

# Level 4 CrossFit Seattle

Skill Level III -- Blue  
advanced athlete

NAME: \_\_\_\_\_

		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>PISTOLS</b>	Date			
	Reps			
<i>Benchmark: 10 each leg</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>SQUAT</b>	Date			
	Weight			
<i>Benchmark: 1 1/2 x bodyweight squat</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>PUSH UPS</b>	Date			
	Reps			
<i>Benchmark: 40 ring pushups</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>BENCH PRESS</b>	Date			
	Weight			
<i>Benchmark: 1 1/4 x bodyweight bench press</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>ROPE CLIMB</b>	Date			
	Trip			
<i>Benchmark: 20 foot climb, 1 trip, no feet</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>OVERHEAD SQUAT</b>	Date			
	Weight			
<i>Benchmark: 1 x bodyweight overhead squat</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>KB SNATCH</b>	Date			
	Reps			
<i>Benchmark: 10 minute snatch test, 200 reps, men 24kg women 16kg</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>400 METER RUN</b>	Date			
	Time			
<i>Benchmark: 1:19 minutes</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>DEAD LIFT</b>	Date			
	Weight			
<i>Benchmark: 2 x bodyweight deadlift</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>MILITARY PRESS</b>	Date			
	Weight			
<i>Benchmark: 3/4 x bodyweight military press</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>HANDSTAND PUSH UP</b>	Date			
	Time			
<i>Benchmark: 10 handstand push ups</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>CLEAN</b>	Date			
	Weight			
<i>Benchmark: 1 x bodyweight clean</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>HANGING STRAIGHT LEG RAISE</b>	Date			
	Reps			
<i>Benchmark: 20 hanging straight leg raises</i>				

		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>SANDBAG CARRY</b>	Date							
	Reps							
<i>Benchmark: 1 mile sandbag carry with 1/2 x bodyweight</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>800 METER RUN</b>	Date							
	Time							
<i>Benchmark: 2:50 minutes</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>500 METER ROW</b>	Date							
	Time							
<i>Benchmark: women 1:50 men 1:32</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>VERTICAL JUMP</b>	Date							
	Height							
<i>Benchmark: 25 inches</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>DIPS</b>	Date							
	Reps							
<i>Benchmark: 30 ring dips</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>DIP</b>	Date							
	Reps							
<i>Benchmark: 1 dip with 3/4 x bodyweight</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>PULL UPS</b>	Date							
	Reps							
<i>Benchmark: 40 pull ups</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>PULL UP</b>	Date							
	Weight							
<i>Benchmark: 1 with 3/4 x bodyweight</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>MUSCLE UP</b>	Date							
	Reps							
<i>Benchmark: 10</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>L-SIT</b>	Date							
	Time							
<i>Benchmark: 1 minute L-sit</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>ROW</b>	Date							
	Time							
<i>Benchmark: 5k row for women at 21:00, 6k row for men at 21:45</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>SNATCH</b>	Date							
	Reps							
<i>Benchmark: 1 x bodyweight snatch</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>CHELSEA</b>	Date							
	Reps							
<i>Benchmark: 30 minutes</i>								
<i>Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats</i>								
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>				
<b>1 MILE RUN</b>	Date							
	Time							
<i>Benchmark: 6 minutes</i>								