / w: 1:35

m: 2:58 / w: 3:36

m: 6:44 / w: 7:46

200

140

25 each leg (in a row)

m: 80 / w: 50

m: 100 / w: 75

m: 3 / w: 1 (free standing on rings)

Free standing on rings – 5 sec

n/a

30 in 3 minutes

m: 5 L-sit / w: 2 L-sit

w/ straight body – m: 7 / w: 4

32

m: 60"/w: 50"

(no kip) m: 25 / w: 8

2.5xBW

2.25xBW

1.5xBW

3xBW

m: 1.25xBW / BW

m: 1.7x / 1.5x BW

m: 1.5x / 1.25x BW

n/a

m: 1.7x / 1.5x BW

110

10

m: 50kg / w: 32kg

m: 6:45 / w: 7:15

m: 6:00 / w: 7:00

m: 2:15 / w: 2:40

m: 4:10 / w: 4:00

* Times are based on "CrossFit" running conditions, which mean the running routes have corners, turnarounds, cobblestones, etc. Subtract 5% if running on an oval track.

** Items and MetCons that are tested to progress to the next level are representative of a broad selection of exercises, as determined by a trainer, and tested/judged at a CrossFit gym. If you are training on your own in the absence of these conditions, then pass 75% of the items in each section and 3 of the 4 MetCons before progressing to the next level.