

SKILL LEVELS



How fit are you?

That simple question quickly gets complex. Fit for what? How fit is fit enough, and how do you evaluate your fitness? Develop fitness with sport-focused workouts, and test your fitness through competitive sports. It's rewarding to be good at a competitive sport. But most sport-focused workouts are specialized enough to leave weak areas you may not be aware of. Unexposed weaknesses can lead to performance plateaus and injuries.

Test yourself in combat. This has some obvious disadvantages as a fitness test. Use a set of standards that encompass all components of physical fitness. Thanks to the hard work, research and skills of CrossFit Seattle, the CrossFit Community has strategic Athletic Skill Levels to employ as a versatile and user-friendly tool to fill this role.

The ten generally recognized components of physical fitness are:

- *cardiorespiratory endurance*
- *coordination*
- *accuracy*
- *flexibility*
- *power*
- *strength*
- *balance*
- *stamina*
- *agility*
- *speed*

A varied workout program like CrossFit develops all of these components. To maximize vertical growth (development of new strengths and skills), it helps to set goals, measure progress, and aim for balance among the skills. The Athletic Skill Levels make goal-setting more efficient and allow you to evaluate your progress through four levels of fitness.

Using the Athletic Skill Levels

Developing expertise in any area requires determined, consistent effort. It takes "grit." But grit will not help you if you are only reinforcing existing strengths (horizontal growth) instead of developing weak areas into strength (vertical growth). The Levels are designed to provide a general fitness perspective, to help set appropriate goals, and to allow focus work on weak areas that result in the rewarding mastery of activities you couldn't do before. The levels are:

- **Level I** This level is the minimum standard for health and represents a healthy beginner. Lacking these basic levels of strength, flexibility and work capacity makes daily life unnecessarily limited. The complete Level I should be attainable within three to 12 months for those with no significant limitations. At this level, proper basic movements, such as hip flexion and active shoulder use, are developed, while healed injuries and structural problems are resolved.
- **Level II** All healthy adults can aspire to this level of fitness and should perceive these skills as normal. We consider this level an intermediate athlete. Basic movements are perfected and advanced skills are introduced. The complete Level II may take from six months to several years to reach after achieving Level I. Along the way, you develop significant levels of strength, stamina, work capacity and speed, building on the Level I foundation already attained.
- **Level III** Few people possess this level of general fitness, although any healthy person can achieve it. A person achieving this level will be considered an advanced athlete. The strength, work capacity, power and skill required to meet these goals can prepare you to tackle any kind of physical performance with competence and confidence. Expect to invest another three to five years of consistent effort. This is an appropriate level of general fitness for those who depend on their fitness: competitive athletes, military, law enforcement and firefighters. Engaging in combat or highly competitive sports without

possessing the abilities of Level III is inviting injury or failure. Any additional requirements of your sport need to be added to this list.

- **Level IV** This level of achievement requires long-term dedication and a passion for fitness, and will be considered an elite athlete at CrossFit Rebels. The skills required of Level IV are very advanced and, taken as a whole, represent a highly skilled and well-rounded athlete.

Each skill level contains its own progression of multi-joint movements of increasing skill, making it easy to expose weak areas, set goals, and gauge your progress. At the same time, you experience the rewards of increased general fitness. You develop strength, stamina and flexibility with measurable drills such as running, rowing and a selection of named CrossFit workouts. Increasingly complex movements bring improvement in coordination, balance and power output.

Finally, the Athletic Skill Levels are intended to be a gauge and a guide, not a standardized test you are obliged to "pass." Do not beat yourself up for not being "elite." Use the Levels to evaluate your strengths and weaknesses and to make smart choices about your training time. This guide is not a definitive guide to CrossFit, an exercise prescription, nor a complete guide to developing the skills. The skills are intended to be broadly representative of general fitness.

We have made a few (less than 10) minor changes between the original format of the Skill Levels (e.g. Max Height Box Jump versus Max Vertical Leap) throughout the Levels in order to better fit our box and standards.

It is assumed that the athlete will exhibit correct/proper form in the movements and skills.



