

Eugene CrOssFit

Forging Elite Fitness

ADVANCED

An Advanced level CrossFitter has passed Boot Camp and reached the Basic level. To attain Advanced status, each of the athletic standards below must be met and verified by a Coach.

WORK

Kettlebell snatch: 30 each arm,
W- 16 kg, M- 24 kg
Thrusters: 45 reps at
1/2 x bodyweight
800 meter run: 3:20 minutes
2000 meter row: W- 8:50, M-
7:30

HIPS

Squats: 100 air squats
Squat: 1 x bodyweight
Deadlift: 1 1/2 x bodyweight
Vertical Jump: 18 inches

PUSH

Pushups: 30
Bench Press: 1 x bodyweight
Military Press: 1/2 x bodyweight
Handstand Hold: 1 minute
Dip: 1 with 1/3 x bodyweight
Dips: 20

PULL

Rope Climb: 20 ft. climb, 1 trip
(or 20 towel pulls)
Power Clean: 3/4 x bodyweight
Pullup: 1 with 1/3 x bodyweight
Pullups: 20
Muscle Up: 1

CORE

V-ups: 30
Hanging knees to Elbows: 15
L-sit: 30 seconds

SPEED

400 meter run: 1:34 minutes
500 meter row: W- 2:00, M- 1:45
Power Snatch: 1/2 bodyweight

WORK CHALLENGE

Helen: 11:30 minutes
*3 rounds for time-- 400m run,
21 kettlebell swings, 12 pullups*
1 mile run: 7:00 minutes