

# Eugene CrOssFit

Forging Elite Fitness

## ELITE

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

### WORK

**Kettlebell snatch:** 10 minute test,  
200 reps, W- 16 kg, M- 24 kg  
**Sandbag Carry:** 1 mile with 1/2  
BW  
**800 meter run:** 2:50 minutes  
**5k row:** women- 21:00  
**6k row:** men- 21:45

### HIPS

**Pistols:** 10 each leg  
**Squat:** 1 1/2 x BW  
**Deadlift:** 2 x BW  
**Vertical Jump:** 25 inches

### PUSH

**Pushups:** 40 on rings  
**Bench Press:** 1 1/4 x BW  
**Military Press:** 3/4 x BW  
**Handstand Pushups:** 10  
**Dip:** 1 with 3/4 x BW  
**Dips:** 30 on rings

### PULL

**Rope Climb:** 20 ft. climb, no feet  
**Clean:** 1 x BW  
**Pullup:** 1 with 3/4 x BW  
**Pullups:** 40  
**Muscle Up:** 10

### CORE

**Overhead Squat:** 1 x BW  
**Hanging straight leg raise:** 20  
**L-sit:** 1 minute

### SPEED

**400 meter run:** 1:19 minutes  
**500 meter row:** W- 1:50, M- 1:32  
**Snatch:** 1 x BW

### WORK CHALLENGE

**Chelsea:** 30 minutes  
*Every minute on the minute--*  
*5 pullups, 10 pushups, 15 squats*  
**1 mile run:** 6:00 minutes