

Level 4 CrossFit Seattle

Skill Level IV -- Black elite athlete

NAME: _____

		GOALS:	1 Month:	3 Months:
PISTOLS	Date			
	Reps			
<i>Benchmark: 25 each leg</i>				
		GOALS:	1 Month:	3 Months:
SQUAT	Date			
	Weight			
<i>Benchmark: 2 x bodyweight squat</i>				
		GOALS:	1 Month:	3 Months:
PUSH UPS	Date			
	Reps			
<i>Benchmark: 60 ring pushups</i>				
		GOALS:	1 Month:	3 Months:
BENCH PRESS	Date			
	Weight			
<i>Benchmark: 1 1/2 x bodyweight bench press</i>				
		GOALS:	1 Month:	3 Months:
ROPE CLIMB	Date			
	Trips			
<i>Benchmark: 20 foot climb, 2 trips touch and go, no feet</i>				
		GOALS:	1 Month:	3 Months:
OVERHEAD SQUAT	Date			
	Reps			
<i>Benchmark: 15 repetitions at 1 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
2 DB/KB C & J	Date			
	Reps			
<i>Benchmark: 150 reps in 10 minutes, men 24kg women 16kg</i>				
		GOALS:	1 Month:	3 Months:
400 METER RUN	Date			
	Time			
<i>Benchmark: 1:04 minutes</i>				
		GOALS:	1 Month:	3 Months:
DEAD LIFT	Date			
	Weight			
<i>Benchmark: 2 1/2 x bodyweight deadlift</i>				
		GOALS:	1 Month:	3 Months:
MILITARY PRESS	Date			
	Weight			
<i>Benchmark: 1 x bodyweight military press</i>				
		GOALS:	1 Month:	3 Months:
HANDSTAND PUSH UP	Date			
	Time			
<i>Benchmark: 10 full range handstand push ups</i>				
		GOALS:	1 Month:	3 Months:
CLEAN	Date			
	Weight			
<i>Benchmark: 1 1/2 x bodyweight clean</i>				
		GOALS:	1 Month:	3 Months:
FRONT LEVER	Date			
	Reps			
<i>Benchmark: 15 seconds</i>				

		GOALS:	1 Month:	3 Months:
SANDBAG CARRY	Date			
	Reps			
<i>Benchmark: 1 mile sandbag carry with 3/4 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
800 METER RUN	Date			
	Time			
<i>Benchmark: 2:20 minutes</i>				
		GOALS:	1 Month:	3 Months:
500 METER ROW	Date			
	Time			
<i>Benchmark: women 1:40 men 1:25</i>				
		GOALS:	1 Month:	3 Months:
VERTICAL JUMP	Date			
	Height			
<i>Benchmark: 30 inches</i>				
		GOALS:	1 Month:	3 Months:
DIPS	Date			
	Reps			
<i>Benchmark: 50 ring dips</i>				
		GOALS:	1 Month:	3 Months:
DIP	Date			
	Reps			
<i>Benchmark: 1 dip with 1 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
PULL UPS	Date			
	Reps			
<i>Benchmark: 40 dead hang pull ups</i>				
		GOALS:	1 Month:	3 Months:
PULL UP	Date			
	Weight			
<i>Benchmark: 1 with 1 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
MUSCLE UP	Date			
	Reps			
<i>Benchmark: 15</i>				
		GOALS:	1 Month:	3 Months:
L-SIT	Date			
	Time			
<i>Benchmark: 1:30 minute L-sit</i>				
		GOALS:	1 Month:	3 Months:
ROW	Date			
	Time			
<i>Benchmark: 5k row for women at 20:00, 6k row for men at 20:00</i>				
		GOALS:	1 Month:	3 Months:
SNATCH	Date			
	Reps			
<i>Benchmark: 1 1/4 x bodyweight snatch</i>				
		GOALS:	1 Month:	3 Months:
MARY	Date			
	Reps			
<i>Benchmark: 15 rounds in 20 minutes</i>				
<i>Description: 5 handstand pushups, 10 pistols and 15 pull ups</i>				
		GOALS:	1 Month:	3 Months:
1 MILE RUN	Date			
	Time			
<i>Benchmark: 5 minutes</i>				