

A	Level 1 Beginner Athlete	B	Level 1 Intermediate Athlete	C	Level 1 Advanced Athlete
Open	50 Squats (sub 3:00) 1/2 Bodyweight Backsquat x 5 Repetitions 10 Box Jumps 24' (sub 1:00) Deadlift Bodyweight x 5 Repetitions	Open	75 Squats (sub 3:00) 3/4 Bodyweight Back Squat x 5 Repetitions 15 Box Jumps 24' (sub 1:00) Deadlift Bodyweight x 10 Repetitions	Open	100 Squats (sub 3:00) Bodyweight Back Squat x 10 Repetitions 20 Box Jumps 24' (sub 1:00) Deadlift Bodyweight x 21 Repetitions
Close	Knees to Elbow x 10 Repetitions 10 Second P-Bar Tuck	Close	Knees to Elbow x 15 Repetitions 20 Second P-Bar Tuck	Close	Knees to Elbow x 21 Repetitions Toes to Bar x 10 Repetitions 30 Second P-Bar Tuck
Push	25 Push-ups 1/2 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Press x 1 Repetition	Push	35 Push-ups 3/4 Bodyweight Bench x 10 Repetitions 1/2 Bodyweight Press x 5 Repetitions	Push	50 Push-ups Bodyweight Bench x 15 Repetitions 1/2 Bodyweight Press x 10 Repetitions
Pull	Strict Pull-up x 5 Repetitions 1 Rope Climb 1/2 Bodyweight Power Clean x 1 Repetition	Pull	Strict Pul-up x 10 Repetitions 2 Rope Climbs (sub 1:00) 3/4 Bodyweiht Power Clean x 1 Repetition	Pull	Strict Pull-up x 12 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition
Work	"Helen" (sub 20:00) 2 Mile Run (sub 18:00) 500 Meter Row (sub 2:00)	Work	"Helen" (sub 15:00) 2 Mile Run (sub 15:00) 500 Meter Row (sub 1:50)	Work	"Helen" (sub 12:00) 2 Mile Run (sub 14:00) 500 Meter Row (sub 1:45)
Yoga	Warrior Series 1	Yoga	Warrior Series 1	Yoga	Warrior Series 1
Krav	Choke Defense 360 Combatives Combat Kata 1	Krav	Choke Defense 360 Combatives Combat Kata 1	Krav	Choke Defense 360 Combatives Combat Kata 1
BJJ	Guard Series 1 Shrimp Forward Roll	BJJ	Guard Series 1 Shrimp Forward Roll	BJJ	Guard Series 1 Shrimp Forward Roll
EDU	Highschool Degree	EDU	Highschool Degree	EDU	Highschool Degree
Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month

A	Level 1 Beginner Athlete	B	Level 1 Intermediate Athlete	C	Level 1 Advanced Athlete
Open	50 Squats (sub 3:00) 1/2 Bodyweight Backsquat x 5 Repetitions 10 Box Jumps 24' (sub 1:00) Deadlift Bodyweight x 5 Repetitions	Open	75 Squats (sub 3:00) 3/4 Bodyweight Back Squat x 5 Repetitions 15 Box Jumps 24' (sub 1:00) Deadlift Bodyweight x 10 Repetitions	Open	100 Squats (sub 3:00) Bodyweight Back Squat x 10 Repetitions 20 Box Jumps 24' (sub 1:00) Deadlift Bodyweight x 21 Repetitions
Close	Knees to Elbow x 10 Repetitions 10 Second P-Bar Tuck	Close	Knees to Elbow x 15 Repetitions 20 Second P-Bar Tuck	Close	Knees to Elbow x 21 Repetitions Toes to Bar x 10 Repetitions 30 Second P-Bar Tuck
Push	25 Push-ups 1/2 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Press x 1 Repetition	Push	35 Push-ups 3/4 Bodyweight Bench x 10 Repetitions 1/2 Bodyweight Press x 5 Repetitions	Push	50 Push-ups Bodyweight Bench x 15 Repetitions 1/2 Bodyweight Press x 10 Repetitions
Pull	Strict Pull-up x 5 Repetitions 1 Rope Climb 1/2 Bodyweight Power Clean x 1 Repetition	Pull	Strict Pul-up x 10 Repetitions 2 Rope Climbs (sub 1:00) 3/4 Bodyweigt Power Clean x 1 Repetition	Pull	Strict Pull-up x 12 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition
Work	"Helen" (sub 20:00) 2 Mile Run (sub 18:00) 500 Meter Row (sub 2:00)	Work	"Helen" (sub 15:00) 2 Mile Run (sub 15:00) 500 Meter Row (sub 1:50)	Work	"Helen" (sub 12:00) 2 Mile Run (sub 14:00) 500 Meter Row (sub 1:45)
Yoga	Warrior Series 1	Yoga	Warrior Series 1	Yoga	Warrior Series 1
Krav	Choke Defense 360 Combatives Combat Kata 1	Krav	Choke Defense 360 Combatives Combat Kata 1	Krav	Choke Defense 360 Combatives Combat Kata 1
BJJ	Guard Series 1 Shrimp Forward Roll	BJJ	Guard Series 1 Shrimp Forward Roll	BJJ	Guard Series 1 Shrimp Forward Roll
EDU	Highschool Degree	EDU	Highschool Degree	EDU	Highschool Degree
Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month

