

CrossFit Myrtle Beach / Athlete Phase Training Test Sheet

	Phase 1 Beginner		Phase 2 Intermediate		Phase 3 Advanced		Phase 4 Elite	
SQUATTING	Air Squats <2min.	X50	Air Squats <1:30min.	X80	Pistol <50sec.	X10 Each	Pistols Unbroken	X50
	Back Squat .75 B/W (W) 1.0 B/W (M)	X1	Back Squat 1.25 B/W (W) 1.5 B/W (M)	X1	Back Squat 1.5 B/W (W) 2.0 B/W (M)	X1	Back Squat 2.0 B/W (W) 2.25 B/W (M)	X1
	Front Squat .5 B/W (W) .75 B/W (M)	X1	Front Squat .75 B/W (W) 1.0 B/W (M)	X1	Front Squat 1.25 B/W (W) 1.5 B/W (M)	X1	Front Squat 1.5 B/W (W) 1.75 B/W (M)	X1
PRESSING	Push Up	X5 (W) X10 (M)	Push Up	X20 (W) X30 (M)	Ring Push Up	X20 (W) X40 (M)	Ring Push Up	X30 (W) X60 (M)
	Military Press .25 B/W (W) .5 B/W (M)	X1	Military Press .50 B/W (W) .75 B/W (M)	X1	Military Press .75 B/W (W) 1.0 B/W (M)	X1	Military Press .75 B/W (W) 1.0 B/W (M)	X3
	Dips (box)	X5 (W) X10 (M)	Ring Dips (strict)	X3 (W) X5 (M)	Ring Dips	X15 (W) X30 (M)	Ring Dips	X25 (W) X45 (M)
			Bench Press .5 B/W (W) 1.0 B/W (M)	X1	Bench Press .75 B/W (W) 1.5 B/W (M)	X1	Bench Press B/W	X10 (W) X20 (M)
PULLING	Bent Over Barbell Row .50 B/W	X10(W) X15(M)	Pull Up (Strict)	X5(W) X10(M)	Pull Up (Kip)	X15(W) X30(M)	Pull Up (Strict)	X10(W) X20(M)
	Med Ball Cleans 20#(M) 14#(W)	X15	Power Cleans .5(W) .75 B/W (M)	X1	Power Clean 1.25 .75(W) B/W(M)	X1	Power Clean B/W(W) 1.5 B/W(M)	X1
					Rope Climb (no feet) 20'	X1	Rope Climb (no feet) 20' Touch/go	X2
PULLING And CORE	Dead Lift B/W (W) 1.25 B/W (M)	X1	Dead Lift 1.5 B/W(W) 2 B/W (M)	X1	Dead Lift 1.75 B/W(W) 2.25 B/W(M)	X1	Dead Lift 2.0 B/W(W) 2.75 B/W(M)	X1
	Power Snatch .25 B/W (W) .5 B/W (M)	X1	Power Snatch .50 B/W(W) .75 B/W(M)	X1	Power Snatch .75 B/W(W) B/W(M)	X1	Power Snatch B/W	X3(M) X2(W)
	Sit Ups <1:30min.	X30	Sit Ups <1:30	X45	Candlestick 25#(M) / 15#(W) (unbroken)	X20	Candlestick 45#(M) / 35#(W) (unbroken)	X25
	Knees to Chest	X10	Toes to Bar (unbroken)	X15	Hanging Leg Raise (strict T2B)	X20	Toes to Bar (unbroken)	X40
	Plank	>1min.	L- Sit	30sec.	L- Sit	1min	L- Sit	1.5 min
	Overhead Squat .25B/W (W) .50 B/W (M)	X1	Overhead Squat 50 B/W (W) .75 B/W (M)	X1	Overhead Squat .75 B/W (W) 1.25 B/W (M)	X1	Overhead Squat 1.25B/W (W) 1.50 B/W (M)	X1
CARDIO RESPIRATORY	400 m Run	<2min	400 m Run	<1:30	400 m Run	<1:10	400 m Run	<1:00
	500 m Row	M<2min W<2:20	500 m Row	M<1:45 W<2:05	500 m Row	M<1:35 W<1:55	500 m Row	M<1:25 W<1:45
	Wall Balls 14#(M) / 10#(W)	X25	Wall Balls 20#(M) / 14#(W)	X25	Thrusters 95#(M) / 65#(W)	X20	Thrusters 105#(M) / 75#(W)	X30
SKILL WORK	Handstand Hold	>30 Sec	Handstand Walk	15'	Handstand Walk	50'	Handstand Walk	100'
			Muscle Up	X1	Muscle Up	X8(M) X4(W)	L- Sit to Handstand (unbroken)	X3
			Skin the Cat	X1	Skin the Cat	X5	Front Lever	>15 Sec
	Singles unbroken	>100	Double Unders unbroken	>30	Double Unders unbroken	>75	Double Unders unbroken	>100
BENCHMARK WOD	"Christine" 3 Rounds 500m Row 12 Deadlifts B/W 21 Box Jumps 20"	<15min	"Helen" 3 Rounds 400m Run 21 KB Swing 53/35# 12 Pull Ups	<11:30	"Chelsea" EMOTM 5 Pull Ups 10 Push Ups 15 Squats	30 min	"Mary" 16 Rounds 5 H/S Push Up 10 Pistols 15 Pull Ups	<20 min
OLY LIFTS	Clean/Jerk .5 B/W	X1	Clean/Jerk B/W	X1	Clean/Jerk .15 B/W	X1	Clean/Jerk 1.75 B/W	X1
	Snatch .5 B/W	X1	Snatch .75 B/W	X1	Snatch 1.25 B/W	X1	Snatch 1.5 B/W	X1

Designed by Coach Tadd Rubin 2013