Level 4 CrossFit Seattle

Skill Level II -- Green intermediate athlete

NAME:

				GOALS:	1 Month:	3 Months:
	Date					
SQUATS	Reps					
Benchmark:	100 free squa	ats	1	_	<u>'</u>	
				GOALS:	1 Month:	3 Months:
	Date					
SQUAT	Weight					
Benchmark:	1 x bodyweig	ht squat	1		•	
		•		GOALS:	1 Month:	3 Months:
PUSH UPS	Date					
	Reps					
Benchmark:						
				GOALS:	1 Month:	3 Months:
BENCH	Date					
PRESS	Weight					
Benchmark:	1 x bodyweig	ht bench pres	s			
				GOALS:	1 Month:	3 Months:
ROPE	Date					
CLIMB	Trip					
Benchmark:	20 foot climb,	1 trip				
				GOALS:	1 Month:	3 Months:
V-UPS	Date					
V-UF3	Reps					
Benchmark:	30 v-ups					
				GOALS:	1 Month:	3 Months:
KB SNATCH	Date					
	Reps					
Benchmark:	30 each arm	men 24kg w	omen 16kg			
				GOALS:	1 Month:	3 Months:
400 METER						
RUN	Time					
Benchmark:	1:34 minutes			1		
			I	GOALS:	1 Month:	3 Months:
DEAD LIFT	Date					
	TTOIGHT					
Benchmark:	1 1/2 x bodyv	veight deadlift		00410	4 84 41	0.11
	1- /	1	I	GOALS:	1 Month:	3 Months:
MILITARY	Date					
PRESS	Weight	indat weiliter				
Benchmark:	1/2 x bodywe	ignt military pi	ress	COALC	4 Maratia	2 14 - 44
	D-4	1		GOALS:	1 Month:	3 Months:
HANDSTAND HOLD						
	Time 1 minute har	adotond bald	<u> </u>	<u> </u>		
benchinark:	i minute nar	เนรเสทีน ที่01นี้		GOALS:	1 Month.	2 Months:
POWER	Date	1		GOALS:	1 Month:	3 Months:
CLEAN	Date Weight					
	3/4 x bodywe	iaht power cle	ean	<u> </u>		
Donominark.	J. I. A. DOGYWO	.grit power die		GOALS:	1 Month:	3 Months:
KNEES TO	Date					
ELBOWS	Reps					
	15 hanging k	nees to elbow	S			

Coals	Benchmark: BOO METER RUN Benchmark:	Reps 45 1/2 x bodyv	veight thrusters		1 Month:	3 Months:
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GOALS: 1 Month: 3 Months: South	500 METER					
South Sout		3:20 minutes				
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Senchmark: Women 2:00 men 1:45 GOALS: 1 Month: 3 Months:		Date				
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