A	Level 1 Beginner Athlete	B	Level 1 Intermediate Athlete	C	Level 1 Advanced Athlete
Open	30 Squats (sub 3:00) 1/2 Bodyweight Backsquat x 5 Repetitions 10 Box Jump / Step 24' (sub 1:00) Deadlift Bodyweight x 1 Repetitions	Open	50 Squats (sub 3:00) 1/2 Bodyweight Back Squat x 5 Repetitions 15 Box Jump / Step 24' (sub 1:00) Deadlift Bodyweight x 5 Repetitions	Open	75 Squats (sub 3:00) 1/2 Bodyweight Back Squat x 10 Repetitions 20 Box Jump / Step 24' (sub 1:00) Deadlift Bodyweight x 10 Repetitions
Close	Knees to Elbow x 5 Repetitions 10 Second P-Bar Tuck	Close	Knees to Elbow x 7 Repetitions 20 Second P-Bar Tuck	Close	Knees to Elbow x 10 Repetitions 30 Second P-Bar Tuck
Push	10 Push-ups 1/2 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Press x 1 Repetition	Push	20 Push-ups 1/2 Bodyweight Bench x 10 Repetitions 1/2 Bodyweight Press x 5 Repetitions	Push	35 Push-ups 1/2 Bodyweight Bench x 15 Repetitions 1/2 Bodyweight Press x 10 Repetitions
Pull	Strict Pull-up x 5 Repetitions 1 Rope Climb 1/2 Bodyweight Power Clean x 1 Repetition	Pull	Strict Pul-up x 10 Repetitions 2 Rope Climbs (sub 1:00) 3/4 Bodyweiht Power Clean x 1 Repetition	Pull	Strict Pull-up x 12 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition
Work	"Helen" (sub 20:00) 2 Mile Run (sub 20:00) 500 Meter Row (sub 2:30)	Work	"Helen" (sub 18:00) 2 Mile Run (sub 18:00) 500 Meter Row (sub 2:20)	Work	"Helen" (sub 15:00) 2 Mile Run (sub 17:00) 500 Meter Row (sub 2:00)
Yoga	Warrior Series 1	Yoga	Warrior Series 1	Yoga	Warrior Series 1
Krav	Choke Defense 360 Combatives Combat Kata 1	Krav	Choke Defense 360 Combatives Combat Kata 1	Krav	Choke Defense 360 Combatives Combat Kata 1
BJJ	Guard Series 1 Shrimp Forward Roll	BJJ	Guard Series 1 Shrimp Forward Roll	BJJ	Guard Series 1 Shrimp Forward Roll
EDU	Highschool Degree	EDU	Highschool Degree	EDU	Highschool Degree
Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month

A	Level 2 Beginner Athlete	B	Level 2 Intermediate Athlete	C	Level 2 Advanced Athlete
Open	Bodyweight Back Squat x 15 Repetitions Box Jumps 24' x 25 Repetitions (sub 1:00) 225lb. Deadlift x 9 Repetitions	Open	Bodyweight Back Squat x 21 Repetitions Box Jumps 24' x 30 Repetitions (sub 1:00) 225lb. Deadlift x 15 Repetitions	Open	Bodyweight Back Squat x 30 Repetitions Box Jumps 30' x 20 Repetitions (sub 1:00) 225lb. Deadlift x 21 Repetitions
Close	Knees to Elbow x 25 Repetitions Toes to Bar x 15 Repetitions 45 Second P-Bar Tuck	Close	10 Second P-Bar L Sit Toes to Bar x 20 Repetitions 45 Second P-Bar Tuck	Close	30 Second P-Bar L Sit Toes to Bar x 25 Repetitions 1:00 P-Bar Tuck
Push	50 Push-ups Bodyweight Bench x 21 Repetitions 95lb. Press x 9 Repetitions	Push	10 Ring Push-ups Bodyweight Bench x 25 Repetitions 95lb. Press x 15 Repetitions	Push	10 Ring Dips 1.5 x Bodyweight Bench x 10 Repetitions Handstand Push-up x 10 Repetitions
Pull	Strict Pull-up x 15 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition	Pull	Strict Pull-up x 17 Repetitions 3 Rope Climbs (sub 1:15) Bodyweight Power Clean x 3 Repetitions	Pull	Strict Pull-up x 20 Repetitions 3 Rope Climbs (sub 1:00) & 1 L-Sit Rope Bodyweight Power Clean x 5 Repetitions
Work	"Helen" (sub 11:30) 2 Mile Run (sub 14:30) 500 Meter Row (sub 1:45)	Work	"Helen" (sub 11:00) 2 Mile Run (sub 14:20) 500 Meter Row (sub 1:42)	Work	"Helen" (Sub 10:30) 2 Mile Run (sub 14:10) 500 Meter Row (sub 1:40) 100 Double Unders (sub 1:00)
Yoga	Warrior Series 2	Yoga	Warrior Series 2	Yoga	Warrior Series 2
Krav	Stick Defense 360 Combat Kata 2	Krav	Stick Defense 360 Combat Kata 2	Krav	Stick Defense 360 Combat Kata 2
BJJ	Guard Series 2 Backward Roll Side Break	BJJ	Guard Series 2 Backward Roll Side Break	BJJ	Guard Series 2 Backward Roll Side Break
EDU	14 Years School or 2 Year College Degree	EDU	14 Years School or 2 Year College Degree	EDU	14 Years School or 2 Year College Degree
Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month

