

# CrossFit Pretoria Skill Chart



Category	Done	Level 1	Done	Level 2	Done	Level 3	Done	Level 4	Done	Level 5	Done
Squat Technique		15 Wall Squats		15 Overhead Squats (20/15kg)		15 Overhead Squats (0.5xBW)		15 Overhead Squats (1/0.75xBW)		15 Overhead Squats (1.5/1.25xBW)	
Squat Strength		15 Back Squats (20/15kg)		1 Back Squat (1xBW)		1 Back Squat (1.25xBW)		1 Back Squat (1.5xBW)		1 Back Squat (2xBW)	
Deadlift Strength		120s Sorensen Test		15 Deadlifts (0.5xBW)		1 Deadlift (1.5xBW)		1 Deadlift (2xBW)		1 Deadlift (2.5xBW)	
Press Strength		5 Strict Press (20/15kg)		15 Strict Press (20/15kg)		1 Strict Press (0.75/0.5xBW)		1 Strict Press (1/0.75xBW)		1 Strict Press (1.25/1xBW)	
Midline		15 Hollow Rocks		5 Knees to Elbows		5 Toes to Bar		30s L-Sit		1 L-sit to Handstand	
Pulling Gymnastics		5 Pull up Shoulder activations		3/1 Strict Pull upS		5/3 Strict Pull upS		10/5 Strict Pull ups		1 Weighted Pull up (0.75/0.5xBW)	
		5 Kipping Swings		5/3 Kipping Pull-ups		10/5 Kipping Pull ups		30/20 Kipping Pull ups		50/30 CTBPull ups	
Pushing Gymnastics		3/1 Strict Push ups		5/3 Strict Push ups		10/5 Strict Push ups		20/10 Strict Push ups		50/25 Strict Push ups	
Ring Gymnastics		3/1 Strict Push ups		3/1 Strict Bar dip		5/3 Strict Ring dips		5/3 Kipping Muscle ups		15/10 Kipping Muscle ups	
		5s Ring support		1 Skin the Cat		1 Strict MU/ 1 False grip CTR		1 L-Sit MU/ 1 Strict MU		Iron Cross	
Rope Gymnastics		1 Rope pull to stand		1 Rope Climb		3 Rope Climbs		3/1 Legless Rope Climbs		3/1 L-sit Rope Climbs	
Hand Stand		1 Wall Climb (nose to wall)		30s Handstand Hold		60s Handstand Hold		10m Handstand Walk		3x10m Handstand Walk with turns	
Hand Stand Push Up		5/3 Box HSPU		5/3 Abmat HSPU		3/1 Strict HSPU		10/5 Strict HSPU		5/3 Freestanding HSPU	
Snatch		Burgener Warm-up (20/15kg)		3 Hang Power Snatch (0.5xBW)		1 Snatch (0.75/0.5xBW)		1 Snatch (1/0.75xBW)		1 Snatch (1.25/1xBW)	
Clean & Jerk		1 Clean + 1 PP (20/15kg)		3 Cleans + 1 Jerk (0.75/0.5xBW)		1 Clean & Split Jerk (1.0/0.75xBW)		1 Clean & Jerk (1.25/1xBW)		1 Clean & Jerk (1.5/1.25xBW)	
Row 2k		8:30/10:15		8:00/9:30		7:30/8:45		7:00/8:00		6:30/7:15	
Row 500m		1:55/2:30		1:45/2:10		1:35/1:50		1:30/1:45		1:25/1:40	
Shuttle Run		10x10m in 1min		15x10m in 1min		20x10m in 1min		25x10m in 1min		30x10m in 1min	
Skipping		50 unbroken singles		1 Double Under		15 Double Unders		50 Double Unders		50 Cross Over Double Unders	
Stamina		26 Air Squats in 60s		10 unbroken wall balls (20/14lb)		25 unbroken wall balls (20/14lb)		50 unbroken wall balls (20/14lb)		100 unbroken wall balls (20/14lb)	
Explosivity		Box Jump (60/40cm)		Box Jump (80/60cm)		Box Jump (100/80cm)		Box Jump (120/100cm)		Box Jump (140/120cm)	
Agility		1+1 assisted pistol		1+1 pistol rx'd		10 alternating pistols		5+5 pistols		5+5 overhead pistols (20/15kg)	
Flexibility		Touch toes (seated straight leg)		Touch palms on floor (straight leg)		Touch head on knees (Seated)		Side Split		Middle split	
<b>BENCHMARKS</b>		Can only be validated by a judge.									
Fran		10:00 assisted		10:00 rx'd		7:00/8:00 rx'd		5:00/6:00 rx'd		3:00/4:00 rx'd	
Cindy		10 rounds scaled		10 rounds rx'd		15/12 rounds rx'd		20/15 rounds rx'd		30/20 rounds rx'd	