

## Kong CrossFit - Norwalk

## Athletic Skill Levels I - IV

|       | White                                | Green  | Blue   | Black  |
|-------|--------------------------------------|--|--|--|
|       | Level 1                              | Level 2  | Level 3  | Level 4  |
|       | Well Rounded Beginner                | Intermediate Athlete   | Advanced Athlete   | Pre-Elite Athlete  |
| Hips  | Squat: 50 Free Squats                | Squats: 100 Free Squats<br>Squat: 1 x Bodyweight               | Pistols : 10 Each Leg<br>Squat: 1.5 x Bodyweight                           | Pistols : 25 Each Leg<br>Squat: 2 x Bodyweight                             |
| Push  | Push Ups: 10                         | Push Ups: 30<br>Bench Press: 1 x Bodyweight                    | Push Ups: 40 on Rings<br>Bench Press: 1.25 x Bodyweight                    | Push Ups: 60 on Rings<br>Bench Press: 1.5 x Bodyweight                     |
| Pull  | Static Hang: 30 Seconds              | Rope Climb: 20 Feet, 1 trip                                    | Rope Climb: 20 Feet, 1 trip, No feet                                       | Rope Climb: 20 Feet, 2 trips, No feet                                      |
| Core  | Sit Ups: 30                          | V-Ups: 30  | Overhead Squat: 1 x Bodyweight   | Overhead Squat: 15 Reps at<br>1 x Bodyweight                               |
| Work  | Kettlebell Swings: 25                | Kettlebell Snatch: 30 each arm<br>Men 24kg Women 16kg          | Kettlebell Snatch: 10:00 Test:<br>200 Reps. Men 24kg Women 16kg            | 2 db/kb Clean and Jerk:<br>150 Reps in 10:00.<br>Men: 24kg. Women: 16kg    |
| Speed | 400 meter run: 2:04 minutes          | 400 meter run: 1:34 minutes                                    | 400 meter run: 1:19 minutes  | 400 meter run: 1:04 minutes  |
| Hips  | Deadlift: 3/4 x Bodyweight           | Deadlift: 1.5 x Bodyweight                                     | Deadlift: 2 x Bodyweight   | Deadlift: 2.5 x Bodyweight   |
| Push  | Strict Press: 1/4 x Bodyweight       | Strict Press: 1/2 Bodyweight<br>Handstand Hold: 1:00 Minute    | Strict Press: 3/4 Bodyweight<br>Handstand Pushup: 10                       | Strict Press: 1 x Bodyweight<br>Handstand Pushup: 10 on Rings              |
| Pull  | Medicine Ball Cleans: 10             | Power Clean: 3/4 Bodyweight                                    | Clean: 1 x bodyweight  | clean: 1.5 Bodyweight  |
| Core  | Knees to Chest: 10 Sitting           | Hanging Knees to Elbows: 15                                    | Hanging Straight Leg Raise: 20   | Front Lever: 15 Seconds  |
| Work  | Wall Ball: 25<br>800 Meter Run: 4:20 | Thrusters: 45 Reps at<br>1/2 Bodyweight<br>800 Meter Run: 3:20 | Sandbag Carry: 15:00: 1 Mile with<br>1/2 Bodyweight<br>800 Meter Run: 2:50 | Sandbag Carry: 12:00: 1 Mile<br>with 3/4 Bodyweight<br>800 Meter Run: 2:20 |

|              |   |   |   |  |
|--------------|---|---|---|--|
| <b>Speed</b> | 500 Meter Row: Men: 1:55<br>Women:2:20  | 500 Meter Row: Men: 1:45<br>Women:2:00  | 500 Meter Row: Men: 1:32<br>Women:1:50  | 500 Meter Row: Men: 1:25<br>Women:1:40   |
| <b>Skill</b> | Handstand Hold: 10 seconds<br>unassisted  | Handstand Walk: 20 Feet<br>Unbroken   | Handstand Walk: 100 Feet<br>Unbroken  | Handstand Walk: 100 Meters<br>in 2:00  |
| <b>Hips</b>  | Vertical Jump: 10 Inches  | Vertical Jump: 18 Inches  | Vertical Jump: 25 Inches  | Vertical Jump: 30 Inches   |
| <b>Push</b>  | Dips: 3   | Dips: 20<br>Dip: 1 with 1/3 x Bodyweight  | Dips: 30 on Rings<br>Dip: 1 with 3/4 x Bodyweight   | Dips: 50<br>Dip: 1 with 1 x Bodyweight   |
| <b>Pull</b>  | Pull Ups: 3   | Pull Ups: 20<br>Pull Up: 1 with 1/3 Bodyweight<br>Muscle Up: 1                                | Pull Ups: 40<br>Pull Up: 1 with 3/4 Bodyweight<br>Muscle Up: 10   | Pull Ups: 40 Dead Hang<br>Pull Up: 1 with Bodyweight<br>Muscle Up: 15                                  |
| <b>Core</b>  | L-Sit: 10 Seconds   | L-Sit: 30 Seconds   | L-Sit: 60 Seconds   | L-Sit: 90 Seconds  |
| <b>Work</b>  | 2000 Meter Row: Men: 8:10<br>Women:9:50   | 2000 Meter Row: Men: 7:30<br>Women: 8:50  | Row: 6k Row Men: 22:00<br>5k Row Women: 21:00   | Row: 6k Row Men: 20:30<br>5k Row Women: 19:30  |
| <b>Speed</b> | Dumbbell Snatch: 10/arm   | Power Snatch: 1/2 x<br>Bodyweight   | Snatch: 1 x Bodyweight  | Snatch: 1.25 x Bodyweight  |
| <b>Skill</b> | Jump Rope: 100 Single Skips<br>Unbroken.  | Jump Rope: 1:00: 30 Double<br>Unders  | Jump Rope: 3:00: 200 Double<br>Unders   | Jump Rope: 100 Double Unders<br>Unbroken   |
| <b>Work</b>  | Christine: 15 minutes<br>3 Rounds for time<br>500m Row<br>12 deadlifts (BW)<br>21 box jumps (24/20) | Helen: 11:30 Minutes<br>3 Rounds for time:<br>400m Run<br>21 KB Swings (53/35)<br>12 Pull Ups | Chelsea: 30 Minutes. Every<br>Minute on the minute for<br>30 minutes: 5 Pull Ups, 10 pushups, 15<br>Squats.<br>1 Mile Run: 6:00 | Mary: 15 Rounds in 20 minutes:<br>5 Handstand Pushups, 10<br>Pistols, 15 Pull Ups.<br>1 Mile Run: 5:00 |

Questions? Send us an email: [info@kongcrossfit.com](mailto:info@kongcrossfit.com)

Thank

you Level 4 CrossFit for guidance and inspiration.