

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 20' (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 20' (sub 1:00) Deadlift Bodyweight x 10 Repetitions	Open	100 Squats (sub 3:00) Bodyweight Back Squat x 10 Repetitions 20 Box Jumps 20' (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	10 Push-ups 1/4 Bodyweight Bench x 3 Repetitions 1/4 Bodyweight Press x 1 Repetition	Push	15 Push-ups 1/4 Bodyweight Bench x 5 Repetitions 1/4 Bodyweight Press x 5 Repetitions	Push	20 Push-ups 1/4 Bodyweight Bench x 7 Repetitions 1/2 Bodyweight Press x 10 Repetitions
Pull	Strict Pull-up x 1 Repetitions 1 Rope Climb 1/4 Bodyweight Power Clean x 1 Repetition	Pull	Strict Pul-up x 3 Repetitions 2 Rope Climbs (sub 2:00) 1/2 Bodyweiht Power Clean x 1 Repetition	Pull	Strict Pull-up x 5 Repetitions 2 Rope Climbs (sub 1:00) 3/4 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 16:00) 500 Meter Row (sub 2:10)
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 20' (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 20' (sub 1:00) Deadlift Bodyweight x 10 Repetitions	Open	100 Squats (sub 3:00) Bodyweight Back Squat x 10 Repetitions 20 Box Jumps 20' (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	10 Push-ups 1/4 Bodyweight Bench x 3 Repetitions 1/4 Bodyweight Press x 1 Repetition	Push	15 Push-ups 1/4 Bodyweight Bench x 5 Repetitions 1/4 Bodyweight Press x 5 Repetitions	Push	20 Push-ups 1/4 Bodyweight Bench x 7 Repetitions 1/2 Bodyweight Press x 10 Repetitions
Pull	Strict Pull-up x 1 Repetitions 1 Rope Climb 1/4 Bodyweight Power Clean x 1 Repetition	Pull	Strict Pul-up x 3 Repetitions 2 Rope Climbs (sub 2:00) 1/2 Bodyweigt Power Clean x 1 Repetition	Pull	Strict Pull-up x 5 Repetitions 2 Rope Climbs (sub 1:00) 3/4 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 16:00) 500 Meter Row (sub 2:10)
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 .90) 1/2 Bodyweight Backsquat x 3 Repetitions 10 Box Steos 20' (sub 1:00) Deadlift Bodyweight x 5 Repetitions	Open	40 Squats (sub .90) 1/2 Bodyweight Back Squat x 5 Repetitions 14 Box Steps 20' (sub 1:00) Deadlift Bodyweight x 7 Repetitions	Open	50 Squats (sub .90) 1/2 Bodyweight Back Squat x 7 Repetitions 20 Box Steps 20' (sub 1:00) Deadlift Bodyweight x 10 Repetitions
Close	Knees to Elbow x 7 Repetitions 10 Second P-Bar Tuck	Close	Knees to Elbow x 10 Repetitions 20 Second P-Bar Tuck	Close	Knees to Elbow x 15 Repetitions Toes to Bar x 10 Repetitions 30 Second P-Bar Tuck
Push	5 Push-ups 1/4 Bodyweight Bench x 3 Repetitions 1/4 Bodyweight Press x 1 Repetition	Push	7 Push-ups 1/4 Bodyweight Bench x 5 Repetitions 1/4 Bodyweight Press x 5 Repetitions	Push	12 Push-ups 1/4 Bodyweight Bench x 7 Repetitions 1/2 Bodyweight Press x 10 Repetitions
Pull	Strict Pull-up x 1 Repetitions 1 Rope Climb 1/4 Bodyweight Power Clean x 1 Repetition	Pull	Strict Pul-up x 2 Repetitions 1 Rope Climbs (sub 2:00) 1/2 Bodyweight Power Clean x 1 Repetition	Pull	Strict Pull-up x 3 Repetitions 2 Rope Climbs (sub 2:00) 3/4 Bodyweight Power Clean x 1 Repetition
Work	"Helen" (sub 20:00 @25lb. / Red) 2 Mile Run (sub 20:00) 500 Meter Row (sub 2:30)	Work	"Helen" (sub 18:00 @25lb. / Red) 2 Mile Run (sub 18:00) 500 Meter Row (sub 2:20)	Work	"Helen" (sub 15:00 @ 25lb. / Red) 2 Mile Run (sub 17:30:) 500 Meter Row (sub 2:10)
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 20' x 25 Repetitions (sub 1:00) 165lb. Deadlift x 9 Repetitions	Open	Bodyweight Back Squat x 18 Repetitions Box Jumps 20' x 30 Repetitions (sub 1:00) 165lb. Deadlift x 15 Repetitions (sub 3:00)	Open	Bodyweight Back Squat x 20 Repetitions Box Jumps 24' x 20 Repetitions (sub 1:00) 165lb. Deadlift x 21 Repetitions (sub 3:00)