SKILL LEVEL 1

Name: _____

FOCUS	SKILL	TEST	DATE	PASS/ FAIL	COACH SIGNATURE
HIPS	SQUATS	50x free, unbroken, butt to ball			
PUSH	PUSH UPS	10/7x chest must touch ground			
PULL	STATIC HANG	30 seconds, under-or overhand			
CORE	SIT UPS	30x Abmat feet anchored or GHD parallel			
WORK	KETTLEBELL SWINGS	25x UB 1.5 pood (55#) / 1.0 pood (35#)			
SPEED	400 METER RUN	2:04 straightaway			
HIPS	DEADLIFT	¾ bodyweight 1x			
PUSH	PRESS	½ bodyweight 1x			
PULL	MEDICINE BALL CLEANS	10x unbroken 20#/10#			
CORE	HOLLOW HOLD	20 seconds			
WORK	WALL BALLS	25x unbroken 20#/10#			
WORK	800 METER RUN	4:20			
SPEED	500 METER ROW	1:55/2:20			
HIPS	BOX JUMP	1X 30/24"			
PUSH	DIPS, STRICT	5/3x, unbroken			
PULL	PULL UPS, STRICT	5/3x, unbroken			
CORE	L-SIT	10 seconds, legs/feet @/above parallel			
WORK	2000 METER ROW	8:10/9:50			
SPEED	KB OR DB SNATCH	10x/arm, unbroken, 35#/25#			
WORK	HELEN – 3RFT 400 METER RUN 21 KB SWINGS 55#/35# 12 PULLUPS	13:00			
WORK	1 MILE RUN	9:00			
WORK	25X THRUSTERS	¼ bodyweight, unbroken			
PULL	ROPE CLIMB	1x, with feet			
SPEED	DOUBLE UNDERS	20x unbroken			

**Movements must include concentric and eccentric component*

***If it does not state "unbroken, a short rest period is acceptable (total volume broken into sets)*



SKILL LEVEL 2

Name: _____

FOCUS	SKILL	TEST	DATE	PASS/ FAIL	COACH SIGNATURE
HIPS	PISTOLS	10x ALT each leg			
HIPS	SQUAT	1x bodyweight			
PUSH	PUSH UPS	30/21x chest must touch ground (2 min max)			
PUSH	BENCH PRESS	1x bodyweight/ ¾ bodyweight			
PULL	ROPE CLIMB	3x feet assist ok, touch & go			
CORE	GHD SITUPS, FULL ROM	25X to 12" box or floor			
WORK	KETTLEBELL SNATCH	30x/alt 55#/35#			
SPEED	400 METER RUN	1:34 straightaway			
HIPS	DEADLIFT	1 ½ x bodyweight 1x			
PUSH	PRESS	¾x bodyweight 1x			
CORE	KIPPING TOES TO BAR	15x, unbroken (no double kip, re-kip, bonus kip)			
PULL	POWER CLEAN	1x bodyweight 1x			
PUSH	HSPU, STRICT	5/3, unbroken			
PUSH	HSPU, KIPPING	10/7, unbroken			
WORK	THRUSTERS	45x ½ bodyweight, 3 min cap			
WORK	800 METER RUN	3:20			
SPEED	500 METER ROW	1:45/2:00			
HIPS	BOX JUMP	40"/30"			
PUSH	DIPS, STRICT	15/10, 1 min cap			
PUSH	DIPS, KIP	20/14x, 90 second cap			
PUSH	DIPS	1/3 bodyweight 1x			
PULL	PULL UPS, STRICT	20/14x, 2 min cap			
PULL	PULL UPS, KIP/BFLY	30/20x unbroken			
PULL	PULL UPS, C2B, ANY WAY	15/10x unbroken,			
PULL	PULL UPS	1/3 bodyweight 1x			
PULL	MUSCLE UP, RINGS	2/1x			
CORE	L-SIT	30 seconds, legs/feet @/above parallel			
WORK	2000 METER ROW	7:30/8:50			
SPEED	POWER SNATCH	½ bodyweight 1x			
WORK	CHRISTINE – 3RFT 500 M ROW 12x DL @ BW 20x BOX JUMP 20"/12"	10:00/11:00			
WORK	1 MILE RUN	7:00			

