

| | APPRENTICE (minimum requirements) 75% compliance each section | CRAFTSMAN (minimum requirements) 75% compliance each section | EXPERT (minimum requirements) 80% compliance each section | ELITE (minimum requirements) 85% compliance each section | |
|-------------------------------|---|---|--|--|--|
| BASELINE WORKOUT | 60min run, 40 squats, 30 air squats, 10 pull ups, 10 pull ups | m-5:15, w- 7:30 2x jumping pull ups OR pull | m-4:30, w-5:30 | m-3:30, w-4:40 | |
| BODY WEIGHT EXERCISES | Push Ups - m-20, w-20 (knees) Sit Ups - m-2 minutes, w-40 Pull Ups - m-3, w-20 (jumping) Squats - 60 in 2 minutes 1/2 Burpees - 20 continuous Sigs - m-5, w-5 (black rb) Windm Arm Hang - 60 sec Box Jumps - 15 reps min step, 12" box Rolling rocks in back - 30 grove bridge (plank) hold - 2 min lateral bridge hold (one side) - 1 min Rope Climbs - m-2 trips, w-1 trip | Push Ups - m-40, w-40 (knees) Sit Ups in 2 minutes - 90 Pull Ups - m-10, w-1 Squats - 80 in 2 minutes Burpees in 1 min - 10 Sigs - m-10, w-2 Box Jumps - 20 reps min step, 24" box Knees to Elbows - m-15, w-30 Rolling rocks (limbs vertical) - 30 and torso extension - 25 and sit ups - 25 Rope Climbs - m-3 trips, down no feet Rope Climbs - w-3 trips, down no feet | Push ups - m-60, w-30 (knees) Sit Ups in 2 minutes - 90 Pull Ups - m-20, w-20 1/2 Pull Ups - m-10, w-5 ("chain" good) Squats - 100 in 2 minutes Sigs - 5 each leg Burpees in 1 min - 20 Sigs - m-20, w-10 Box jumps - 20 reps min step, 24" box Knees to feet - m-20, w-5 Rolling Rocks (limbs fully extended) - 30 and sit ups - 30 Rope Climbs - m-3 trips from straddled, no feet Rope Climbs - w-3 trips, no feet | Push Ups - m-100, w-50 Sit Ups in 2 minutes - 120 Pull Ups - m-40, w-20 1/2 Pull Ups - m-20, w-10 ("chain" good) Squats - 120 in 2 minutes Sigs - 10 each leg Burpees in 1 min - 20 Sigs - m-20, w-10 Box jumps - 20 reps min step, 24" box Knees to feet to straddled - m-15, w-5 Rolling rocks (limbs fully extended) - 30 Rope Climbs - m-3 trips from straddled in "X" Rope Climbs - w-3 trips, in "X" | |
| GYMNASTIC MOVEMENTS | Handstand hold (against wall) - 20 sec False grip low row m-10, f-5 Forward roll / shoulder roll Chair sit - 30sec ring support - m-30sec, w-1 Backward shoulder roll Inverted hang (ring) (30sec) Static Hang (30sec) Skin the cat - 1x | Handstand hold (against wall) - 30 sec Handstand straddle press - 15 dive roll / 2' elevated shoulder roll Handstand forward roll Cartwheel 1/2 Sit - 10sec ring chair sit - m-30 sec, w-15 sec ring dips - m-7, w-20 (jumping) False grip hang / 30" | 2 arm handstand hold - wall - 10 sec Handstand pike press - 15 Frontstanding handstand - 10 sec Handstand straddle press - against wall Handstand pike press - against wall "Opposite" side cartwheel 1/2 Sit - 30" ring 1/2 sit - m-20 sec, w-10 sec ring dips - m-10, w-2 Muscle up - m-1, w-1 (w/ head rb) | Walk on hands - 30" Handstand to handstand - 5 reps Frontstanding handstand - 45 sec Handstand straddle press Handstand pike press Handstand pressups 1/2 Sit - 1:45 ring 1/2 sit - m-45 sec, w-30 sec ring dips - m-20, w-5 Muscle Ups - m-10, w-1 Bar Muscle Ups - M-10 W-1 | |
