



BEAVERTON

STRENGTH & CONDITIONING

| BRONZE | SILVER | GOLD |
|--|--|---|
| <p>Passing this level should be achievable by most athletes who are new to CrossFit training and have no physical limitations, within the first six months of training. All areas must be passed (minus the highlighted movements) to move on to Silver. The test for the Bronze athlete consists of Strength, Various Skills, Metabolic Conditioning (work capacity) Knowledge, and Responsibility.</p> | <p>All healthy athletes can aspire to achieve this level of fitness. In this level, basic movements are perfected and advanced skills are introduced. This level may take anywhere from six months to several years to achieve. As you are working towards Silver Level you will develop and improve in all 10 of the fitness domains: Cardiovascular and Respiratory Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy. All areas must be passed to move (minus the highlighted movement) on to the Gold Level. The test for the Silver athlete consists of Strength, Various Skills, Metabolic Conditioning (work capacity) Knowledge, and Responsibility.</p> | <p>Gold athletes are proficient in all movements and have built the strength and work capacity to a general fitness level appropriate for those who depend on their fitness, such as competitive athletes, military, and first-responders. Passing the Gold test may take anywhere between one year to several years of consistent training to achieve and may not be achievable by all athletes. All areas must be passed to achieve this level.</p> |
| Weight Lifting | | |
| Strict Press x 3 @ 50%/30% BW | Strict Press x 3 @ 75%/50% BW | Strict Press x 1 @ 90/75% BW |
| Deadlift x 3 @ 125%/75% BW | Deadlift x 3 @ 150%/100% BW | Deadlift x 1 @ 225/175% BW |
| Back Squat x 3 @ 100%/65% BW | Back Squat x 3 @ 125%/90% BW | Back Squat x 1 @ 200%/150% BW |
| | Power Clean x 1 @ 75%/65% BW | Clean & Jerk x 1 @ 150%/125% BW |
| | Power Snatch x 1 @ 65%/50% BW | Snatch x 1 @ 120%/80% BW |
| Conditioning | | |
| 500m Row sub 1:55/2:15 | 500m Row sub 1:40/2:00 | 500m Row sub 1:25/1:45 |
| 50 Cal Bike sub 5:00/6:00 | 50 Cal Bike sub 4:00/5:00 | 50 Cal Bike sub 3:00/4:30 |
| 800m Run sub 4:30/5:00 | 1 Mile Run sub 7:00/8:15 | 1 Mile Run sub 6:00/7:15 |
| 50 Single Unders sub 1 min | 50 Double Unders sub 2 min | 75 Double Unders sub 1 min |
| Capacity Test #1 sub 5:30/6:00 | Capacity Test #1 sub 4:30/5:00 | Capacity Test #1 sub 4:00/4:30 |
| Capacity Test #2 - 2 rds | Capacity Test #2 - 3 rds | Capacity Test #2 - 4 rds + 1 rep |
| Capacity Test #3 - 5/4 rds | Capacity Test #3 - 6/5 rds | Capacity Test #3 - 7/6 rds |
| Gymnastics | | |
| Unbroken Push-ups 15/5 | Unbroken Push-ups 30/10 | Unbroken Ring Push-ups 30/15 |
| Sit-ups 45 sub 2 min | Sit-ups 65 sub 2 min | Sit-ups 75 sub 2 min |
| Unbroken Strict Pull-ups 3/1 | Unbroken Strict Pull-ups 10/5 | Unbroken Strict Pull-ups 15/10 |
| Air Squats 40 sub 2 min | Air Squats 80 sub 2 min | Air Squats 100 sub 2 min |
| No Push-up Burpees 15 sub 1 min | Burpees 15 sub 1 min | Burpees 25 sub 1 min |
| | Unbroken Kipping Pull-ups 15/10 | Unbroken Kipping Pull-ups 25/20 |
| Unbroken Hanging Leg Raises 10 | Unbroken Toes to Bar 5 | Unbroken Toes to Bar 15 |
| | Rope Climb 1 | Rope Climbs 5/3 sub 1 min |
| | | Legless Rope Climb 1 |
| Matador Support Hold 30/15 sec | Unbroken Strict Dips 5/3 | Bar Muscle-ups 5 sub 1 min |
| | Bar Muscle-up or Ring Muscle-up 1 | Ring Muscle-Ups 5 sub 1 min |
| Scaled Wall Walk Hold 20 sec | Supported Handstand Hold 30 sec | Unbroken Strict HSPU 5/3 |
| Unbroken Scaled Wall Walks 3 | Unbroken Kipping HSPU 10/5 | Unbroken Kipping HSPU 15/10 |
| Knowledge | | |
| Demonstrate Hook Grip Explain AMRAP Explain EMOM | Explain 9 Foundational Movements Explain Aerobic v. Anaerobic Explain Power v Full | CrossFit Definition Explain CrossFit Definition Explain Functional Movement |
| Capacity Tests | | |
| Capacity Test #1 - 250m Row, 15 Burpees, 25 KB Swings 53/35 (Bronze), 70/53 (Silver & Gold), 15 Burpees, 250m Row | | |
| Capacity Test #2 - 3 Min AMRAP - 8 Power Clean & Jerks 75/55 (Bronze), 95/65 (Silver & Gold) 24 Single Unders (Bronze)/Double Unders (Silver & Gold) | | |
| Capacity Test #3 - 20 Min AMRAP - 21 Cal Bike, 15 Wallballs, 14/10 (Bronze), 20/14 (Silver & Gold) 9 Kipping Leg Raise (Bronze)/T2B (Silver & Gold) | | |