

CROSSFIT AVON Athletic Levels

	Level 1 (Beginner)	Level 2 (Intermediate)	Level 3 (Competitor)	Level 4 (Elite)
Gymnastics	Air Squat: 60 in 2 minutes Press Up: M-10, W- 10 (24" Box) Pull Up: M-1, W-1 (red band) Ring Dip: M-1, W-30 second ring hold Burpee: 10 in 1 minute Box Jump: 20 reps in 1 minute (20/16") Sit Up: 45 in 2 minutes Plank Hold: 2 minutes Handstand Hold (against wall): 10 secs	Air Squat: 80 in 2 minutes Press Up: M-25 - W-10 Strict Pull Ups: M-7 W-3 Ring Dip: M-10, W-2 Burpee: 20 in 1 Minute Box Jump: 25 reps in 1 minute (24/20") Sit Up: 65 in 2 minutes Ring Chair Sit: 60 secs Handstand Hold (against wall): 90 secs Toes to Bar: 10 Handstand Push Up: M-1, W- 4" High target	Air Squat: 100 in 2 minutes Pistol Squat: 10 Consecutive Press Up: M-50, W-30 Strict Pull Ups: M-18, W-9 Kipping Pull Up: M-35, W-25 Ring Dip: M-20, W-10 Burpee: 30 in 1 minute Box Jump: 30 reps in 1 minute (30/24") Toes to Bar: 20 Ring L Sit: M-20s, W-10s Ring and Bar Muscle Up: M-5 W-2 Handstand Push Up (Wall): M-10, W-3 Handstand Walk: 30ft	Air Squat: 115 in 2 minutes Pistol Squat: 30 Consecutive Press Up: M-80, W-55 Strict Pull Ups: M-24 W-12 Kipping Pull Up: M-60, W-35 Ring Dip: M-25 W -15 Burpee: 35 in 1 minute Toes to Bar: 30 Ring L Sit: M-45s, W-30s Ring Handstand Push Up: M-3, W-1 Ring and Bar Muscle Up: M-15, W-7 Handstand Push Up (Wall): M-20, W-7 Handstand Walk: 120ft
Weightlifting	Back Squat: 3/4 Bodyweight Front Squat: 2/3 Bodyweight Deadlift: Bodyweight Shoulder Press: 1/3 Bodyweight Bench Press M-1/2 BW W-1/3BW Overhead Squat: 1/4 Bodyweight Clean: 1/2 Bodyweight Snatch: 1/3 Bodyweight Jerk: 1/3 Bodyweight American Swing: 20 reps (16/12kg) Wall Ball: 10 reps unbroken (9/6kg)	Back Squat: 1 & 1/4 Bodyweight Front Squat: Bodyweight Deadlift: 1 & 1/2 Bodyweight Shoulder Press: 2/3 Bodyweight Bench Press: M-3/4BW, W-1/2BW Overhead Squat: 1/2 Bodyweight Clean: 3/4 Bodyweight Snatch: 2/3 Bodyweight Jerk: 3/4 Bodyweight American Swing: 20 reps (24/16kg) Thruster: 15 reps (M-42.5kg, W-30kg) Wall Ball: 30 reps unbroken (9/6kg)	Back Squat: 2 x Bodyweight Front Squat: 1 & 1/2 Bodyweight Deadlift: 2 & 1/2 Bodyweight Shoulder Press: 3/4 Bodyweight Bench Press: M-1&1/4BW, W-3/4 BW Overhead Squat: Bodyweight Clean: 1&1/4 Bodyweight Snatch: Bodyweight Jerk: 1 & 1/4 Bodyweight American Swing: 20 reps (32/24kg) Thruster: 10 reps (M-60kg, W-42.5kg) Wall Ball: 60 reps unbroken (9/6kg)	Back Squat: 2 & 1/2 Bodyweight Front Squat: 2 x Bodyweight Deadlift: 2 & 3/4 Bodyweight Shoulder Press: Bodyweight Bench Press: M-1&1/2BW, W-BW Overhead Squat: 15 reps Bodyweight Clean: 1&2/3 Bodyweight Snatch: 1 & 1/4 Bodyweight Jerk: 1 &2/3 Bodyweight Thruster: 10 reps (M-80kg, W-55kg) Wall Ball: 90 reps unbroken (9/6kg)
Monostructural	400m Run: M-2:00, W-2:15 1km Run: M-5:40, W-6:00 5km Run: M-30:00, W-33:00 500m Row: M-1:55, W-2:20 Skips: 100 (no miss) Double Unders: 1	400m Run: M-1:45, W-1:55 1km Run: M-4:35, W-5:00 5km Run: M-24:00, W-27:00 500m Row: M-1:45, W-2:00 1000m Row: M-3:55, W-4:30 Double Unders: 30 (consecutive, no miss)	400m Run: M-1:10, W-1:25 1km Run: M-3:30, W-4:00 5km Run: M-21:30, W-24:30 500m Row: M-1:30, W-1:45 1000m Row: M-3:20, W-3:50 2000m Row: M-6:50, W-8:00 Double Unders: 100 (consecutive, no miss)	400m Run: M-1:00, W-1:10 1km Run: M-3:10, W-3:35 5km Run: M-18:00, W-21:00 500m Row: M-1:20, W-1:40 1000m Row: M-3:10, W-3:40 2000m Row: M-6:30, W-7:40 Double Unders: 200 (consecutive, no miss)
Met-Cons		"Fran" (Rx'd) - M-10:00 W-12:00 "Helen" (Rx'd) - M-11:00 W-13:00	"Fran" - men: 4:00, women: 5:00 "Helen" - men: 9:00, women: 10:00 "Cindy" - men: 25 rounds, women: 20	"Grace" - men- 2:00, women - 2:00 "Elizabeth" - men: 5:00, women - 5:00 "Mary" - men: 15 rounds, women: 10 rounds