A	Level 2 Beginner Athlete	B	Level 2 Intermediate Athlete	C	Level 2 Advanced Athlete
Open	Bodyweight Back Squat x 15 Repetitions Box Jumps 24' x 25 Repetitions (sub 1:00) 225lb. Deadlift x 9 Repetitions	Open	Bodyweight Back Squat x 21 Repetitions Box Jumps 24' x 30 Repetitions (sub 1:00) 225lb. Deadlift x 15 Repetitions	Open	Bodyweight Back Squat x 30 Repetitions Box Jumps 30' x 20 Repetitions (sub 1:00) 225lb. Deadlift x 21 Repetitions
Close	Knees to Elbow x 25 Repetitions Toes to Bar x 15 Repetitions 45 Second P-Bar Tuck	Close	10 Second P-Bar L Sit Toes to Bar x 20 Repetitions 45 Second P-Bar Tuck	Close	30 Second P-Bar L Sit Toes to Bar x 25 Repetitions 1:00 P-Bar Tuck
Push	50 Push-ups Bodyweight Bench x 21 Repetitions 95lb. Press x 9 Repetitions	Push	10 Ring Push-ups Bodyweight Bench x 25 Repetitions 95lb. Press x 15 Repetitions	Push	10 Ring Dips 1.5 x Bodyweight Bench x 10 Repetitions Handstand Push-up x 10 Repetitions
Pull	Strict Pull-up x 15 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition	Pull	Strict Pull-up x 17 Repetitions 3 Rope Climbs (sub 1:15) Bodyweight Power Clean x 3 Repetitions	Pull	Strict Pull-up x 20 Repetitions 3 Rope Climbs (sub 1:00) & 1 L-Sit Rope Bodyweight Power Clean x 5 Repetitions
Work	"Helen" (sub 11:30) 2 Mile Run (sub 14:30) 500 Meter Row (sub 1:45)	Work	"Helen" (sub 11:00) 2 Mile Run (sub 14:20) 500 Meter Row (sub 1:42)	Work	"Helen" (Sub 10:30) 2 Mile Run (sub 14:10) 500 Meter Row (sub 1:40) 100 Double Unders (sub 1:00)
Yoga	Warrior Series 2	Yoga	Warrior Series 2	Yoga	Warrior Series 2
Krav	Stick Defense 360 Combat Kata 2	Krav	Stick Defense 360 Combat Kata 2	Krav	Stick Defense 360 Combat Kata 2
BJJ	Guard Series 2 Backward Roll Side Break	BJJ	Guard Series 2 Backward Roll Side Break	BJJ	Guard Series 2 Backward Roll Side Break
EDU	14 Years School or 2 Year College Degree	EDU	14 Years School or 2 Year College Degree	EDU	14 Years School or 2 Year College Degree
Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month

A	Level 2 Beginner Athlete	B	Level 2 Intermediate Athlete	C	Level 2 Advanced Athlete
Open	Bodyweight Back Squat x 9 Repetitions Box Step 24' x 25 Repetitions (sub 1:00) Bodyweight Deadlift x 9 Repetitions	Open	Bodyweight Back Squat x 12 Repetitions Box Step 24' x 25 Repetitions (sub 1:00) Bodyweight Deadlift x 12 Repetitions	Open	Bodyweight Back Squat x 15 Repetitions Box Step 24' x 25 Repetitions (sub 1:00) Bodyweight Deadlift x 15 Repetitions
Close	Knees to Elbow x 9 Repetitions Toes to Bar x 5 Repetitions 30 Second P-Bar Tuck	Close	Knees to Elbow x 12 Repetitions Toes to Bar x 7 Repetitions 45 Second P-Bar Tuck	Close	Knees to Elbow x 15 Repetitions Toes to Bar x 10 Repetitions 1:00 Second P-Bar Tuck
Push	35 Push-ups Bodyweight Bench x 9 Repetitions 95lb. Press x 5 Repetitions	Push	40 Push-ups Bodyweight Bench x 12 Repetitions 95lb. Press x 7 Repetitions	Push	45 Push-ups Bodyweight Bench x 15 Repetitions 95lb. Press x 9 Repetitions
Pull	Strict Pull-up x 5 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition	Pull	Strict Pull-up x 10 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 2 Repetitions	Pull	Strict Pull-up x 12 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 3 Repetitions
Work	"Helen" (sub 20:00) 2 Mile Run (sub 20:00) 500 Meter Row (sub 2:30)	Work	"Helen" (sub 17:30) 2 Mile Run (sub 17:30) 500 Meter Row (sub 2:10)	Work	"Helen" (sub 14:30) 2 Mile Run (sub 16:30) 500 Meter Row (sub 1:55)
Yoga	Warrior Series 2	Yoga	Warrior Series 2	Yoga	Warrior Series 2
Krav	Stick Defense 360 Combat Kata 2	Krav	Stick Defense 360 Combat Kata 2	Krav	Stick Defense 360 Combat Kata 2
BJJ	Guard Series 2 Backward Roll Side Break	BJJ	Guard Series 2 Backward Roll Side Break	BJJ	Guard Series 2 Backward Roll Side Break
EDU	14 Years School or 2 Year College Degree	EDU	14 Years School or 2 Year College Degree	EDU	14 Years School or 2 Year College Degree
Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month	Service	Public Safety / Military or 5 Service Hours a Month

