


**CrossFit SW Portland**

**Skill Levels**

	<b>APPRENTICE</b> 65% compliance each section	<b>CRAFTSMAN</b> 70% compliance each section	<b>EXPERT</b> 75% compliance each section	<b>ELITE</b> 80% compliance each section
<b>MONOSTRUCTURAL</b> 400m run 800m run 1 mile run 500m row 1km row 2km row Double Unders	m: 2:15 / w: 2:25 m: 4:30 / w: 4:50 m: 9:15 / w: 10:00 m: 2:00 / w: 2:18 m: 4:20 / w: 4:55 m: 9:32 / w: 11:00 1	m: 1:45 / w: 1:55 m: 3:40 / w: 4:00 m: 7:30 / w: 8:10 m: 1:36 / w: 1:52 m: 3:31 / w: 4:15 m: 8:00 / w: 9:30 25 (unbroken)	m: 1:25 / w: 1:35 m: 3:00 / w: 3:20 m: 6:10 / w: 6:50 m: 1:24 / w: 1:44 m: 3:14 / w: 3:56 m: 7:18 / w: 8:25 75 (unbroken)	m: 1:10 / w: 1:20 m: 2:35 / w: 2:55 m: 5:30 / w: 6:00 m: 1:18 / w: 1:35 m: 2:58 / w: 3:36 m: 6:44 / w: 7:46 150 (unbroken)
<b>GYMNASTICS/BODYWEIGHT</b> Air Squat(2 minutes) PullUp PushUp HSPU HS Hold RingDip MuscleUp RopeClimb Burpee(1 minute) Box Jump(height) Toes To Bar Hollow Rocks	55 m: 5 / w: 3 m: 20 / w: 10 n/a Against wall 30 sec m: 5 / w: 1 n/a 1 15 m: 30"/w: 24" Knee raise m: 10 / w: 7 30 (tuck)	80 m: 20 / w: 10 m: 40 / w: 20 m: 5 / w: 3 Facing the wall 60 sec m: 10 / w: 2 m: 3 / w: 1 (scale) 3 20 m: 40"/w: 30" m: 10 / w: 7 30(limbs vertical)	100 m: 40 / w: 20 m: 65 / w: 30 m: 7 / w: 5 Free standing 15 sec m: 20 / w: 10 m: 7 / w: 3 m: 2 / w: 1 (no legs) 25 m: 50"/w: 40" m: 15 / w: 10 (no kip) 30	115 m: 60 / w: 30 m: 100 / w: 55 m: 15 / w: 10 Free standing 45 sec m: 28 / w: 18 m: 12 / w: 7 m: 5 / w: 2 (no legs) 30 m: 60"/w: 50" m: 25 / w: 8 (no kip) 50
<b>WEIGHTLIFTING</b> Back Squat Front Squat Overhead Squat Deadlift Shoulder Press Shoulder To Overhead Snatch Clean and Jerk	.5*BW .5*BW .25*BW .75*BW .25*BW m: .65*BW / w: .5*BW n/a n/a	BW .75*BW .5*BW 1.5xBW .5*bw m: BW / w: .75*BW .25*BW .5*BW	1.5*BW BW BW 2*BW m: .75*BW / w: 0.67*BW m: 1.25*BW / w: BW .75*BW BW	2*BW 1.25&BW BW (15 reps) 2.5*BW m: BW / w: .75*BW m: 1.5*BW / 1.25*BW 1.25*BW 1.5*BW
<b>MET CON</b> Baseline Helen* Jackie Fran Elizabeth (Squat Clean)	m: 6:15 / w: 7:30 (scale PU) m: 11:00 / w: 13:00 (scale) m: 09:30 / w: 11:00 m: 12:00 / w: 14:00 m: 10:00 / w: 12:00 (scale)	m: 5:15 / w: 6:30 (scale PU) m: 9:30 / w: 10:30 m: 8:00 / w: 9:30 m: 5:00 / w: 8:00 m: 8:00 / w: 9:30	m: 4:30 / w: 5:35 m: 7:45 / w: 8:15 m: 7:00 / w: 8:00 m: 3:00 / w: 4:00 m: 6:00 / w: 7:30	m: 3:55 / w: 4:40 m: 6:45 / w: 7:15 m: 6:00 / w: 7:00 m: 2:15 / w: 2:40 m: 4:10 / w: 4:00