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 18 Repetitions (sub 1:00) 45 Second P-Bar Tuck	Close	30 Second P-Bar L Sit Toes to Bar x 20 Repetitions (sub 1:00) 1:00 P-Bar Tuck
Push	30 Push-ups 1/2 Bodyweight Bench x 9 Repetitions 3 x Handstand Push-up (consecutive)	Push	10 Ring Push-ups 1/2 Bodyweight Bench x 12 Repetitions 5 x Handstand Push-up (sub 1:00)	Push	10 Ring Dips 7 Handstand Push-ups (sub 1:00) 3/4 x Bodyweight Bench Press x 1 Rep
Pull	Strict Pull-up x 7 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition	Pull	Strict Pull-up x 10 Repetitions 3 Rope Climbs (sub 1:15) Bodyweight Power Clean x 3 Repetitions	Pull	Strict Pull-up x 12 Repetitions 3 Rope Climbs (sub 1:00) Bodyweight Power Clean x 5 Reps (sub 1:00)
Work	"Helen" (sub 11:30) 2 Mile Run (sub 16:00) 500 Meter Row (sub 2:00)	Work	"Helen" (sub 11:00) 2 Mile Run (sub 15:45) 500 Meter Row (sub 1:55)	Work	"Helen" (Sub 10:30) 2 Mile Run (sub 15:00) 500 Meter Row (sub 1:50)
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 20' x 25 Repetitions (sub 1:00) 165lb. Deadlift x 9 Repetitions	Open	Bodyweight Back Squat x 18 Repetitions Box Jumps 20' x 30 Repetitions (sub 1:00) 165lb. Deadlift x 15 Repetitions (sub 3:00)	Open	Bodyweight Back Squat x 20 Repetitions Box Jumps 24' x 20 Repetitions (sub .90) 165lb. Deadlift x 21 Repetitions (sub 3:00)
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 18 Repetitions (sub 1:00) 45 Second P-Bar Tuck	Close	30 Second P-Bar L Sit Toes to Bar x 20 Repetitions (sub 1:00) 1:00 P-Bar Tuck
Push	30 Push-ups 1/2 Bodyweight Bench x 9 Repetitions 3 x Handstand Push-up (consecutive)	Push	10 Ring Push-ups 1/2 Bodyweight Bench x 12 Repetitions 5 x Handstand Push-up (sub 1:00)	Push	10 Ring Dips 7 Handstand Push-ups (sub 1:00) 3/4 x Bodyweight Bench Press x 1 Rep
Pull	Strict Pull-up x 7 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition	Pull	Strict Pull-up x 10 Repetitions 3 Rope Climbs (sub 1:15) Bodyweight Power Clean x 3 Repetitions	Pull	Strict Pull-up x 12 Repetitions 3 Rope Climbs (sub 1:00) Bodyweight Power Clean x 5 Reps (sub 1:00)
Work	"Helen" (sub 11:30) 2 Mile Run (sub 16:00) 500 Meter Row (sub 2:00)	Work	"Helen" (sub 11:00) 2 Mile Run (sub 15:45) 500 Meter Row (sub 1:55)	Work	"Helen" (Sub 10:30) 2 Mile Run (sub 15:00) 500 Meter Row (sub 1:50)
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 7 Repetitions Box Step 20' x 15 Repetitions (sub 1:00) 155lb. Deadlift x 9 Repetitions	Open	Bodyweight Back Squat x 10 Repetitions Box Step 20' x 20 Repetitions (sub 1:00) 155lb. Deadlift x 12 Repetitions	Open	Bodyweight Back Squat x 12 Repetitions Box Step 20' x 25 Repetitions (sub 1:00) 155lb. Deadlift x 15 Repetitions (sub .90)
Close	Knees to Elbow x 25 Repetitions Toes to Bar x 10 Repetitions 45 Second P-Bar Tuck	Close	10 Second P-Bar L Sit Toes to Bar x 12 Repetitions (sub 1:00) 45 Second P-Bar Tuck	Close	30 Second P-Bar L Sit Toes to Bar x 15 Repetitions (sub 1:00) 1:00 P-Bar Tuck
Push	30 Push-ups 1/2 Bodyweight Bench x 9 Repetitions 3 x Handstand Push-up (to pad / sub 1:00)	Push	7 Ring Push-ups 1/2 Bodyweight Bench x 12 Repetitions 5 x Handstand Push-up (to pad / sub 1:00)	Push	10 Ring Push-ups(1:00) 1:00 Handstand Hold 3/4 Bodyweight Bench Press
Pull	Strict Pull-up x 5 Repetitions 3 Rope Climbs (sub 1:30) Bodyweight Power Clean x 1 Repetition	Pull	Strict Pull-up x 7 Repetitions 3 Rope Climbs (sub 1:15) Bodyweight Power Clean x 3 Repetitions	Pull	Strict Pull-up x 10 Repetitions 3 Rope Climbs (sub 1:00) Bodyweight Power Clean x 5 Reps (sub 1:00)
