



# Level 3

\_\_\_\_\_  
Name

80% completion is required to attend Competition classes

		m	w	
<b>Lifts</b>	Back Squat	1x140 kg	1x95 kg	<input type="checkbox"/>
	Front Squat	1x120 kg	1x75 kg	<input type="checkbox"/>
	Overhead Squat	1x90 kg	1x60 kg	<input type="checkbox"/>
	Shoulder Press	1x70 kg	1x45 kg	<input type="checkbox"/>
	Push Press	1x90 kg	1x60 kg	<input type="checkbox"/>
	Deadlift	1x175 kg	1x110 kg	<input type="checkbox"/>
	Clean & Jerk	1x100 kg	1x60 kg	<input type="checkbox"/>
	Snatch	1x80 kg	1x45 kg	<input type="checkbox"/>
<b>Bodyweight / Gymnastics</b>	Air Squat / Pistol	10 Pistols each leg		<input type="checkbox"/>
	Pull Up	30	15	<input type="checkbox"/>
	Push Up	50	30	<input type="checkbox"/>
	HSPU	10	7	<input type="checkbox"/>
	Handstand	5 m walk		<input type="checkbox"/>
	Ring Dip / Muscle Up	5	2	<input type="checkbox"/>
	Toes to Bar	25	15	<input type="checkbox"/>
<b>Endurance</b>	400 m Run	01:10 min	01:25 min	<input type="checkbox"/>
	800 m Run	02:45 min	03:10 min	<input type="checkbox"/>
	1600 m Run	06:30 min	07:00 min	<input type="checkbox"/>
	5k Run	19:00 min	22:00 min	<input type="checkbox"/>
	500 m Row	01:30 min	01:45 min	<input type="checkbox"/>
	2k Row	07:10 min	08:00 min	<input type="checkbox"/>
	Double Unders (unbroken)	70	50	<input type="checkbox"/>
<b>MetCon</b>	CrossFit Munich Benchmark	300	300	<input type="checkbox"/>
	Baseline	03:45 min	05:00 min	<input type="checkbox"/>
	Fran	04:30 min	05:00 min	<input type="checkbox"/>
	Helen	09:00 min	10:00 min	<input type="checkbox"/>
	Cindy	18 Rounds	14 Rounds	<input type="checkbox"/>
	Elizabeth	07:00 min	11:30 min	<input type="checkbox"/>