

XPLORE CROSSFIT

Skill Level II -- Green
intermediate athlete

NAME: _____

		GOALS:	1 Month:	3 Months:
SQUATS	Date			
	Reps			
<i>Benchmark: 100 free squats</i>				
		GOALS:	1 Month:	3 Months:
SQUAT	Date			
	Weight			
<i>Benchmark: 1 x bodyweight squat</i>				
		GOALS:	1 Month:	3 Months:
PUSH UPS	Date			
	Reps			
<i>Benchmark: 30 pushups</i>				
		GOALS:	1 Month:	3 Months:
BENCH PRESS	Date			
	Weight			
<i>Benchmark: 1 x bodyweight bench press</i>				
		GOALS:	1 Month:	3 Months:
ROPE CLIMB	Date			
	Trip			
<i>Benchmark: 20 foot climb, 1 trip</i>				
		GOALS:	1 Month:	3 Months:
V-UPS	Date			
	Reps			
<i>Benchmark: 30 v-ups</i>				
		GOALS:	1 Month:	3 Months:
KB SNATCH	Date			
	Reps			
<i>Benchmark: 30 each arm men 24kg women 16kg</i>				
		GOALS:	1 Month:	3 Months:
400 METER RUN	Date			
	Time			
<i>Benchmark: 1:34 minutes</i>				
		GOALS:	1 Month:	3 Months:
DEAD LIFT	Date			
	Weight			
<i>Benchmark: 1 1/2 x bodyweight deadlift</i>				
		GOALS:	1 Month:	3 Months:
MILITARY PRESS	Date			
	Weight			
<i>Benchmark: 1/2 x bodyweight military press</i>				
		GOALS:	1 Month:	3 Months:
HANDSTAND HOLD	Date			
	Time			
<i>Benchmark: 1 minute handstand hold</i>				
		GOALS:	1 Month:	3 Months:
POWER CLEAN	Date			
	Weight			
<i>Benchmark: 3/4 x bodyweight power clean</i>				
		GOALS:	1 Month:	3 Months:
KNEES TO ELBOWS	Date			
	Reps			
<i>Benchmark: 15 hanging knees to elbows</i>				

		GOALS:	1 Month:	3 Months:
THRUSTERS	Date Reps			
<i>Benchmark: 45 1/2 x bodyweight thrusters</i>				
		GOALS:	1 Month:	3 Months:
800 METER RUN	Date Time			
<i>Benchmark: 3:20 minutes</i>				
		GOALS:	1 Month:	3 Months:
500 METER ROW	Date Time			
<i>Benchmark: women 2:00 men 1:45</i>				
		GOALS:	1 Month:	3 Months:
VERTICAL JUMP	Date Height			
<i>Benchmark: 18 inches</i>				
		GOALS:	1 Month:	3 Months:
DIPS	Date Reps			
<i>Benchmark: 20 dips</i>				
		GOALS:	1 Month:	3 Months:
DIP	Date Reps			
<i>Benchmark: 1 dip with 1/3 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
PULL UPS	Date Reps			
<i>Benchmark: 20 pull ups</i>				
		GOALS:	1 Month:	3 Months:
PULL UP	Date Weight			
<i>Benchmark: 1 with 1/3 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
MUSCLE UP	Date Reps			
<i>Benchmark: 1</i>				
		GOALS:	1 Month:	3 Months:
L-SIT	Date Time			
<i>Benchmark: 30 second L-sit</i>				
		GOALS:	1 Month:	3 Months:
2000 METER ROW	Date Time			
<i>Benchmark: women 8:50 men 7:30</i>				
		GOALS:	1 Month:	3 Months:
POWER SNATCH	Date Reps			
<i>Benchmark: 1/2 x bodyweight power snatch</i>				
		GOALS:	1 Month:	3 Months:
HELEN	Date Time			
<i>Benchmark: 11:30 minutes</i>				
<i>Description: 3 rounds for time - 400m run, 21 kb swings, 12 pullups</i>				
		GOALS:	1 Month:	3 Months:
1 MILE RUN	Date Time			
<i>Benchmark: 7 minutes</i>				