

Eugene CrOssFit

Forging Elite Fitness

MUTANT

A Mutant CrossFitter has passed the Boot Camp and attained Basic, Advanced and Elite levels. To become a Mutant Crossfitter, each of the athletic standards below must be met and verified by a Coach. Good luck.

WORK

2 KB/DB clean/jerk: 10 minute test,
100 reps, W- 16 kg, M- 24 kg
Sandbag Carry: 1 mile with 3/4 BW
800 meter run: 2:20 minutes
5k row: women- 20:00
6k row: men- 20:00

HIPS

Pistols: 25 each leg
Squat: 2 x BW
Deadlift: 2 1/2 x BW
Vertical Jump: 30 inches

PUSH

Pushups: 60 on rings
Bench Press: 1 1/2 x BW
Military Press: 1 x BW
Handstand Pushups: 10 full range
Dip: 1 with 1 x BW
Dips: 50 on rings

PULL

Rope Climb: 20 ft. climb
2 trips touch and go, no feet
Clean: 1 1/2 x BW
Pullup: 1 with 1 x BW
Pullups: 40 dead hang
Muscle Up: 15

CORE

Overhead Squat: 15 reps with 1 x BW
Back lever: 15 seconds
L-sit: 1:30 min.

SPEED

400 meter run: 1:04 minutes
500 meter row: W- 1:40, M- 1:25
Snatch: 1 1/4 x BW

WORK CHALLENGE

Mary: 15 rounds in 20 minutes
5 handstand pushups, 10 pistols, 15 pullups
1 mile run: 5:00 minutes
1 mile run: 6:00 minutes