

# XPLORE CROSSFIT

Skill Level I -- White  
well rounded beginner

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

		GOALS:	1 Month:	3 Months:
<b>SQUATS</b>	Date			
	Reps			
<i>Benchmark: 50 free squats</i>				
		GOALS:	1 Month:	3 Months:
<b>PUSH UPS</b>	Date			
	Reps			
<i>Benchmark: 10 pushups</i>				
		GOALS:	1 Month:	3 Months:
<b>STATIC HANG</b>	Date			
	Time			
<i>Benchmark: 30 seconds</i>				
		GOALS:	1 Month:	3 Months:
<b>SITUPS</b>	Date			
	Reps			
<i>Benchmark: 30 situps</i>				
		GOALS:	1 Month:	3 Months:
<b>KB SWINGS</b>	Date			
	Reps			
<i>Benchmark: 25 kettlebell swings</i>				
		GOALS:	1 Month:	3 Months:
<b>400 METER RUN</b>	Date			
	Time			
<i>Benchmark: 2:04 minutes</i>				
		GOALS:	1 Month:	3 Months:
<b>DEAD LIFT</b>	Date			
	Weight			
<i>Benchmark: 3/4 x bodyweight deadlift</i>				
		GOALS:	1 Month:	3 Months:
<b>MILITARY PRESS</b>	Date			
	Weight			
<i>Benchmark: 1/4 x bodyweight military press</i>				
		GOALS:	1 Month:	3 Months:
<b>MED BALL CLEANS</b>	Date			
	Weight			
<i>Benchmark: 10 medicine ball cleans</i>				
		GOALS:	1 Month:	3 Months:
<b>KNEES TO CHEST</b>	Date			
	Reps			
<i>Benchmark: 10 sitting knees to chest</i>				
		GOALS:	1 Month:	3 Months:
<b>WALL BALL</b>	Date			
	Reps			
<i>Benchmark: 25 wallballs</i>				
		GOALS:	1 Month:	3 Months:
<b>800 METER RUN</b>	Date			
	Time			
<i>Benchmark: 4:20 minutes</i>				

		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>500 METER ROW</b>	Date Time			
<i>Benchmark: women 2:20 men 1:55</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>VERTICAL JUMP</b>	Date Height			
<i>Benchmark: 10 inches</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>DIPS</b>	Date Reps			
<i>Benchmark: 3 dips</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>PULL UPS</b>	Date Reps			
<i>Benchmark: 3 pull ups</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>L-SIT</b>	Date Time			
<i>Benchmark: 10 second L-sit</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>2000 METER ROW</b>	Date Time			
<i>Benchmark: women 9:50 men 8:10</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>DUMBBELL SNATCH</b>	Date Reps			
<i>Benchmark: 10 per arm</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>CHRISTINE</b>	Date Time			
<i>Benchmark: 15 minutes</i>				
<i>Description: 3 rounds for time - 500m row, 12 deadlifts, 21 box jumps</i>				
		<b>GOALS:</b>	<b>1 Month:</b>	<b>3 Months:</b>
<b>1 MILE RUN</b>	Date Time			
<i>Benchmark: 9 minutes</i>				

## Xplore CrossFit

Created by David Werner  
www.xplorecrossfit.com

Oct 2008