

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Passing the Bronze Level Test should be achievable by most athletes, who are new to training with the CrossFit methodology and have no physical limitations, within the first six months of training. Each item can be tested separately. All items mut be verified by a coach. You will see some of these movements in class from time to time. All areas must be passed to pass the Bronze Test.

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| **Strength:Barbell Movements** | **Weight Lifted and % of BW** | **Pass/Fail** | **Date** |
| Deadlift – 125% of BW/75% of BW |  |  |  |
| Back Squat – 100% BW/65% BW |  |  |  |
| Press – 50% BW/30% of BW |  |  |  |

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| **Conditioning** | **Time/Rounds** | **Pass/Fail** | **Date** |
| 500M Row – Sub 2:15/2:30  |  |  |  |
| 50 Cal Bike – Sub 5:00/7:00 |  |  |  |
| 800m Run – Sub 4:30/5:00 |  |  |  |
| 50 Single Unders - Sub 1 min |  |  |  |
| Capacity Test #1 – Sub 7:00/8:00 |  |  |  |
| Capacity Test #2 – 2 Rounds |  |  |  |
| Capacity Test #3 – 5/4 Rounds |  |  |  |

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| **Gymnastics** | **Score** | **Pass/Fail** | **Date** |
| Unbroken Push-ups – 15/5 |  |  |  |
| Sit-ups 45 – Sub 2 min |  |  |  |
| Unbroken Strict Pull-ups – 3/1 |  |  |  |
| Air Squats 40 – Sub 2 min |  |  |  |
| No Push-up Burpees 15 – Sub 1 min |  |  |  |
| Unbroken Hanging Leg Raises - 10  |  |  |  |
| Matador Support Hold – 30/15 Sec |  |  |  |
| Scaled Wall Walk Hold – 20 Sec |  |  |  |
| Unbroken Scaled Wall Walks - 3 |  |  |  |

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| **Knowledge** | **Pass/Fail** | **Date** |
| What is a hook grip? Be able to demonstrate |  |  |
| What does AMRAP stand for? |  |  |
| What does EMOM stand for? |  |  |

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| **Responsibility** | **Pass/Fail** | **Date** |
| Demonstrate to a coach that you are tracking your lifts and your benchmark WODs |  |  |