A	Level 3 Beginner Athlete	B	Level 3 Intermediate Athlete	C	Level 3 Advanced Athlete
Open	Single Leg Squat x 8 Repetitions (sub .90) 1.5 Bodyweight Squat x 9 Repetitions 275lb. Deadlift x 9 Repetitions	Open	Single Leg Squat x 12 Repetitions (sub .90) 1.5 Bodyweight Squat x 12 Repetitions 275lb. Deadlift x 12 Repetitions	Open	Single Leg Squat x 16 Repetitions (sub .90) 1.5 Bodyweight Squat x 15 Repetitions 275lb. Deadlift x 15 Repetitions
Close	1/2 Bodyweight OHD SQT x 9 Repetitions Toes to Bar x 15 Repetitions 25 Second P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 12 Repetitions Toes to Bar x 21 Repetitions 45 Second P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 15 Repetitions Toes to Bar x 30 Repetitions 1:00 P-Bar L-Sit
Push	1 Muscle Up 1.5 Bodyweight Bench x 1 Repetition 1/2 Bodyweight Thruster x 12 Repetitions	Push	3 Muscle Up's (sub 1:00) 1.5 Bodyweight Bench x 3 Repetitions 1/2 Bodyweight Thruster x 15 Repetitions	Push	5 Muscle-ups (sub .90) 1.5 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions
Pull	Strict Pull-up x 20 + Repetitions 35lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 1 Repetitions	Pull	Chest to Bar Pull-up x 10 Repetitions 35lb. Weighted Pull-up x 5 Repetitions 1.25 Bodyweight Clean x 2 Repetitions (.90)	Pull	Chest to Bar Pull-up x 15 Repetitions 53lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 3 Repetitions (.90)
Work	"Helen" (Sub 10:00) 2 Mile Run (sub 12:40) "Karen" (sub 12:00)	Work	"Helen" (sub 9:30) 2 Mile Run (sub 12:35) "Karen" (sub 11:30)	Work	"Helen" (sub 9:15) 2 Mile Run (sub 12:30) "Karen" (sub 11:00)
Yoga	Warrior Series 3	Yoga	Warrior Series 3	Yoga	Warrior Series 3
Krav	Long Gun Defense 360 Combat Kata 3	Krav	Long Gun Defense 360 Combat Kata 3	Krav	Long Gun Defense 360 Combat Kata 3
BJJ	Guard Series 3 Mount Series 1 Side Mount Series 1	BJJ	Guard Series 3 Mount Series 1 Side Mount Series 1	BJJ	Guard Series 3 Mount Series 1 Side Mount Series 1
EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS	EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS	EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS
Service	Community Service Project 1	Service	Community Service Project 1	Service	Community Service Project 1

A	Level 3 Beginner Athlete	B	Level 3 Intermediate Athlete	C	Level 3 Advanced Athlete
Open	Single Leg Squat x 8 Repetitions (sub .90) 1.5 Bodyweight Squat x 9 Repetitions 275lb. Deadlift x 9 Repetitions	Open	Single Leg Squat x 12 Repetitions (sub .90) 1.5 Bodyweight Squat x 12 Repetitions 275lb. Deadlift x 12 Repetitions	Open	Single Leg Squat x 16 Repetitions (sub .90) 1.5 Bodyweight Squat x 15 Repetitions 275lb. Deadlift x 15 Repetitions
Close	1/2 Bodyweight OHD SQT x 9 Repetitions Toes to Bar x 15 Repetitions 25 Second P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 12 Repetitions Toes to Bar x 21 Repetitions 45 Second P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 15 Repetitions Toes to Bar x 30 Repetitions 1:00 P-Bar L-Sit
Push	1 Muscle Up 1.5 Bodyweight Bench x 1 Repetition 1/2 Bodyweight Thruster x 12 Repetitions	Push	3 Muscle Up's (sub 1:00) 1.5 Bodyweight Bench x 3 Repetitions 1/2 Bodyweight Thruster x 15 Repetitions	Push	5 Muscle-ups (sub .90) 1.5 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions 10 Handstand Push-ups
Pull	Strict Pull-up x 20 Repetitions 35lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 1 Repetitions	Pull	Chest to Bar Pull-up x 10 Repetitions 35lb. Weighted Pull-up x 5 Repetitions 1.25 Bodyweight Clean x 2 Repetitions (.90)	Pull	Chest to Bar Pull-up x 15 Repetitions 53lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 3 Repetitions (.90) 1 x L-Sit Rope Climb
Work	"Helen" (Sub 10:00) 2 Mile Run (sub 12:40) "Karen" (sub 12:00)	Work	"Helen" (sub 9:30) 2 Mile Run (sub 12:35) "Karen" (sub 11:30)	Work	"Helen" (sub 9:15) 2 Mile Run (sub 12:30) "Karen" (sub 11:00)
Yoga	Warrior Series 3	Yoga	Warrior Series 3	Yoga	Warrior Series 3
Krav	Long Gun Defense 360 Combat Kata 3	Krav	Long Gun Defense 360 Combat Kata 3	Krav	Long Gun Defense 360 Combat Kata 3
BJJ	Guard Series3 Mount Series 1 Side Mount Series 1	BJJ	Guard Series3 Mount Series 1 Side Mount Series 1	BJJ	Guard Series3 Mount Series 1 Side Mount Series 1
EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS	EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS	EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS
Service	Community Service Project 1	Service	Community Service Project 1	Service	Community Service Project 1

