

Level 4 CrossFit Seattle

Skill Level II -- Green
intermediate athlete

NAME: _____

		GOALS:		1 Month:		3 Months:	
SQUATS	Date						
	Reps						
<i>Benchmark: 100 free squats</i>							
		GOALS:		1 Month:		3 Months:	
SQUAT	Date						
	Weight						
<i>Benchmark: 1 x bodyweight squat</i>							
		GOALS:		1 Month:		3 Months:	
PUSH UPS	Date						
	Reps						
<i>Benchmark: 30 pushups</i>							
		GOALS:		1 Month:		3 Months:	
BENCH PRESS	Date						
	Weight						
<i>Benchmark: 1 x bodyweight bench press</i>							
		GOALS:		1 Month:		3 Months:	
ROPE CLIMB	Date						
	Trip						
<i>Benchmark: 20 foot climb, 1 trip</i>							
		GOALS:		1 Month:		3 Months:	
V-UPS	Date						
	Reps						
<i>Benchmark: 30 v-ups</i>							
		GOALS:		1 Month:		3 Months:	
KB SNATCH	Date						
	Reps						
<i>Benchmark: 30 each arm men 24kg women 16kg</i>							
		GOALS:		1 Month:		3 Months:	
400 METER RUN	Date						
	Time						
<i>Benchmark: 1:34 minutes</i>							
		GOALS:		1 Month:		3 Months:	
DEAD LIFT	Date						
	Weight						
<i>Benchmark: 1 1/2 x bodyweight deadlift</i>							
		GOALS:		1 Month:		3 Months:	
MILITARY PRESS	Date						
	Weight						
<i>Benchmark: 1/2 x bodyweight military press</i>							
		GOALS:		1 Month:		3 Months:	
HANDSTAND HOLD	Date						
	Time						
<i>Benchmark: 1 minute handstand hold</i>							
		GOALS:		1 Month:		3 Months:	
POWER CLEAN	Date						
	Weight						
<i>Benchmark: 3/4 x bodyweight power clean</i>							
		GOALS:		1 Month:		3 Months:	
KNEES TO ELBOWS	Date						
	Reps						
<i>Benchmark: 15 hanging knees to elbows</i>							

		GOALS:		1 Month:		3 Months:	
THRUSTERS	Date						
	Reps						
<i>Benchmark: 45 1/2 x bodyweight thrusters</i>							
		GOALS:		1 Month:		3 Months:	
800 METER RUN	Date						
	Time						
<i>Benchmark: 3:20 minutes</i>							
		GOALS:		1 Month:		3 Months:	
500 METER ROW	Date						
	Time						
<i>Benchmark: women 2:00 men 1:45</i>							
		GOALS:		1 Month:		3 Months:	
VERTICAL JUMP	Date						
	Height						
<i>Benchmark: 18 inches</i>							
		GOALS:		1 Month:		3 Months:	
DIPS	Date						
	Reps						
<i>Benchmark: 20 dips</i>							
		GOALS:		1 Month:		3 Months:	
DIP	Date						
	Reps						
<i>Benchmark: 1 dip with 1/3 x bodyweight</i>							
		GOALS:		1 Month:		3 Months:	
PULL UPS	Date						
	Reps						
<i>Benchmark: 20 pull ups</i>							
		GOALS:		1 Month:		3 Months:	
PULL UP	Date						
	Weight						
<i>Benchmark: 1 with 1/3 x bodyweight</i>							
		GOALS:		1 Month:		3 Months:	
MUSCLE UP	Date						
	Reps						
<i>Benchmark: 1</i>							
		GOALS:		1 Month:		3 Months:	
L-SIT	Date						
	Time						
<i>Benchmark: 30 second L-sit</i>							
		GOALS:		1 Month:		3 Months:	
2000 METER ROW	Date						
	Time						
<i>Benchmark: women 8:50 men 7:30</i>							
		GOALS:		1 Month:		3 Months:	
POWER SNATCH	Date						
	Reps						
<i>Benchmark: 1/2 x bodyweight power snatch</i>							
		GOALS:		1 Month:		3 Months:	
HELEN	Date						
	Time						
<i>Benchmark: 11:30 minutes</i>							
<i>Description: 3 rounds for time - 400m run, 21 kb swings, 12 pullups</i>							
		GOALS:		1 Month:		3 Months:	
1 MILE RUN	Date						
	Time						
<i>Benchmark: 7 minutes</i>							