

CrossFit

London ON

Performance Fitness & Nutrition

CrossFit London Competition Class Standards

Athlete Name: _____

1. You must have 3/5 lifts in the **Intermediate** category on the **"Basic Strength Standards"** sheet:
(all Maxes must actually be lifted, not based on 1RM calculations)
 - Press
 - Bench press
 - Power Clean
 - Squat
 - Deadlift
2. You must be able to do 5/6 of the **Bodyweight Standards**:
 - 100 Air squats continuously
 - 25/30 push ups
 - 1 minute handstand hold
 - 15 knees to elbows
 - 20 pull ups (kipping)
 - 15/20 dips Men/Women
3. You must be able to perform 3/4 **Conditioning Standards**:
 - Sub 11min "Helen" Rx
 - 5 min "Baseline" Rx
 - Pass on Kettlebell Snatch test (30/30 at 16kg/24kg)
 - 2000m row
 - Men 7:00/7:15 (Lightweight <=72.5 kg)
 - Women 8:00/8:20 (Lightweight <=59 kg)
4. You Must be able to perform 1 of the **Skills Standards**:
 - 30 Second L-Sit
 - 5 Handstand Pushups
 - 1 muscle-up
 - 3/3 Pistols

*A coach must supervise each effort and initial below:

Start Date: ____ / ____ / 20____ (d/m/y)
(complete no later than 30 days after Start Date)

Coach: _____ Bodyweight: _____ kg

Lift	Weight	Pass/Fail	Coach
Press			
Bench press			
Power clean			
Squat			
Deadlift			

	Reps	Pass/Fail	Coach
Air squats			
Push ups			
Handstand			
K to E			
Pull ups			
Dips			

	Time	Pass/Fail	Coach
Helen			
Baseline			
Snatch test			
2k			

	Reps	Pass/Fail	Coach
L-sit			
Handstand PU			
Muscle-up			
Pistols			

Overall: Pass / Fail

End Date: ____ / ____ / 20____ (d/m/y)

Coach: _____