A	Level 3 Beginner Athlete	B	Level 3 Intermediate Athlete	C	Level 3 Advanced Athlete
Open	Bodyweight Back Squat x 15 Repetitions Box Step 24' x 25 Repetitions (sub 1:00) Bodyweight Deadlift x 21 Repetitions	Open	1/2 Bodyweight OHD SQT x 9 Repetitions 1.5 Bodyweight Deadlift x 12 Repetitions Box Step 30' x 15 Repetitions (.90)	Open	1/2 Bodyweight OHD SQT x 12 Repetitions 1.5 Bodyweight Deadlift x 15 Repetitions Box Step 30' x 21 Repetitions (.90)
Close	Knees to Elbow x 15 Repetitions Toes to Bar x 10 Repetitions 1:00 P-Bar Tuck	Close	Toes to Bar x 15 Repetitions .30 Second L-Sit	Close	Toes to Bar x 20 Repetitions .45 Second L-Sit
Push	45 Push-ups Bodyweight Bench x 15 Repetitions 95lb. Press x 9 Repetitions	Push	50 Push-ups Handstand Hold 1:00 1.25 Bodyweight Bench Press x 3 Reps	Push	1 Muscle-up 5 Handstand Push-ups 1.5 Bodyweight Bench Press x 1 Repetition
Pull	Strict Pull-up x 12 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Clean x 3 Repetitions	Pull	Chest to Bar Pull-up x 10 Repetitions 3 Rope Climbs (sub 1:00) Bodyweight Clean x 4 Repetitions	Pull	Chest to Bar Pull-up x 12 Repetitions 1 L-Sit Rope Climb Bodyweight Clean x 5 Repetitions
Work	"Helen" (sub 14:30) 2 Mile Run (sub 16:30) 500 Meter Row (sub 1:55)	Work	"Helen" (sub 14:00) 2 Mile Run (sub 15:00) 500 Meter Row (sub 1:45)	Work	"Helen" (sub 13:00) 2 Mile Run (sub 14:00) "Karen" (sub 12:00)
Yoga	Warrior Series 3	Yoga	Warrior Series 3	Yoga	Warrior Series 3
Krav	Long Gun Defense 360 Combat Kata 3	Krav	Long Gun Defense 360 Combat Kata 3	Krav	Long Gun Defense 360 Combat Kata 3
BJJ	Guard Series3 Mount Series 1 Side Mount Series 1	BJJ	Guard Series3 Mount Series 1 Side Mount Series 1	BJJ	Guard Series3 Mount Series 1 Side Mount Series 1
EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS	EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS	EDU	CrossFit Level 1 Trainer Course 14 Years Education or AA / AS
Service	Community Service Project 1	Service	Community Service Project 1	Service	Community Service Project 1