| WEIGHTLIFTING | Back Squat - 1/2 bar Front Squat - 1/2 bar Deadlift - 3/4 bar Shoulder Press - 3/4 bar Bench Press - m-3/4 bar, w-1/2 bar Overhead squat - 1/4 bar Medicine Ball cleans - 25 reps Snatch - bromstick Bark - bromstick push press, 15x - m-25kg, w-15kg | Back Squat - bar Front Squat - 3/4 bar Deadlift - 1, 1/2 bar Shoulder Press - 1/2 bar Bench Press - m-bar, w-2/3 bar Overhead squat - 1/2 bar Clean - 1/2 bar Snatch - 1/2 bar Bark - 1/2 bar push press, 15x - m-45 lbs, w-45 lbs Thrusters, 15x - m-75 lbs, w-45 lbs Bark Ball, 20x - m-15 lbs, w-12 lbs | Back Squat - 1, 1/2 bar Front Squat - bar Deadlift - 2 bar Shoulder Press - m-3/4 bar, w-1/2 bar Bench Press - m-1, 1/4 bar, w-3/4 bar Overhead squat - 1x bar Clean - bar Snatch - 3/4 bar Bark - bar push press, 15x - m-75 lbs, w-50 lbs Thrusters, 15x - m-95 lbs, w-65 lbs Bark Ball, 20x - m-20 lbs, w-14 lbs | Back Squat - 2x bar Front Squat - 1, 1/2 bar Deadlift - 2, 1/2 bar Shoulder press - m-bar, w-3/4 bar Bench Press - m-1, 1/2 bar, w-1 bar Overhead squat - 1x bar - 15 reps Clean - 1, 1/4 bar Snatch - 1, 1/8 bar Bark - 1, 1/4 bar push press, 15x - m-85 lbs, w-65 lbs Thrusters, 15x - m-115 lbs, w-75 lbs Bark Ball, 20x - m-20 lbs, w-14 lbs | |
| METABOLIC CONDITIONING | run | 400m run - m-2:15, w-2:25 600m run - m-4:30, w-4:50 1 mile run - m-8:00, w-10:00 5k - m-25:00, w-28:00 | 400m run - m-1:45, w-1:55 600m run - m-3:40, w-4:00 1 mile run - m-7:30, w-8:10 5k - m-22:30, w-25:30 10k - m-45:00, w-51:00 | 400m run - m-1:20, w-1:30 600m run - m-3:00, w-3:20 1 mile run - m-6:10, w-6:50 5k - m-19:00, w-22:00 10k - m-40:00, w-47:00 | 400m run - m-1:10, w-1:20 600m run - m-2:30, w-2:50 1 mile run - m-5:30, w-6:00 5k - m-17:45, w-20:45 10k - m-38:15, w-45:45 |
| | Jump rope | 200 jumps (no miss) 1 double under | 200 jumps (no miss) 15 double under (no miss) | 200 jumps (multi-patterns - high, med, cross, etc) 10 double under (no miss) | 200 jumps (no miss) 20 double under (no miss) |
| COMBINED WORKOUTS | "Cindy" w/ jumping pull ups - 14 "Cindy" w/ no assistance - 7 | "Jackie" men - no assistance - 17:30 "Jackie" women jumping pull ups - 12:00 "Helen" - m- 24 kg - 11:00 "Helen" - w - 10kg & 2 pull ups - 17:30 "Fran" - m - 184 ball - 12:00 "Fran" - w - 104 ball - 10:00 | "Navy" - m - as written - complete "Navy" - w - 45A - complete "Fight Gone Bad" - as written - m-240, w-220 "Fran" - as written - m-7:30, w-10:00 | "Cindy" - as written - complete "Helen" - as written - complete "Fran" - as written - complete | |

Crossfit Level Training Guide

Camilla Rothe



Crossfit Level Training Guide:

Whispering the Secrets of Language: An Psychological Quest through **Crossfit Level Training Guide**

In a digitally-driven world wherever screens reign great and quick interaction drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within words often go unheard. However, situated within the pages of **Crossfit Level Training Guide** a charming fictional value sporting with natural thoughts, lies an exceptional journey waiting to be undertaken. Written by an experienced wordsmith, that charming opus attracts viewers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very cloth of every word. Within the psychological depths of the moving evaluation, we shall embark upon a heartfelt exploration of the book is key themes, dissect their charming writing type, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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