

LEVEL 1			
ALL new members begin on this level. You stay on this level until you've met the Level 2 requirements.		RESULT	
		0 = Not yet 1 = Achieved	
MONOSTRUCTURAL	200m run*	45 sec	0
	400m run*	m: 1:42 / w: 1:53	0
	800m run*	m: 3:58 / w: 4:28	0
	1 mile run*	m: 9:42 / w: 11:33	0
	3km run*	m: 17:22 / w: 19:08	0
	500m row	m: 2:00 / w: 2:18	0
	1km row	m: 4:20 / w: 4:55	0
	2km row	m: 9:32 / w: 11:00	0
	Double unders (unbroken)	2	0
GYMNASTICS	Air squat – in 2 minutes	70	0
	Pistols	n/a	0
	Deadhang pull-up	m: 3 / w: 1	0
	Kipping pull-up	m: 5 / w: 3	0
	Push-up	m: 20 / w: 10	0
	Strict HSPU	n/a	0
	Handstand hold	Against wall – 30 sec	0
	Hanstand walk	n/a	0
	Ring dip	m: 5 / w: 3	0
	Muscle-up	n/a	0
	Rope climb	1	0
	Skin the Cat	1	0
	Burpee – In 1 minute	20	0
	Box jump (height)	m: 30"/w: 24"	0
	Toes to Bar	Knee raise (above hip) – m: 10 / w: 7	0
WEIGHTLIFTING	Back squat	BW	0
	Front squat	0.75xBW	0
	Overhead squat	0.5xBW	0
	Deadlift	BW	0
	Shoulder press	m: 0.5x / w: 0.45x BW	0
	Power jerk	m: 0.75x/ w: 0.6xBW	0
	Snatch	Tall snatch (barbell)	0
	Tall Clean	Tall clean (barbell)	0
	Clean (Squat) and Jerk	n/a	0
	KB Snatch:	50 in 3 minutes (20/12)	0
	Farmer's walk – 160m	m: 20kg / w: 16kg	0
	METCON	Baseline*	m: 6:10 / w: 7:30 (15 ring rows)
Helen*		m: 11:00 / w: 13:00 (scale PU, 20/12kg KB)	0
Jackie		m: 09:30 / w: 11:00	0
Fran		m: 12:00 / w: 14:00	0
Elizabeth (squat cleans)		m: 10:00 / w: 12:00 (40/30kg, scale dips)	0

The goal of the Athletic Skills Level chart is to ensure well rounded fitness.

To begin following the Level 2 program, you first need to accomplish Level 2 on the chart.

LEVEL 2		RESULT	
Pass 90% EACH category, plus 3 MetCons to achieve Level 2 **		0 = Not yet 1 = Achieved	
MONOSTRUCTURAL	200m run*	m: 32 sec / w: 36 sec	0
	400m run*	m: 1:12 / w: 1:20	0
	800m run*	m: 2:50 / w: 3:10	0
	1 mile run*	m: 6:15 / w: 7:04	0
	3km run*	m: 12:43 / w: 13:37	0
	500m row	m: 1:36 / w: 1:52	0
	1km row	m: 3:31 / w: 4:15	0
	2km row	m: 8:00 / w: 9:30	0
	Double unders (unbroken)	50	0
	SCORE	8 and above is a pass	0
GYMNASTICS	Air squat – in 2 minutes	110	0
	Pistols	5 each leg (in a row)	0
	Deadhang pull-up	m: 12 / w: 8	0
	Kipping pull-up	m: 25 / w: 15	0
	Push-up	m: 40 / w: 20	0
	Strict HSPU	m: 5 / w: 3	0
	Handstand hold	Facing the wall – 60 sec	0
	Hanstand walk	n/a	0
	Ring dip	m: 10 / w: 6	0
	Muscle-up	m: 3 / w: 1	0
	Rope climb	3	0
	Skin the Cat	m: 7 / w: 5	0
	Burpee – In 1 minute	26	0
	Box jump (height)	m: 40"/w: 30"	0
	Toes to Bar	m: 10 / w: 7	0
	SCORE	13 and above is a pass	0
WEIGHTLIFTING	Back squat	1.5xBW	0
	Front squat	1.25xBW	0
	Overhead squat	0.75xBW	0
	Deadlift	1.75xBW	0
	Shoulder press	m: .075x / w: .065x BW	0
	Power jerk	m: 1.1x / w: 0.9x BW	0
	Snatch	m: 0.8x / w: 0.7x BW	0
	Tall Clean	n/a	0
	Clean (Squat) and Jerk	m: 1.1x / w: 0.9x BW	0
	KB Snatch:	75 in minutes (24/16)	0
	Farmer's walk – 160m	m: 24kg / w: 20kg	0
	SCORE	9 and above is a pass	0
METCON	Baseline*	m: 5:00 / w: 6:20 (15 ring rows ok)	0
	Helen*	m: 9:30 / w: 10:30	0
	Jackie	m: 8:00 / w: 9:30	0
	Fran	m: 5:00 / w: 8:00	0
	Elizabeth (squat cleans)	m: 8:00 / w: 9:30	0
SCORE	3 and above is a pass	0	

Working and achieving all round OVERALL levels of fitness a.k.a CrossFit

To begin following the Level 3 program, you first need to accomplish Level 3 on the chart.