A	Level 4 Beginner Athlete	B	Level 4 Intermediate Athlete	C	Level 4 Advanced Athlete
Open	Single Leg Squat x 20 Repetitions (sub .90) 1.25 Bodyweight Squat x 15 Repetitions 315lb. Deadlift x 12 Repetitions (.90)	Open	35lb. Single Leg Squat x 12 Reps (.90) 1.25 Bodyweight Squat x 17 Repetitions 315lb. Deadlift x 15 Repetitions (.90)	Open	53lb. Single Leg Squat x 8 Reps (.90) 1.25 Bodyweight Back Squat x 20 Repetitions 315lb. Deadlift x 20 Repetitions (.90)
Close	1/2 Bodyweight OHD SQT x 15 Repetitions Toes to Bar x 30 Repetitions 1:00 P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 21 Repetitions Straight Bar Leg Raise x 10 Repetitions Ring L-Sit x .45 seconds	Close	Bodyweight OHD SQT x 12 Repetitions Ring L-Sit x 1:00 Bar / Wheel Full Roll Out x 5 Repetitions
Push	5 Muscle-ups (sub .90) 1.5 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions 10 Handstand Push-ups	Push	1 Arm Push-up x 10 Repetitions (1:00) 15 Handstand Push-ups Ring Dip x 15 Repetitions	Push	1 Arm Push-up x 20 Repetitions (.90) Bodyweight Shoulder Press x 1 Repetition 20 Handstand Push-ups Bodyweight Thruster x 1 Repetition
Pull	Chest to Bar Pull-up x 15 Repetitions 53lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 3 Repetitions (.90) 1 x L-Sit Rope Climb	Pull	Chest to Bar Pull-up x 20 53lb. Weighted Pull-up x 5 Repetition 1.25 Bodyweight Clean x 5 Repetitions (.90)	Pull	Chest to Bar Pull-ups x 25 53lb. Weighted Pull-up x 7 2 x L-Sit Rope Climb (touch & go) 1.25 Bodyweight Clean x 7 Repetitions (.90)
Work	"Helen" (sub 9:15) 2 Mile Run (sub 12:30) "Karen" (sub 11:00)	Work	"Helen" (sub 8:30) "Grace" (sub 4:30) "Cindy" (20 + rounds)	Work	"Helen" (sub 8:10) "Grace" (sub 4:00) "Cindy" (25+ rounds)
Yoga	Warrior Series 4	Yoga	Warrior Series 4	Yoga	Warrior Series 4
Krav	Handgun Defense 360 Combat Kata 4	Krav	Handgun Defense 360 Combat Kata 4	Krav	Handgun Defense 360 Combat Kata 4
BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2	BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2	BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2
EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses
Service	Community Service Project 2	Service	Community Service Project 2	Service	Community Service Project 2

A	Level 4 Beginner Athlete	B	Level 4 Intermediate Athlete	C	Level 4 Advanced Athlete
Open	Single Leg Squat x 20 Repetitions (sub .90) 1.25 Bodyweight Squat x 15 Repetitions 315lb. Deadlift x 12 Repetitions (.90)	Open	35lb. Single Leg Squat x 12 Reps (.90) 1.25 Bodyweight Squat x 17 Repetitions 315lb. Deadlift x 15 Repetitions (.90)	Open	53lb. Single Leg Squat x 8 Reps (.90) 1.25 Bodyweight Back Squat x 20 Repetitions 315lb. Deadlift x 20 Repetitions (.90)
Close	1/2 Bodyweight OHD SQT x 15 Repetitions Toes to Bar x 30 Repetitions 1:00 P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 21 Repetitions Straight Bar Leg Raise x 10 Repetitions Ring L-Sit x .45 seconds	Close	Bodyweight OHD SQT x 12 Repetitions Ring L-Sit x 1:00 Bar / Wheel Full Roll Out x 5 Repetitions
Push	5 Muscle-ups (sub .90) 1.5 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions 10 Handstand Push-ups	Push	1 Arm Push-up x 10 Repetitions (1:00) 15 Handstand Push-ups Ring Dip x 15 Repetitions	Push	1 Arm Push-up x 20 Repetitions (.90) Bodyweight Shoulder Press x 1 Repetition 20 Handstand Push-ups Bodyweight Thruster x 1 Repetition
Pull	Chest to Bar Pull-up x 15 Repetitions 53lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 3 Repetitions (.90) 1 x L-Sit Rope Climb	Pull	Chest to Bar Pull-up x 20 53lb. Weighted Pull-up x 5 Repetition 1.25 Bodyweight Clean x 5 Repetitions (.90)	Pull	Chest to Bar Pull-ups x 25 53lb. Weighted Pull-up x 7 2 x L-Sit Rope Climb (touch & go) 1.25 Bodyweight Clean x 7 Repetiitons (.90)
Work	"Helen" (sub 9:15) 2 Mile Run (sub 12:30) "Karen" (sub 11:00)	Work	"Helen" (sub 8:30) "Grace" (sub 4:30) "Cindy" (20 + rounds)	Work	"Helen" (sub 8:10) "Grace" (sub 4:00) "Cindy" (25+ rounds)
Yoga	Warrior Series 4	Yoga	Warrior Series 4	Yoga	Warrior Series 4
Krav	Handgun Defense 360 Combat Kata 4	Krav	Handgun Defense 360 Combat Kata 4	Krav	Handgun Defense 360 Combat Kata 4
BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2	BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2	BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2
EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses
Service	Community Service Project 2	Service	Community Service Project 2	Service	Community Service Project 2

