



# CROSSFIT RTP ATHLETIC DEVELOPMENT LEVELS

## GYMNASTICS

## WEIGHTLIFTING (% of BW)

## MONO-STRUCTURA

## BENCHMARK

	LEVEL 1 "Foundation"		LEVEL 2 "Capable"		LEVEL 3 "Intermediate"		LEVEL 4 "Advanced"		LEVEL 5 "Outstanding"		LEVEL 6 "Excellent"		LEVEL 7 "Elite"					
	M	F	M	F	M	F	M	F	M	F	M	F	M	F				
Air Squat	10 in 0:30		15 in 0:20		40 in 1:00		1 ea leg		4 ea leg		7 ea leg		10 ea leg					
Strict Pullup	1	+60lbs	5	1	10	5	15	9	18	12	+100lbs	+60lbs	+130lbs	+80lbs				
Strict Chinup	1	+60lbs	5	2	1 (no legs)	1 (legs)	1	0	3	1	6	3	15	10				
Hollow Hold	0:30 (bent knee)		5		10		20		5		10		9		5			
Pushup	3	1	13	7	25	15	5	2	10	5	+100lbs	+60lbs	+130lbs	+80lbs				
Bar Dip (Assist)	+50lbs	+80lb	5	1	10	5	5	3	10	7	15	10	5	1				
HS Hold (wall)	0:30		3 in 1:00		5 in 1:00		15'		30'		75'		0:30					
2xDB Front Sq	2x20	2x10	80%		120%		140%		160%		180%		190%		170%			
Deadlift	135	70 KB	80%		130%		170%		210%		200%		250%		220%			
Bench Press	45	33	50%		80%	70%	110%	80%	130%	90%	140%	100%	150%	110%				
Press	45	33	50%		80%	70%	100%	80%	130%	100%	145%	115%	160%	125%				
Goblet Squat	53	35	70%		90%	70%	115%	85%	130%	100%	145%	115%	160%	125%				
OH Squat	bar		50%		85%	75%	100%	85%	115%	95%	130%	105%	140%	115%				
BB Snatch			50%		50%		70%		90%		80%		110%		100%			
Run 400m	2:20	2:30	2:00	2:10	1:40	1:50	1:30	1:40	1:20	1:30	1:15	1:25	1:10	1:20				
Run 1 mile	10:00	11:00	9:00	9:50	8:00	8:45	7:20	8:00	25:00	26:30	23:00	25:00	18:45	21:30				
Row 500m	2:10	2:30	2:00	2:20	1:50	2:05	1:45	2:00	1:40	1:55	1:38	1:50	1:32	1:45				
Row 1000m	5:00	5:30	4:30	5:10	3:55	4:30	8:00	9:00	7:30	8:30	19:20	22:10	18:45	21:30				
Single Unders	50		75		5		15		50		100		DUx150, Trip U x5, CrossOv x50					
"Acid Bath"	7:30	8:00	7:00	7:30	"Cindy"	15 Rds	10 Rds	"Fran"	7:00	8:30	"Fran"	6:00	7:30	"Isabel"	5:00	3:00		
Death by Burps	8	7	13	10	"Jackie"	9:30	11:00	"Grace"	10:00	12:00	"Grace"	5:00	6:00	"Amanda"	9:00	11:00	6:00	8:00

<b>Available</b>	<b>22</b>	<b>Available</b>	<b>22</b>	<b>Available</b>	<b>23</b>	<b>Available</b>	<b>22</b>	<b>Available</b>	<b>22</b>	<b>Available</b>	<b>22</b>	<b>Available</b>	<b>22</b>	<b>Available</b>	<b>23</b>
<b>Needed</b>	<b>22</b>	<b>Needed</b>	<b>21</b>	<b>Needed</b>	<b>21</b>	<b>Needed</b>	<b>20</b>	<b>Needed</b>	<b>19</b>	<b>Needed</b>	<b>19</b>	<b>Needed</b>	<b>19</b>	<b>Needed</b>	<b>18</b>

\* "+" = assisted

\* "+" = Additional weight