

## What are the Fitness & Skill Levels?

CrossFit Rockwall's Fitness & Skill Levels are designed to help you measure your strengths, find your weaknesses, and improve all aspects of fitness. They will test your proficiency in each of the ten generally recognized components of physical fitness:

- cardio respiratory endurance
- strength
- stamina
- flexibility
- coordination
- agility
- balance
- accuracy
- power
- speed

Achieving a balanced level of fitness in all categories will give you a solid foundation for any athletic endeavor.

## Disclaimer

The Fitness & Skill Levels are intended to be a guide, not a standardized test you must "pass." Do not beat yourself up for not being "elite." Use the Levels to evaluate your strengths and weaknesses and to make smart choices about your training time. This guide is not a definitive guide to CrossFit, an exercise prescription, nor a complete guide to developing the skills. The skills are intended to be broadly representative of general fitness. Proper form in all movements is imperative. We will hold you to the highest standards on each movement. Virtuosity is required on all skills!

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*Thank you, CrossFit Seattle, for creating the original skill levels! Much of the information here is taken or modified from their previous work.*

## Using the Fitness & Skill Levels

The Levels are designed to provide a general fitness assessment, to help set appropriate and challenging goals, and to help you focus on weak areas. The result will be mastering movements you couldn't do before. The levels are:

- **Level 1 – Healthy beginner.** This level is the basic standard for health and fitness. Lacking these basic levels of strength, flexibility, and work capacity may limit you in life activities. Although this Level is challenging, the complete Level 1 should be attainable within 3 to 12 months for those with no significant limitations. At this level, proper basic movements, such as hip flexion and active shoulder use are developed, while healed injuries and structural problems are resolved. Mastery of all Level 1 movements must be achieved before moving to Level 2.
- **Level 2 – Intermediate athlete.** All healthy adults can aspire to this level of fitness. Basic movements are perfected and advanced skills are introduced. The complete Level 2 may take from six months to several years to reach after achieving Level 1. Along the way, you develop significant levels of strength, stamina, work capacity, and speed, building on the Level 1 foundation.
- **Level 3 – Advanced athlete.** Though few people possess this level of general fitness, any healthy person can achieve it. The strength, work capacity, power and skill required to meet these goals can prepare you to tackle any kind of physical performance with competence and confidence. Expect to invest another three to five years of consistent effort.
- **Level 4 – Elite athlete.** This level of achievement requires long-term dedication and a passion for fitness. The skills required of Level 4 are very advanced and represent a highly skilled and well-rounded athlete. While few may attain all of the Level 4 skills, you should continually seek improvement and get closer to achieving each one.

## Level 1

Skill	Men	Women	Completed
Air Squat	30 / 60 sec		
Push-ups	10	5	
Rope Progression	Straight leg pull		
Sit-ups	20 / 60 sec		
Overhead Squat	15 x 20 kg	15 x 10 kg	
Kettlebell Swings	21 x 1 pood	21 x 26 lb	
400 meter Run	2:00	2:25	
Deadlift	102 kg	60 kg	
Handstand	10 second hold against wall		
Clean & Jerk	43 kg	30 kg	
Knees to Waist	10		
Wall Ball	10 x 12 lb to 10'	10 x 6 lb to 10'	
500 meter Row	1:50.0	2:15.0	
Vertical Jump	16 inch	10 inch	
Dips	15 second support, rings out 1 ring dip		
Pull-ups	5		
Tuck sit	15 seconds		
2000 meter Row	8:00	9:15	



## Level 2

Skill	Men	Women	Completed
Wall Squat	10 with toes @ wall		
Back Squat	1 x BW	.75 x BW	
Push-ups	30		
Rope Climb	1 x 15 feet, with legs		
Sit-ups	35 / 60 sec		
Overhead Squat	15 x 43 kg	15 x 30 kg	
Kettlebell Swings	21 x 1.5 pood	21 x 1 pood	
400 meter Run	1:35	1:45	
Deadlift	1.5 x BW		
Shoulder Press	.5 x BW		
Handstand	1 minute hold against wall		
HSPU	1		
Clean & Jerk	.75 x BW		
Knees to Elbows	10 strict		
Wall Ball	10 x 20 lb to 10'	10 x 14 lb to 10'	
500 meter Row	1:40.0	2:02.0	
Vertical Jump	20 inch	14 inch	
Dips	10		



## Level 3

Skill	Men	Women	Completed
Pistols	10 each leg		
Back Squat	1.5 x BW	1.25 x BW	
Ring Push-ups	25		
Rope Climb	1 x 15 feet, no legs		
GHD Sit-ups	50		
Overhead Squat	1 x BW		
Kettlebell Swings	21 x 2 pood	21 x 1.5 pood	
400 meter Run	1:12	1:20	
Deadlift	2 x BW	1.75 x BW	
Shoulder Press	.75 x BW	.6 x BW	
Handstand	10 second freestanding hold		
HSPU	10		
Clean & Jerk	1 x BW		
Toes to Bar	10 strict, straight legs		
Wall Ball	50 x 20 lb to 10'	50 x 14 lb to 10'	
500 meter Row	1:33.0	1:53.0	
Vertical Jump	24 inch	18 inch	
Dips	25		

## Level 3

Skill	Men	Women	Completed
Weighted Dip	1/2 x BW	1/3 x BW	
Pull-ups	40		
Strict Pull-ups	20		
Weighted Pull-up	1/2 x BW	1/3 x BW	
Muscle-ups	5 strict		
L-sit	30 seconds		
2000 meter Row	7:00	8:00	
Snatch	1 x BW	.75 x BW	
Box Jumps	30 x 30" / 60 sec	30 x 24" / 60 sec	
Double unders	100		
1.5 mile Run	10:15	11:35	
20 yard Shuttle Run	5.0 sec	5.5 sec	
WOD	Diane rx'd		
WOD	Elizabeth rx'd		



## Level 4

Skill	Men	Women	Completed
Pistols	25 each leg		
Back Squat	2 x BW	1.75 x BW	
Ring Push-ups	50		
Rope Climb	1 x 15 feet, l-sit		
Core Strength	Front Lever		
Overhead Squat	15 reps at BW		
Kettlebell Swings	21 x 2.5 pood	21 x 2 pood	
400 meter Run	1:00	1:08	
Deadlift	2.5 x BW	2 x BW	
Shoulder Press	1 x BW	.75 x BW	
Handstand	50 ft walk		
HSPU	10 on parallettes		
Clean & Jerk	1.5 x BW	1.25 x BW	
Core Strength	10 skin the cats		
Wall Ball	Karen <6:00		
500 meter Row	1:28.0	1:46.0	
Vertical Jump	30 inch	22 inch	
Dips	40		

## Level 4

Skill	Men	Women	Completed
Weighted Dip	3/4 x BW	1/2 x BW	
Pull-ups	60		
L Pull-ups	20		
Weighted Pull-up	3/4 x BW	1/2 x BW	
Muscle-ups	10 strict		
Core Strength	Press to Handstand on paralleltes		
2000 meter Row	6:40	7:30	
Snatch	1.25 x BW	1 x BW	
Box Jumps	2/3 your height		
Double unders	2 minutes unbroken		
1.5 mile Run	8:50	10:34	
20 yard Shuttle Run	4.5 sec	5 sec	
WOD	Linda rx'd		
WOD	Isabel rx'd		