Work	"Helen" (sub 12:30) 2 Mile Run (sub 19:30) 500 Meter Row (sub 2:05)	Work	"Helen" (sub 12:15) 2 Mile Run (sub 19:15) 500 Meter Row (sub 2:00)	Work	"Helen" (sub 12:00) 2 Mile Run (sub 18:30) 500 Meter Row (sub 1:57)
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) 1.25 Bodyweight Squat x 9 Repetitions 185lb. Deadlift x 9 Repetitions	Open	Single Leg Squat x 12 Repetitions (sub .90) 1.25 Bodyweight Squat x 12 Repetitions 185lb. Deadlift x 12 Repetitions (sub 1:00)	Open	Single Leg Squat x 16 Repetitions (sub .90) 1.25 Bodyweight Squat x 15 Repetitions 185lb. Deadlift x 15 Repetitions (sub 1:00)
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	3/4 Bodyweight OHD SQT x 12 Repetitions Toes to Bar x 30 Repetitions (sub 1:00) 1:00 P-Bar L-Sit
Push	1 Muscle Up 1.25 Bodyweight Bench x 1 Repetition 1/2 Bodyweight Thruster x 12 Repetitions	Push	3 Muscle Up's (sub 1:00) 3/4 Bodyweight Bench x 3 Repetitions 1/2 Bodyweight Thruster x 15 Repetitions	Push	5 Muscle-ups (sub .90) Bodyweight Bench x 2 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions
Pull	Strict Pull-up x 15 Repetitions 25lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 1 Repetition	Pull	Chest to Bar Pull-up x 10 Repetitions 35lb. Weighted Pull-up x 2 Repetitions 1.25 Bodyweight Clean x 2 Repetitions (.90)	Pull	Chest to Bar Pull-up x 15 Repetitions 35lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 3 Repetitions (.90)
Work	"Helen" (Sub 10:25) 2 Mile Run (sub 14:55) 500 Meter Row (sub 1:50)	Work	"Helen" (sub 10:15) 2 Mile Run (sub 14:40) "Karen" (sub 12:00)	Work	"Helen" (sub 10:05) 2 Mile Run (sub 14:30) "Karen" (sub 11:50)
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 College or AA	EDU	CrossFit Level 1 Trainer Course 14 Years College or AA	EDU	CrossFit Level 1 Trainer Course 14 Years College or AA
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) 1.25 Bodyweight Squat x 9 Repetitions 185lb. Deadlift x 9 Repetitions	Open	Single Leg Squat x 12 Repetitions (sub .90) 1.25 Bodyweight Squat x 12 Repetitions 185lb. Deadlift x 12 Repetitions (sub 1:00)	Open	Single Leg Squat x 16 Repetitions (sub .90) 1.25 Bodyweight Squat x 15 Repetitions 185lb. Deadlift x 15 Repetitions (sub 1:00)
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	3/4 Bodyweight OHD SQT x 12 Repetitions Toes to Bar x 30 Repetitions (sub 1:00) 1:00 P-Bar L-Sit
Push	1 Muscle Up 1.25 Bodyweight Bench x 1 Repetition 1/2 Bodyweight Thruster x 12 Repetitions	Push	3 Muscle Up's (sub 1:00) 3/4 Bodyweight Bench x 3 Repetitions 1/2 Bodyweight Thruster x 15 Repetitions	Push	5 Muscle-ups (sub .90) Bodyweight Bench x 2 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions
Pull	Strict Pull-up x 15 Repetitions 25lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 1 Repetition	Pull	Chest to Bar Pull-up x 10 Repetitions 35lb. Weighted Pull-up x 2 Repetitions 1.25 Bodyweight Clean x 2 Repetitions (.90)	Pull	Chest to Bar Pull-up x 15 Repetitions 35lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 3 Repetitions (.90)
Work	"Helen" (Sub 10:25) 2 Mile Run (sub 14:55) 500 Meter Row (sub 1:50)	Work	"Helen" (sub 10:15) 2 Mile Run (sub 14:40) "Karen" (sub 12:00)	Work	"Helen" (sub 10:05) 2 Mile Run (sub 14:30) "Karen" (sub 11:50)
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 College or AA	EDU	CrossFit Level 1 Trainer Course 14 Years College or AA	EDU	CrossFit Level 1 Trainer Course 14 Years College or AA
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 4 Repetitions (sub .90) 1.25 Bodyweight Squat x 9 Repetitions 165. Deadlift x 9 Repetitions	Open	Single Leg Squat x 6 Repetitions (sub .90) 1.25 Bodyweight Squat x 12 Repetitions 165lb. Deadlift x 12 Repetitions (sub 1:00)	Open	Single Leg Squat x 8 Repetitions (sub .90) 1.25 Bodyweight Squat x 15 Repetitions 165lb.. Deadlift x 15 Repetitions (sub 1:00)
