

Level 4 CrossFit Seattle

Skill Level I -- White
well rounded beginner

NAME: _____

		GOALS:		1 Month:		3 Months:	
SQUATS	Date						
	Reps						
<i>Benchmark: 50 free squats</i>							
		GOALS:		1 Month:		3 Months:	
PUSH UPS	Date						
	Reps						
<i>Benchmark: 10 pushups</i>							
		GOALS:		1 Month:		3 Months:	
STATIC HANG	Date						
	Time						
<i>Benchmark: 30 seconds</i>							
		GOALS:		1 Month:		3 Months:	
SITUPS	Date						
	Reps						
<i>Benchmark: 30 situps</i>							
		GOALS:		1 Month:		3 Months:	
KB SWINGS	Date						
	Reps						
<i>Benchmark: 25 kettlebell swings</i>							
		GOALS:		1 Month:		3 Months:	
400 METER RUN	Date						
	Time						
<i>Benchmark: 2:04 minutes</i>							
		GOALS:		1 Month:		3 Months:	
DEAD LIFT	Date						
	Weight						
<i>Benchmark: 3/4 x bodyweight deadlift</i>							
		GOALS:		1 Month:		3 Months:	
MILITARY PRESS	Date						
	Weight						
<i>Benchmark: 1/4 x bodyweight military press</i>							
		GOALS:		1 Month:		3 Months:	
MED BALL CLEANS	Date						
	Weight						
<i>Benchmark: 10 medicine ball cleans</i>							
		GOALS:		1 Month:		3 Months:	
KNEES TO CHEST	Date						
	Reps						
<i>Benchmark: 10 sitting knees to chest</i>							
		GOALS:		1 Month:		3 Months:	
WALL BALL	Date						
	Reps						
<i>Benchmark: 25 wallballs</i>							
		GOALS:		1 Month:		3 Months:	
800 METER RUN	Date						
	Time						
<i>Benchmark: 4:20 minutes</i>							

		GOALS:		1 Month:	3 Months:			
500 METER ROW	Date							
	Time							
<i>Benchmark: women 2:20 men 1:55</i>								
		GOALS:		1 Month:	3 Months:			
VERTICAL JUMP	Date							
	Height							
<i>Benchmark: 10 inches</i>								
		GOALS:		1 Month:	3 Months:			
DIPS	Date							
	Reps							
<i>Benchmark: 3 dips</i>								
		GOALS:		1 Month:	3 Months:			
PULL UPS	Date							
	Reps							
<i>Benchmark: 3 pull ups</i>								
		GOALS:		1 Month:	3 Months:			
L-SIT	Date							
	Time							
<i>Benchmark: 10 second L-sit</i>								
		GOALS:		1 Month:	3 Months:			
2000 METER ROW	Date							
	Time							
<i>Benchmark: women 9:50 men 8:10</i>								
		GOALS:		1 Month:	3 Months:			
DUMBBELL SNATCH	Date							
	Reps							
<i>Benchmark: 10 per arm</i>								
		GOALS:		1 Month:	3 Months:			
CHRISTINE	Date							
	Time							
<i>Benchmark: 15 minutes</i>								
<i>Description: 3 rounds for time - 500m row, 12 deadlifts, 21 box jumps</i>								
		GOALS:		1 Month:	3 Months:			
1 MILE RUN	Date							
	Time							
<i>Benchmark: 9 minutes</i>								

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Oct 2008