



CROSSFIT AVON ATHLETIC LEVELS



	Beginner		Intermediate		Advanced	
Level	1	2	3	4	5	6
Gymnastics	Air Squat: 40 in 2 minutes Box Press Up: 10 reps (24/30") Scapula Pull Up: 10 reps @ 2011 Sit Up: 30 in 2 minutes Box Jump: 15 reps in 1 minute (16/12") Plank Hold: 1 minute Side Plank: 30 secs each side Handstand Hold (against wall): 5 secs	Air Squat: 60 in 2 minutes Press Up: 10/3 reps Strict Pull Up: 1 rep/3sec Neg Strict Bar Dip: 3 reps/3x3sec Neg Sit Up: 45 in 2 minutes Box Jump: 20 reps in 1 minute (20/16") Plank Hold: 2 minutes Side Plank: 1 minute each side Handstand Hold (against wall): 20 secs	Air Squat: 80 in 2 minutes Press Up: 20/8 reps Strict Pull Ups: 5/3 reps Strict Bar Dip: 10/4 reps Kipping Pull Up: 10/6 reps Sit Up: 65 in 2 minutes Box Jump: 20 reps in 1 minute (24/20") Ring Chair Sit: 60 secs Handstand Hold (against wall): 60 secs	Pistol Squat: 10 Consecutive each leg Press Up: 30/20 reps Strict Pull Ups: 10/6 reps Strict Ring Dip: 10/6 reps Kipping Pull Up: 20/12 reps Toes to Bar: 10 Box Jump: 20 reps in 1 minute (30/24") Ring L Sit: 15/10 secs Handstand Walk: 12ft Kipping Muscle Up: 3/1 reps Strict HSPU: 3/1 reps	Pistol Squat: 20 Consecutive each leg Press Up: 60/40 reps Strict Pull Ups: 20/12 reps Strict Ring Dip: 20/12 reps Kipping Pull Up: 50/30 reps Toes to Bar: 30 Ring L Sit: 30/20 secs Handstand Walk: 30ft Strict Muscle Up: 5/2 reps Kipping Muscle Up: 15/7 reps Strict HSPU: 20/12 reps	Pistol Squat: 30 Consecutive each leg Press Up: 90/60 reps Strict Pull Ups: 30/20 reps Strict Ring Dip: 30/20 reps Kipping Pull Up: 75/50 reps Toes to Bar: 50 Ring L Sit: 60/45 secs Handstand Walk: 120ft Strict Muscle Up: 10/5 reps Kipping Muscle Up: 25/15 reps Strict HSPU: 30/20 reps
Weightlifting	10 reps: Back Squat: 40/30kg Front Squat: 35/25kg Deadlift: 50/35kg Shoulder Press: 20/12.5kg Bench Press: 30/20kg Overhead Squat: 20/15kg Power Clean: 30/20kg Jerk: 30/20kg Power Snatch: 20/15kg	5 reps: Back Squat: 70/50kg Front Squat: 60/40kg Deadlift: 90/65kg Shoulder Press: 30/20kg Bench Press: 45/30kg Overhead Squat: 45/30kg Power Clean: 50/35kg Jerk: 50/35kg Power Snatch: 35/25kg	1RM: Back Squat: 100/70kg Front Squat: 85/60kg Deadlift: 125/90kg Shoulder Press: 45/30kg Bench Press: 70/50kg Overhead Squat: 65/45kg Squat Clean: 70/50kg Jerk: 70/50kg Squat Snatch: 50/35kg	1RM: Back Squat: 130/90kg Front Squat: 110/75kg Deadlift: 155/110kg Shoulder Press: 60/40kg Bench Press: 90/65kg Overhead Squat: 85/60kg Squat Clean: 100/70kg Jerk: 100/70kg Squat Snatch: 70/50kg	1RM: Back Squat: 170/120kg Front Squat: 145/100kg Deadlift: 215/150kg Shoulder Press: 75/50kg Bench Press: 120/80kg Overhead Squat: 110/75kg Squat Clean: 125/85kg Jerk: 125/85kg Squat Snatch: 100/70kg	1RM: Back Squat: 215/150kg Front Squat: 185/130kg Deadlift: 260/180kg Shoulder Press: 95/65kg Bench Press: 150/100kg Overhead Squat: 140/100kg Squat Clean: 160/110kg Jerk: 160/110kg Squat Snatch: 130/90kg
Conditioning	Assault Bike: 10/7 Cals in 1 minute 400m Run: M<2:00, W<2:20 500m Row: M<2:30, W<3:00 Skips: 50 (no miss) Burpee: 8 in 1 minute "Baseline": M<7:00, F<8:00 (M - 24" Box Press Up, Green Band Pull Up W - 30" Box Press Up, Blue Band Pull Up	Assault Bike: 20/14 Cals in 1 minute 400m Run: M<1:45, W<2:05 1km Run: M<5:00, W<5:40 500m Row: M<2:05, W<2:30 Skips: 100 (no miss) Double Unders: 1 Burpee: 12 in 1 minute "Baseline": M<6:30, F<7:30 (M - RX Press Up & Purple Band Pull Up W - 24" Box Press Up, Green Band Pull Up	Assault Bike: 30/20 Cals in 1 minute 400m Run: M<1:35, W<1:50 1km Run: M<4:20, W<5:00 500m Row: M<1:45, W<2:00 2000m Row: M<8:10, W<9:00 Double Unders: 10 (Unbroken) Burpee: 20 in 1 Minute "Baseline" (RX): M <6:00, W <7:00	400m Run: M<1:25, W<1:40 1km Run: M<3:40, W<4:20 5km Run: M<24:00, W<27:00 500m Row: M<1:35, W<1:50 2000m Row: M<7:30, W<8:30 Double Unders: 30 (Unbroken) Burpee: 30 in 1 Minute "Baseline" (RX): M <5:00, W <6:00 "Helen" (RX): M-11:00, W-13:00	400m Run: M<1:10, W<1:20 1km Run: M<3:20, W<3:50 5km Run: M<20:00, W<23:00 500m Row: M<1:30, W<1:45 2000m Row: M-6:50, W-7:50 Double Unders: 100 (Unbroken) Burpee: 35 in 1 minute "Fran": M<4:00, W<5:00 "Grace": M&W<2:30 "Cindy": M-25 rnds, W-20 rnds	400m Run: M<0:55, W<1:05 1km Run: M<3:10, W<3:35 5km Run: M<18:00, W<21:00 500m Row: M<1:25, W<1:40 2000m Row: M-6:30, W-7:30 Double Unders: 200 (Unbroken) Burpee: 40 in 1 minute "Elizabeth": M< 4:00, W<5:00 "Grace" : M&W< 1:30 "Mary" : M-15 rnds, W-10 rnds