



Level 1

Name

80% completion shows a basic level of fitness in every aspect of CrossFit

		m	w	
Lifts	Back Squat	5 x 60 kg	5 x 45 kg	<input type="checkbox"/>
	Front Squat	5 x 50kg	5 x 35kg	<input type="checkbox"/>
	Overhead Squat	5 x 20kg	5 x 15 kg	<input type="checkbox"/>
	Shoulder Press	5 x 30 kg	5 x 20 kg	<input type="checkbox"/>
	Push Press	5 x 45 kg	5 x 35 kg	<input type="checkbox"/>
	Deadlift	5 x 70 kg	5 x 50 kg	<input type="checkbox"/>
	Clean & Jerk	45 kg (hang)	30 kg (hang)	<input type="checkbox"/>
	Snatch	20 kg (hang)	15 kg (hang)	<input type="checkbox"/>
Bodyweight / Gymnastics	Air Squat / Pistol	70 Air Squats in 2 min		<input type="checkbox"/>
	Pull Up	5 (strict)	1 (strict)	<input type="checkbox"/>
	Push Up	10	7	<input type="checkbox"/>
	HSPU	n/a		<input type="checkbox"/>
	Handstand	30 sec (hold against wall)		<input type="checkbox"/>
	Ring Dip / Muscle Up	5 Ring Dips	3 Ring Dips	<input type="checkbox"/>
	Toes to Bar	10 Knee Raises	7 Knee Raises	<input type="checkbox"/>
Endurance	400 m Run	01:50 min	02:00 min	<input type="checkbox"/>
	800 m Run	04:20 min	04:50 min	<input type="checkbox"/>
	1600 m Run	09:15 min	10:00 min	<input type="checkbox"/>
	5k Run	27:30 min	30:00 min	<input type="checkbox"/>
	500 m Row	01:55 min	02:20 min	<input type="checkbox"/>
	2k Row	08:10 min	09:50 min	<input type="checkbox"/>
	Double Unders (unbroken)	1	1	<input type="checkbox"/>
MetCon	CrossFit Munich Benchmark	150 (band)	150 (band)	<input type="checkbox"/>
	Baseline	07:30 min	07:30 min (band / knees)	<input type="checkbox"/>
	Fran	12:00 min	14:00 min	<input type="checkbox"/>
	Helen	10:00 min (16kg / band)	12:00 min (12kg / band)	<input type="checkbox"/>
	Cindy	8 Rounds	10 Rounds (band / knees)	<input type="checkbox"/>
	Elizabeth	10:00 (45kg)	12:30 (30kg / Push ups)	<input type="checkbox"/>