

# CROSSFIT AVON Athletic Levels

	Level 1 (Beginner)	Level 2 (Intermediate)	Level 3 (Competitor)	Level 4 (Elite)
<b>Gymnastics</b>	Air Squat: 60 in 2 minutes Press Up: M-10, W- 1 Strict Pull Up: M-1, W-3 sec Negative Strict Bar Dip: M-3, W-3 sec Negative 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 Side Plank: 1 minute each side	Air Squat: 80 in 2 minutes Press Up: M-30, W-15 Strict Pull Ups: M-5 W-3 Strict Bar Dip: M-10, W-5 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 each leg Press Up: M-75, W-50 Strict Pull Ups: M-20, W-12 Kipping Pull Up: M-50, W-40 Strict Ring Dip: M-20, W-15 Burpee: 30 in 1 minute Box Jump: 30 reps in 1 minute (30/24") Toes to Bar: 30 Ring L Sit: M-30s, W-20s Strict Muscle Up: M-5 W-2 Strict Handstand Push Up (Wall): M-20, W-12 Handstand Walk: 30ft	Air Squat: 115 in 2 minutes Pistol Squat: 30 Consecutive each leg Press Up: M-90, W-60 Strict Pull Ups: M-30 W-20 Kipping Pull Up: M-75, W-60 Strict Ring Dip: M-30, W -20 Burpee: 35 in 1 minute Toes to Bar: 50 Ring L Sit: M-60s, W-45s Ring Handstand Push Up: M-3, W-1 Strict Muscle Up: M-10, W-5 Strict Handstand Push Up (Wall): M-30, W-20 Handstand Walk: 120ft
<b>Weightlifting</b>	10 reps: Back Squat: 3/4 Bodyweight Front Squat: 2/3 Bodyweight Deadlift: Bodyweight Shoulder Press: 1/3 Bodyweight Bench Press M-1/2 BW, W-1/3 BW Overhead Squat: 1/3 Bodyweight American Swing: 20 reps (16/12kg) Wall Ball: 10 reps unbroken (9/6kg)	1RM: Back Squat: 1 & 1/2 Bodyweight Front Squat: 1 & 1/4 Bodyweight Deadlift: 1 & 3/4 Bodyweight Shoulder Press: 2/3 Bodyweight Bench Press: M-BW, W-2/3 BW Overhead Squat: Bodyweight Clean: Bodyweight Snatch: 3/4 Bodyweight Jerk: Bodyweight American Swing: 20 reps (24/16kg) Thruster: 15 reps (M-42.5kg, W-30kg) Wall Ball: 30 reps unbroken (9/6kg)	1RM: Back Squat: 2 x Bodyweight Front Squat: 1 & 2/3 Bodyweight Deadlift: 2 & 1/2 Bodyweight Shoulder Press: 3/4 Bodyweight Bench Press: M-1&1/3 BW, W-BW Overhead Squat: 5 reps 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)	1RM: Back Squat: 2 & 1/2 Bodyweight Front Squat: 2 x Bodyweight Deadlift: 3 x Bodyweight Shoulder Press: Bodyweight Bench Press: M-1&1/2BW, W-1&1/4 BW Overhead Squat: 15 reps Bodyweight Clean: 1&2/3 Bodyweight Snatch: 1 & 1/4 Bodyweight Jerk: 1 & 2/3 Bodyweight American Swing: 20 reps (40/28kg) Thruster: 10 reps (M-80kg, W-55kg) Wall Ball: 90 reps unbroken (9/6kg)
<b>Monostructural</b>	400m Run: M-1:45, W-2:00 1km Run: M-5:00, W-5:40 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-1:25, W-1:40 1km Run: M-3:40, W-4:20 5km Run: M-24:00, W-27:00 500m Row: M-1:45, W-2:00 1000m Row: M-3:40, W-4:10 Double Unders: 30 (consecutive, no miss)	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 1000m Row: M-3:15, W-3:40 2000m Row: M-6:50, W-7:50 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-3:00, W-3:30 2000m Row: M-6:30, W-7:30 Double Unders: 200 (consecutive, no miss)
<b>Met-Cons</b>		"Fran" (RX) - M-10:00 W-12:00 "Helen" (RX) - M-11:00 W-13:00	"Fran" - men: 4:00, women: 5:00 "Helen" - men: 8:30, women: 9:00 "Cindy" - men: 25 rounds, women: 20	"Grace" - men- 2:00, women - 2:00 "Elizabeth" - men: 4:00, women - 5:00 "Mary" - men: 15 rounds, women: 10 rounds