A	Level 4 Beginner Athlete	B	Level 4 Intermediate Athlete	C	Level 4 Advanced Athlete
Open	1/2 Bodyweight OHD SQT x 15 Repetitions 1.5 Bodyweight Deadlift x 15 Repetitions Box Step 30' x 30 Repetitions (.90)	Open	Bodyweight OHD SQT x 7 Repetitions 1.75 Bodyweight Deadlift x 1 Repetition 500 Meter Row (sub 1:45)	Open	Bodyweight OHD SQT x 8 Repetitions 1.75 Bodyweight Deadlift x 2 Repetitions 500 Meter Row (sub 1:40)
Close	Toes to Bar x 20 Repetitions .45 P-Bar Second L-Sit	Close	1 Full Roll Out 1:00 P-Bar L Sit .30 Second Ring L-Sit	Close	2 x Roll Out (Bar or Wheel) .45 Second Ring L-Sit
Push	1 Muscle-up 5 Handstand Push-ups 1.25 Bodyweight Bench Press x 3 Repetitions	Push	3 Muscle-ups (.60) 10 Handstand Push-ups 1.25 Bodyweight Bench Press x 5 Reps	Push	5 Muscle Ups (.90) 12 Handstand Push-ups (to pad) 1.25 Bodyweight Bench Press x 7 Reps
Pull	Chest to Bar Pull-up x 15 Repetitions 1 L-Sit Rope Climb Bodyweight Clean x 7 Repetitions (.90)	Pull	35lb. Weighted Pull-up x 5 Repetitions 25 Pull-ups 5 Rope Climbs (2:00)	Pull	53lb. Weighted Pull-up x 3 Repetitions Peg Board 30 Holes 20 Chest to Bar Pull-ups
Work	"Helen" (sub 12:30) 2 Mile Run (sub 13:30) "Karen" (sub 11:30)	Work	"Helen" (sub 12:00) "Cindy" (+15 Rounds) 100 Consecutive Double Unders	Work	"Helen" (sub 11:30) "Cindy" (+ 20 Rounds) "Grace" (sub 7:00 @115lb)
Yoga	Warrior Series 4	Yoga	Warrior Series 4	Yoga	Warrior Series 4
Krav	Handgun Defense 360 Combat Kata 4	Krav	Handgun Defense 360 Combat Kata 4	Krav	Handgun Defense 360 Combat Kata 4
BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2	BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2	BJJ	Guard Series 4 Mount Series 2 Side Mount Series 2
EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit Level 2 or 2 SME Courses
Service	Community Service Project 2	Service	Community Service Project 2	Service	Community Service Project 2

A	Level 5 Beginner Athlete	B	Level 5 Intermediate Athlete	C	Level 5 Advanced Athlete
Open	53lb. Single Leg Squat x 10 Reps (.90) 1.25 Bodyweight Back Squat x 20 Reps 315lb. Deadlift x 20 Repetitions (.90)	Open	53lb. Single Leg Squat x 14 Reps (2:00) 2 x Bodyweight Deadlift x 1 Rep 1.5 Bodyweight Back Squat x 5	Open	73lb. Single Leg Squat x 4 (3:00) 1.5 Bodyweight Back Squat x 7 500 Meter Row (sub 1:30)
Close	Bodyweight OHD SQT x 12 Repetitions Ring L-Sit x 1:05 Bar / Wheel Full Roll Out x 5 Repetitions	Close	10 x Wall Walkers to Full Bridge (sub 3:00) Ring L-Sit x 1:10 Peg Board 45 Holes (sub 2:00)	Close	Bodyweight OHD SQT x 15 Repetitions Ring L-Sit x 1:10 + Toes to Bar x 40 Repetitions (sub .90)
Push	1 Arm Push-up x 20 Repetitions (.90) Bodyweight Shoulder Press x 1 Repetition 20 Handstand Push-ups Bodyweight Thruster x 1 Repetition	Push	Bodyweight Shoulder Press x 1 Repetition 20 Handstand Push-ups Bodyweight Thruster x 5 Repetitions	Push	1.5 Bodyweight Bench Press x 3 Reps 10 Muscle-ups 10 Defecit Handstand Push-ups
Pull	Chest to Bar Pull-ups x 25 53lb. Weighted Pull-up x 7 2 x L-Sit Rope Cilmb (touch & go) 1.25 Bodyweight Clean x 7 Repetiitons (.90)	Pull	Chest to Bar Pull-ups x 30 53lb. Weighted Pull-up x 7 1.25 Bodyweight Clean x 10 Rep (2:00)	Pull	Pull-ups x 50 53lb. Weighted Pull-up x 10 1.25 Bodyweight Clean x 15 Reps (3:00)
Work	"Helen" (sub 8:10) "Grace" (sub 4:00) "Cindy" (25+ rounds)	Work	"Helen" (sub 8:00) "Grace" (sub 3:30) "Fran" (sub 4:30)	Work	"Helen" (sub 7:55) "Grace" (sub 3:00) "Fran" (sub 3:10)
Yoga	Warrior Series 5 Complete Warrior Yoga Practice	Yoga	Warrior Series 5 Complete Warrior Yoga Practice	Yoga	Warrior Series 5 Complete Warrior Yoga Practice
Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill	Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill	Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill
BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3	BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3	BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3
EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)
Service	Capstone Service & Leadership Project	Service	Capstone Service & Leadership Project	Service	Capstone Service & Leadership Project