		LEVEL 3	RESULT
		Pass 90% EACH category, plus 4 MetCons to achieve Level 3 **	0 = Not yet 1 = Achieved
MONOSTRUCTURAL	200m run*	m: 28 sec / w: 32 sec	0
	400m run*	m: 1:03 / w: 1:10	0
	800m run*	m: 2:28 / w: 2:47	0
	1 mile run*	m: 5:28 / w: 6:11	0
	3km run*	m: 10:48 / w: 11:55	0
	500m row	m: 1:24 / w: 1:44	0
	1km row	m: 3:14 / w: 3:56	0
	2km row	m: 7:18 / w: 8:25	0
	Double unders (unbroken)	150	0
	SCORE	8 and above is a pass	0
GYMNASTICS	Air squat – in 2 minutes	130	0
	Pistols	20 each leg (in a row)	0
	Deadhang pull-up	m: 25 / w: 15	0
	Kipping pull-up	m: 50 / w: 30	0
	Push-up	m: 65 / w: 40	0
	Strict HSPU	m: 8 / w: 5 (parallettes)	0
	Handstand hold	Free standing – 15 sec	0
	Handstand walk	20m	0
	Ring dip	m: 20 / w: 12	0
	Muscle-up	m: 12 / w: 7	0
	Rope climb	m: 2 (L-sit) / w: 1 (no legs)	0
	Skin the Cat	w/ straight body – m: 3 / w: 1	0
	Burpee – In 1 minute	30	0
	Box jump (height)	m: 50" / w: 40"	0
	Toes to Bar	(no kip) m: 15 / w: 10	0
	SCORE	14 and above is a pass	0
	WEIGHTLIFTING	Back squat	2xBW
Front squat		1.75xBW	0
Overhead squat		1.25xBW	0
Deadlift		2.25xBW	0
Shoulder press		m: 1.1x/ w: 0.8x BW	0
Power jerk		m: 1.4x / w: 1.15x BW	0
Snatch		m: 1.15x / w: 1x BW	0
Tall Clean		n/a	0
Clean (Squat) and Jerk		m: 1.5x / w: 1.15x BW	0
KB Snatch:		100 in 3 minutes (24/16)	0
Farmer's walk – 160m		m: 32kg / w: 24kg	0
SCORE		10 and above is a pass	0
METCON		Baseline*	m: 4:00 / w:5:00
	Helen*	m: 7:45 / w: 8:15	0
	Jackie	m: 7:00 / w: 8:00	0
	Fran	m: 3:00 / w: 4:00	0
	Elizabeth (squat cleans)	m: 6:00 / w: 7:30	0
SCORE	4 and above is a pass	0	

It will also establish a relevant level for everyone and to determine your program level.

To become an Elite Athlete, you need to accomplish 90% of EACH category on the chart.
When we have enough Ninjas, a Ninja class will be added to the schedule.

NINJA		RESULT	
Pass 90% of EACH category, plus ALL MetCons to become a Ninja!		0 = Not yet 1 = Achieved	
MONOSTRUCTURAL	200m run*	m: 25 sec / w: 28 sec	0
	400m run*	m: 57 sec / w: 63 sec	0
	800m run*	m: 2:12 / w: 2:29	0
	1 mile run*	m: 4:53 / w: 5:32	0
	3km run*	m: 9:37 / w: 10:38	0
	500m row	m: 1:18 / w: 1:35	0
	1km row	m: 2:58 / w: 3:36	0
	2km row	m: 6:44 / w: 7:46	0
	Double unders (unbroken)	200	0
	SCORE	8 and above is a pass	0
GYMNASTICS	Air squat – in 2 minutes	140	0
	Pistols	30 each leg (in a row)	0
	Deadhang pull-up	m: 30 / w: 20	0
	Kipping pull-up	m: 80 / w: 50	0
	Push-up	m: 100 / w: 75	0
	Strict HSPU	m: 3 / w: 1 (free standing on rings)	0
	Handstand hold	Free standing on rings – 5 sec	0
	Handstand walk	40m	0
	Ring dip	n/a	0
	Muscle-up	30 in 3 minutes	0
	Rope climb	m: 5 L-sit / w: 2 L-sit	1
	Skin the Cat	w/ straight body – m: 7 / w: 4	0
	Burpee – In 1 minute	35	0
	Box jump (height)	m: 60" / w: 50"	0
	Toes to Bar	(no kip) m: 25 / w: 8	0
	SCORE	14 and above is a pass	1
WEIGHTLIFTING	Back squat	2.5xBW	0
	Front squat	2.25xBW	0
	Overhead squat	15 reps at BW	0
	Deadlift	3xBW	0
	Shoulder press	1.25xBW	0
	Power jerk	m: 1.7x / w: 1.5x BW	0
	Snatch	m: 1.5x / w: 1.25x BW	0
	Tall Clean	n/a	0
	Clean (Squat) and Jerk	m: 1.7x / w: 1.5x BW	0
	KB Snatch:	110 in 3 minutes (24/16)	0
	Farmer's walk – 160m	m: 50kg / w: 32kg	0
	SCORE	10 and above is a pass	0
METCON	Baseline*	m: 3:10 / w: 4:00	0
	Helen*	m: 6:45 / w: 7:15	0
	Jackie	m: 6:00 / w: 7:00	0
	Fran	m: 2:15 / w: 2:40	0
	Elizabeth (squat cleans)	m: 4:10 / w: 4:00	0
SCORE	5 is a pass	0	