



CrossFit NZ Fitness Standards

	Level 1 -skills in yellow optional	Level 2 -skills in yellow optional	Level 3	Level 4
Base Line	400m run, 40 squat, 30 situp, 20 pushup, 10 pullup M=6:10 W=7:30 (with kneeling pushup and jumping pullup)	M=5:00 W=6:20	M=4:00 W=5:00	M=3:10 W=4:00
Bodyweight	Pushups M= 10 W=1	Push Ups M=30 W=10	Ring Push Up M=30 W=20	Ring Push Up M=50 W=30
	Situps 45 in 2'	Situps 65 in 2'	Situps 90 in 2'	Situps 110 in 2'
	Pull Ups M=3 W=1	Pull Ups M=20 W=10	Pull ups M=40 W=20; L-Pull M=10 W=5 Tuck	Deadhang Pullups M=40 W=20; L-Pull M=20 W=10 Tuck
	Squats 50	Dips M=10 W=3 Squats 100	Dips M=20 W=10 Pistols 10/10 no switch	Ring Dips M=30 W=15 Pistols 20/20 no switch
	Squat thrusts 10	Burpees 1 minute = 10	Burpees 1 minute = 20	Burpees 1 minute = 30
	Box J. 30cm x 15 non-stop	Box J. 50cm x 20 non-stop	Box J. 60cm x 30 non-stop	Box J. 75cm x 20 non-stop
		Rope Climb. M= 1 trip, W=1 trip	Rope Cl. M= 2 trips, no feet. W=1 trip no feet.	Rope Cl. M= 2 trips L, W=1 trip L
Mobility	Shoulder Bridge -hips chest and shoulders in line	shoulder bridge - hold ankles, hips above chest	Hand bridge , arms extended, don't have to be locked	Hand bridge , arms straight, chest to wall
	Hip Flexor - knee 20cm from wall. Torso upright, press hips forward. Need 120 degree split angle, hips squared	back shin against wall. Shoulders and knee in line with hips. Need 100 degree split angle	Same as level 2 but 120 degree split angle	same as level 2, need 150 degree split angle
	Shoulders - prone on ground. Lift arms minimum of 5cm off floor overhead	lift arms minimum of 10cm off floor	lift arms minimum of 15cm off floor	lift arms minimum of 20cm off floor
	Hamstrings – seated, legs straight; touch fingertips to toes	touch fists to wall	touch palms to wall	touch chest to thighs & nose to knees
Weightlifting		Back Squat BW	Back Squat 1 1/2	BW Back Squat 2xBW
	Deadlift M=80kg W=60kg	Deadlift 1 1/2 BW	Deadlift 2 BW	DL 2 1/2 BW
	Overhead Squat 10kg	Overhead Squat M=40 W=30	Overhead Squat BW	OHS = BW x 15
	MB Cleans x 10	Clean M=60 W=40 Snatch M=30 W=20	Clean BW Snatch 3/4 BW	Clean = 1.25 BW Snatch 1 1/8 BW
	Press M=40 W=25kg	Pushpress M=60 W=40	Jerk BW	Jerk 1.25 BW
		TGU M=24 W=16	TGU 1 each arm x 1/2 BW	TGU 1 each arm .6 x BW
	25 KB swings 16/12kg	25 KB Swings 24/16	25/25 KB Clean 24/16kg	25/25 KB Snatch 24/16kg
MetCon	400 M Run M=2:04 W=2:25	400 M Run M=1:34 W=1:55	400 M Run M=1:19 W=1:35	400 M Run M=1:04 W=1:19
	800 M Run M=4:20 W=4:50	800 M Run M=3:20 W=4:00	800 M Run M=3:00 W=3:20	800 M Run M=2:35 W=2:55
		5K M=22:30 W=25:30	5K M=19 W=22	5K M=17:45 W=20:45
	500m Row M=1:55 W=2:20	500m Row M=1:45 W=2:00	500m Row M=1:34 W=1:50	500m Row M=1:29 W=1:40
			2000m Row M=7:10 W=8:00	2000m Row M=6:50 W=7:20
50 x jump rope(no miss) 1 x double under	200x jump rope(no miss) 15 x double under(no miss)	50 x double under(no miss)	100 x dbl under (no miss)	
Gymnastics	Handstand wall - 20"	Handstand wall - 1 minute Handstand pushup 1 rep	Handstand balance – 10" Handstand Pushup 5 reps	HS Walk – 10m Handstand pushup 10 reps
	Fwd Roll/Shoulder Roll	Backwards Roll	Handstand to roll	Back Roll to Handstand
	Paralletes L-sit 10"	L-sit 30"	L-sit 50"	L-sit 90"
		Muscle up x 1	Muscle up M=10 W=5	Dead Hang Muscle up M=5 W=2
	Frog Stand x 15"	Frog Stand x 60"	Trans Front Lever x 10"	Straddle Front Lever x 10"
		Cartwheel	Dive Roll	Butterfly Kip
Workout:	N/A	"Helen" M=11:30 W=15 "Jackie" M=12 W=12 Jmp PL "Karen" M= 13:00 W=10:00	"Fight Gone Bad" Rx Men 245, W= 220 "Fran" RX M= 7:30 W=10	"Mary" 15 Rounds in 20" Grace 60kg/40kg Elizabeth 60kg/40kg