

LEVEL 1
All new members begin on Level 1

LEVEL 2
Pass 90% EACH category,
plus 3 MetCons to achieve Level 2 **

LEVEL 3
Pass 90% of EACH category,
plus 3 MetCons to achieve Level 3 **

NINJA
Pass 90% of EACH category,
& ALL MetCons to achieve Ninja status **

MONOSTRUCTURAL

| | | | | |
|--------------------------|--------------------|-------------------|-------------------|-------------------|
| 400m run* | 02:04 | 01:34 | 01:19 | 01:04 |
| 800m run* | 04:20 | 03:20 | 02:50 | 02:20 |
| 500m row | m: 1:55 / w: 2:20 | m: 1:36 / w: 1:52 | m: 1:28 / w: 1:50 | m: 1:18 / w: 1:35 |
| 2km row | m: 9:30 / w: 11:00 | m: 8:00 / w: 9:30 | m: 7:18 / w: 8:25 | m: 6:44 / w: 7:46 |
| Double unders (unbroken) | 2 | m: 40 | 125 | 200 |

GYMNASTICS

| | | | | |
|--------------------------|---------------------------------------|--------------------------|---|---------------------------|
| Air squat – in 2 minutes | 70 | 110 | 130 | 140 |
| Pistols | n/a | 5 each leg (alternating) | 20 each leg (alternating) | 30 each leg (alternating) |
| Deadhang pull-up | m: 3 / w: 3 horizontal ring rows | m: 10 / w: 6 | m: 20 / w: 12 | m: 30 / w: 20 |
| Kipping pull-up | m: 5 / w: 1 | m: 20 / w: 12 | m: 40 / w: 26 | m: 80 / w: 50 |
| Push-up | m: 20 / w: 10 | m: 40 / w: 20 | 40 ring push-ups | m: 100 / w: 75 |
| Strict HSPU | n/a | m: 8 / w: 3 | m: 10 deficit (2x20kg plates) / w: 5 deficit (20kg plate) | m: 3 / w: 1 (On rings) |
| Handstand hold | Facing the wall – 30 sec | Facing the wall – 60 sec | Free standing – 15 sec | On rings – 5 sec |
| Hanstand walk | n/a | 10m | 20m | 40m |
| Ring dip | m: 5 / w: 2 | m: 12 / w: 6 | m: 20 / w: 12 | m: 30 / w: 20 |
| Muscle-up | n/a | m: 3 / w: 5 C2B pull-ups | m: 12 / w: 7 | 30 in 3 minutes |
| Rope climb | m: 1 (5m) / w: 1 (3m) | m: 3 (5m) / w: 1 (5m) | m: 4 legless / w: 2 legless | m: 5 L-sit / w: 2 L-sit |
| Burpee – In 1 minute | 20 | 26 | 30 | 35 |
| Toes to Bar | Knee raise (above hip) – m: 10 / w: 7 | m: 15 / w: 10 | m: 25 / w: 15 | (no kip) m: 25 / w: 10 |

WEIGHTLIFTING

| | | | | |
|--------------|----------------------------|-----------------------------|----------------------------|----------------------------|
| Back squat | BW | 1.25 x BW | 2 x BW | 2.5 x BW |
| Front squat | 0.75x BW | 1.0 x BW | 1.75 x BW | 2.25 x BW |
| Deadlift | BW | 1.75 x BW | 2.25 x BW | 2.5 x BW |
| Strict press | m: 0.5 x BW / w: 0.45 x BW | m: 0.75 x BW / w: 0.5 x BW | m: 1.0 x BW / w: 0.75 x BW | 1.25 x BW |
| Power jerk | m: 0.75 x BW / w: 0.6 x BW | m: 1.1 x BW / w: 0.9 x BW | m: 1.4 x BW / w: 1.15 x BW | m: 1.7 x BW / w: 1.5 x BW |
| Snatch | Tall snatch (barbell) | m: 0.75 x BW / w: 0.65 x BW | m: 1.15 x BW / w: 1 x BW | m: 1.5 x BW / w: 1.25 x BW |
| Clean & Jerk | n/a | m: 1.0 x BW / w: 0.9 x BW | m: 1.5 x BW / w: 1.15 x BW | m: 1.7 x BW / w: 1.5 x BW |

METCON

| | | | | |
|--------------------------|--|-------------------------------------|-------------------|-------------------|
| Baseline* | m: 6:10 / w: 7:30 (15 ring rows) | m: 5:00 / w: 6:20 (15 ring rows ok) | m: 4:00 / w: 5:00 | m: 3:10 / w: 4:00 |
| Helen* | m: 11:00 / w: 13:00 (scale PU, 20/12kg KB) | m: 11:00 / w: 12:30 | m: 8:00 / w: 9:00 | m: 6:45 / w: 7:15 |
| Diane | Complete with 60/40kg & box HSPU | Perform as RXd | m: 4:00 / w: 6:00 | m: 3:00 / w: 5:00 |
| Fran | m: 12:00 / w: 14:00 | m: 7:30 / w: 10:00 | m: 3:00 / w: 4:00 | m: 2:15 / w: 2:40 |
| Filthy Fifty | Complete 7 stations in 25:00 | 25:00:00 | 21:00 | 17:00 |
| Elizabeth (squat cleans) | m: 10:00 / w: 12:00 (40/30kg, scale dips) | m: 9:30 / w: 12:00 | m: 7:30 / w: 9:00 | m: 5:00 / w: 7:00 |

*Times are based on "CrossFit" running conditions, which mean the running routes have corners, turnarounds, stones, 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.

** When you achieve a particular level, you begin to follow that level's programming. I.e. When you meet all requirements for Level 2, you then follow the Level 2 program.

Until then, you follow Level 1