**Movements must include concentric and eccentric component*

***If it does not state "unbroken, a short rest period is acceptable (total volume broken into sets)*



SKILL LEVEL 3

Name: _____

FOCUS	SKILL	TEST	DATE	PASS/ FAIL	COACH SIGNATURE
HIPS	PISTOLS	25x ALT each leg			
HIPS	SQUAT	1 ½ x bodyweight			
PUSH	PUSH UPS	40/28x on rings, 3 min cap			
PUSH	BENCH PRESS	1 ¼/ 1 x bodyweight			
PULL	ROPE CLIMB	15' ascent, no feet, seated start			
CORE	OVERHEAD SQUAT	1x bodyweight 1x			
WORK	KETTLEBELL SNATCH	200x in 10 min. 55#/35# alternating			
SPEED	400 METER RUN	1:19 straightaway			
HIPS	DEADLIFT	2x bodyweight 1x			
PUSH	PRESS	1 x bodyweight 1x			
PUSH	HSPU, STRICT	10/7x, 2" deficit, unbroken			
PUSH	HSPU, KIPPING	20/14x			
PULL	CLEAN, SQUAT	1 ¼ x bodyweight			
CORE	KNEES TO ELBOWS, KIP	20x, unbroken			
WORK	KALSU	35 reps in 5 minutes, Rx 135/95			
WORK	800 METER RUN	2:50			
SPEED	500 METER ROW	1:32/1:50			
HIPS	BOX JUMP	55/35"			
PUSH	DIPS	30/21X on rings, 2:30 cap			
PUSH	DIPS	¾ x bodyweight 1x			
PULL	PULL UPS	40/28x			
PULL	PULL UPS	¾ bodyweight 1x			
PULL	MUSCLE UP	10/7x, unbroken			
CORE	L-SIT	1 minute			
WORK	5K ROW MEN/5K ROW WOMEN	21:45/21:00			
SPEED	SNATCH, FULL	1x bodyweight 1x			
WORK	CINDY 5x pull ups, 10x pushups, 15x squat	24/21 rounds			
WORK	1 MILE RUN	6:40			

**Movements must include concentric and eccentric component*

***If it does not state "unbroken, a short rest period is acceptable (total volume broken into sets)*



SKILL LEVEL 4

Name: _____

FOCUS	SKILL	TEST	DATE	PASS /FAIL	COACH SIGNATURE
HIPS	PISTOLS	25X ALT each leg, 45/25#			
HIPS	SQUAT	2 x bodyweight			
PUSH	PUSH UPS	60/42x on rings, 3 min cap			
PUSH	BENCH PRESS	1 ½ x bodyweight			
PULL	ROPE CLIMB	15' ascent, 2 trips "touch & go", no feet			
CORE	OVERHEAD SQUAT	1x bodyweight, 15x, from rack, 1 min cap			
WORK	KB/DB C&J, DBL	150 reps in 10 min. 55#/35#			
SPEED	400 METER RUN	1:04 straightaway			
HIPS	DEADLIFT	2 ½ x bodyweight 1x			
PUSH	PRESS	1 ¼ x bodyweight, 1x			
PUSH	HSPU, STRICT	10/7x 4" deficit,			
PULL	CLEAN, FULL	1 ½ x bodyweight			
CORE	FRONT LEVER	15 seconds			
WORK	SANDBAG CARRY	1 mile with ¾ x bodyweight, for completion			
WORK	800 METER RUN	2:20 straightaway			
SPEED	500 METER ROW	1:25/1:40			
HIPS	BOX JUMP	60"/40" 1x			
PUSH	DIPS	50/35x on rings, unbroken			
PUSH	DIPS	1x bodyweight 1x			
PULL	PULL UPS	40x strict in 5 minutes			
PULL	PULL UPS	1 x bodyweight 1x			
PULL	MUSCLE UP	15/10x, unbroken			
CORE	L-SIT	1:30 minute			
WORK	5K ROW MEN/5K ROW WOMEN	20:00/20:45			
SPEED	SNATCH, FULL	1 ¼ x bodyweight 1x			
WORK	MARY 20 AMRAP 5x HSPU, 10x PISTOLS, 15x PULLUPS	18/16 rounds			
WORK	1 MILE RUN	5 minutes			

**Movements must include concentric and eccentric component*

***If it does not state "unbroken, a short rest period is acceptable (total volume broken into sets)*