A	Level 5 Beginner Athlete	B	Level 5 Intermediate Athlete	C	Level 5 Advanced Athlete
Open	53lb. Single Leg Squat x 10 Reps (.90) 1 x Bodyweight Back Squat x 20 Reps 315lb. Deadlift x 20 Repetitions (.90)	Open	53lb. Single Leg Squat x 16 Reps (2:00) 2 x Bodyweight Deadlift x 1 Rep 1.25 Bodyweight Back Squat x 5	Open	53lb. Single Leg Squat x 12 (3:00) 1.25 Bodyweight Back Squat x 20 500 Meter Row (sub 1:35)
Close	Bodyweight OHD SQT x 10 Repetitions Ring L-Sit x 1:00 Bar / Wheel Full Roll Out x 5 Repetitions	Close	10 x Wall Walkers to Full Bridge (sub 3:00) Ring L-Sit x 1:10 Peg Board 45 Holes (sub 2:00)	Close	Bodyweight OHD SQT x 12 Repetitions Ring L-Sit x 1:00 Toes to Bar x 35 Repetitions
Push	1 Arm Push-up x 20 Repetitions (.90) Bodyweight Shoulder Press x 1 Repetition 20 Handstand Push-ups Bodyweight Thruster x 1 Repetition	Push	Bodyweight Shoulder Press x 1 Repetition 20 Handstand Push-ups Bodyweight Thruster x 5 Repetitions	Push	1.5 Bodyweight Bench Press x 3 Reps 10 Muscle-ups 10 Defecit Handstand Push-ups
Pull	Chest to Bar Pull-ups x 25 53lb. Weighted Pull-up x 3 2 x L-Sit Rope Cilmb (touch & go) 1.25 Bodyweight Clean x 7 Repetiitons (.90)	Pull	Chest to Bar Pull-ups x 30 53lb. Weighted Pull-up x 7 1.25 Bodyweight Clean x 10 Rep (2:00)	Pull	Pull-ups x 50 53lb. Weighted Pull-up x 7 1.25 Bodyweight Clean x 15 Reps (3:30)
Work	"Helen" (sub 8:15) "Grace" (sub 4:00) "Cindy" (25+ rounds)	Work	"Helen" (sub 8:10) "Grace" (sub 3:45) "Fran" (sub 4:30)	Work	"Helen" (sub 7:55) "Grace" (sub 3:00) "Fran" (sub 3:10)
Yoga	Warrior Series 5 Complete Warrior Yoga Practice	Yoga	Warrior Series 5 Complete Warrior Yoga Practice	Yoga	Warrior Series 5 Complete Warrior Yoga Practice
Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill	Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill	Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill
BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3	BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3	BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3
EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)
Service	Capstone Service & Leadership Project	Service	Capstone Service & Leadership Project	Service	Capstone Service & Leadership Project

A	Level 5 Beginner Athlete	B	Level 5 Intermediate Athlete	C	Level 5 Advanced Athlete
Open	Bodyweight OHD SQT x 8 Repetitions 1.75 Bodyweight Deadlift x 2 Repetitions 500 Meter Row (sub 1:40)	Open	Bodyweight OHD SQT x 9 Repetitions 1.75 Bodyweight Deadlift x 3 Repetitions 1 x Bodyweight Squat x 20 Reps	Open	Bodyweight OHD SQT x 10 Repetitions 2 x Bodyweight Deadlift x 1 Repetitions 500 Meter Row (sub 1:40)
Close	2 x Roll Out (Bar or Wheel) .45 Second Ring L-Sit	Close	3 x Roll Out (Bar or Wheel) 1:00 Second Ring L-Sit	Close	5 x Roll Out (Bar or Wheel) 10 x Bar Straight Leg Raise
Push	5 Muscle Ups (.90) 12 Handstand Push-ups (to pad) 1.25 Bodyweight Bench Press x 7 Reps	Push	7 Muscle Ups (2:00) 12 Handstand Push-ups (to pad) 5 Wall Climbers (.90)	Push	10 Muscle-ups (3:00) Bodyweight Thruster x 1 Repetition 1.25 Bodyweight Bench x 10 Repetitions
Pull	53lb. Weighted Pull-up x 3 Repetitions Peg Board 30 Holes (.90) 20 Chest to Bar Pull-ups	Pull	53lb. Weighted Pull-up x 5 Repetitions Peg Board 30 Holes (1:15) 30 Pull-ups	Pull	53lb. Weighted Pull-up x 7 Repetitions Peg Board 30 Holes (1:00) 35 Pull-ups
Work	"Helen" (sub 11:30) "Cindy" (+ 20 Rounds) "Grace" (sub 7:00 @115lb)	Work	"Helen" (sub 11:00) "Cindy" (+ 25 Rounds) "Grace" (sub 6:00 @115lb)	Work	"Helen" (sub 10:00) "Grace" (sub 5:30 @115. / sub 7:00 at 135.) "Fran" (sub 5:00)
Yoga	Warrior Series 5 Complete Warrior Yoga Practice	Yoga	Warrior Series 5 Complete Warrior Yoga Practice	Yoga	Warrior Series 5 Complete Warrior Yoga Practice
Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill	Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill	Krav	Knife Defense 360 Combat Kata 5 Combat Kata 1 - 5 Flow Drill
BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3	BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3	BJJ	Guard Series 5 Mount Series 3 Side Mount Series 3
EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)	EDU	BA / BS Advanced Course MIL / PUB SAF CrossFit 3 or 3 SME Courses (500 hour)
Service	Capstone Service & Leadership Project	Service	Capstone Service & Leadership Project	Service	Capstone Service & Leadership Project