



CrossFit Johns Creek

Level II Test

All healthy adults can aspire to this level of fitness and should perceive these skills as normal. Basic movements are perfected and advanced skills are introduced. The complete Level II may take from six months to several years to reach after achieving Level I. Along the way, you develop significant levels of strength, stamina, work capacity and speed, building on the Level I foundation already attained.

Proper form in all movements is imperative. Many resources are available to help with technique: coaching, videos, books, seminars, and workout partners. USE THEM!

| Skills - To achieve the Level II performance level, athletes must be able to perform at least 7 of the following 9 skills. (These can be tested separately. Scores must be confirmed by a coach.) | Score | P/F | Date |
|---|-------|-----|------|
| 500m Row: 1:45 for Men, 2:00 for Women | | | |
| Air Squats: 80 in 2 minutes | | | |
| Jump Rope: 50 double-unders accumulated in 2 minutes | | | |
| Handstand Push-up, head level with hands, unbroken: 12 for Men, 5 for Women | | | |
| Toes-to-Bar, unbroken: 18 for Men, 12 for women | | | |
| Pull-ups, unbroken: 20 for Men, 15 for women | | | |
| Rope Climb - 15' Ascents in 1 minute: 3 for Men, 2 for Women | | | |
| Thruster, 15 unbroken reps: 85lb Men, 55lb Women | | | |
| The "CFJC Mile" Run: 7:45 Men, 9:00 Women | | | |

| Strength - Barbell Movements | Weight lifted @ BW (lbs) | P/F | Date |
|------------------------------|--------------------------|-----|------|
| Deadlift: 1.5 of Bodyweight | | | |
| Squat: 1.25 of Bodyweight | | | |
| Push-Press: .75 Bodyweight | | | |

| Work Capacity | Time | P/F | Date |
|--|------|-----|------|
| "CrossFit Johns Creek Benchmark" - Completed as prescribed in less than 6:00 (Men) / 6:45 (Women) <ul style="list-style-type: none"> • Run 400m (once) Then, 3 rounds of: <ul style="list-style-type: none"> • 5 Pull-ups • 10 Kettlebell Swings (24kg Men, 16kg Women) • 10 Burpees | | | |