



CrossFit Johns Creek

Level I Test

Name: _____ Date completed: _____

Passing the Level I 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 membership. Each of these items can be tested separately; all items must be verified by a coach. All areas must be passed to pass the Level I Test.

Strength: Barbell Movements	Weight lifted @ BW	P/F	Date
Deadlift			
Squat			
Press			

Passing scores are determined by using the Novice Level, Starting Strength Standards for your bodyweight, see: <http://www.crossfit.com/cf-journal/WLSTANDARDS.pdf>.

Work Capacity	Time	P/F	Date
For time – complete the following under 6:30 for men, under 7:00 for women: <ul style="list-style-type: none"> • Row 500m or Run 400m • 40 Squats (below parallel depth) • 30 Sit Ups (using an Abmat, touching ground with hands and feet) • 20 Push Ups (Body moves a single unit, floor to extension) • 10 Pull-ups (Full extension under bar, chin over bar, one thick green band allowed) 			

Knowledge – Verbally answer the following to a coach	P/F	Date
We squat below parallel frequently. What does “below parallel” mean?		
What is a hook grip and when should you use it?		
Describe a Power Clean, specifically: the placement of your hands and feet at the start position, the location of the bar at the start and end of the movement, and the location of your hip crease in relation to your knees when you receive the bar?		
Describe a Hang Snatch, specifically: the placement of your hands and feet at the start position, the location of the bar at the start and end of the movement, and the location of your hip crease in relation to your knees when you receive the bar?		
What is the difference between a strict press, a push-press and a jerk?		

Responsibility	P/F	Date
Demonstrate to a coach that you are tracking your lifts and your benchmark WODs.		