Close	1/2 Bodyweight OHD SQT x 9 Repetitions Toes to Bar x 10 Repetitions 15 Second P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 12 Repetitions Toes to Bar x 12 Repetitions 30 Second P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 12 Repetitions Toes to Bar x 15 Repetitions 45 Second P-Bar L-Sit
Push	5 Pull-up / 5 Ring Dip (sub .30) 1/2 Bodyweight Thruster x 12 Repetitions	Push	7 Pull-up / 7 Ring Dip (sub .30) 3/4 Bodyweight Bench x 1 Repetition 1/2 Bodyweight Thruster x 15 Repetitions	Push	1 Muscle-up 3/4 Bodyweight Bench x 3 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions
Pull	Strict Pull-up x 5 Repetitions 15lb. Weighted Pull-up x 1 Repetitions 1.25 Bodyweight Clean x 1 Repetition	Pull	Chest to Bar Pull-up x 7 Repetitions 15lb. Weighted Pull-up x 2 Repetitions 1.25 Bodyweight Clean x 2 Repetitions (.90)	Pull	Chest to Bar Pull-up x 10 Repetitions 15lb. Weighted Pull-up x 3 Repetitions 1.25 Bodyweight Clean x 3 Repetitions (.90)
Work	"Helen" (Sub 11:25) 2 Mile Run (sub 13:45) 500 Meter Row (sub 2:00)	Work	"Helen" (sub 11:15) 2 Mile Run (sub 13:30) "Karen" (sub 12:30)	Work	"Helen" (sub 11:00) 2 Mile Run (sub 13:00) "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 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 College or AA	EDU	CrossFit Level 1 Trainer Course 14 Years College or AA	EDU	CrossFit Level 1 Trainer Course 14 Years College or AA
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 185lb. Deadlift x 12 Repetitions (.90)	Open	25lb. Single Leg Squat x 12 Reps (.90) 1.25 Bodyweight Squat x 17 Repetitions 185lb. Deadlift x 15 Repetitions (.90)	Open	35lb. Single Leg Squat x 10 Reps (.90) 1.25 Bodyweight Back Squat x 20 Repetitions 185lb. Deadlift x 20 Repetitions (.90)
Close	1/2 Bodyweight OHD SQT x 15 Repetitions Toes to Bar x 30 Repetitions (sub .90) 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) 1.25 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions 10 Handstand Push-ups	Push	1 Arm Push-up x 6 Repetitions (1:00) 15 Handstand Push-ups (sub .90) Ring Dip x 15 Repetitions	Push	1 Arm Push-up x 10 Repetitions (.90) 20 Handstand Push-ups (.90) Bodyweight Thruster x 1 Repetition
Pull	Chest to Bar Pull-up x 15 Repetitions 535lb. 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 44lb. Weighted Pull-up x 1 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 (sub 1:00) 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 8:45) "Grace" (sub 4:30) "Cindy" (20 + rounds)	Work	"Helen" (sub 8:30) "Grace" (sub 4:00) "Cindy" (22 + 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 185lb. Deadlift x 12 Repetitions (.90)	Open	25lb. Single Leg Squat x 12 Reps (.90) 1.25 Bodyweight Squat x 17 Repetitions 185lb. Deadlift x 15 Repetitions (.90)	Open	35lb. Single Leg Squat x 10 Reps (.90) 1.25 Bodyweight Back Squat x 20 Repetitions 185lb. Deadlift x 20 Repetitions (.90)
Close	1/2 Bodyweight OHD SQT x 15 Repetitions Toes to Bar x 30 Repetitions (sub .90) 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) 1.25 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions 10 Handstand Push-ups	Push	1 Arm Push-up x 6 Repetitions (1:00) 15 Handstand Push-ups (sub .90) Ring Dip x 15 Repetitions	Push	1 Arm Push-up x 10 Repetitions (.90) 20 Handstand Push-ups (.90) Bodyweight Thruster x 1 Repetition
Pull	Chest to Bar Pull-up x 15 Repetitions 535lb. 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 44lb. Weighted Pull-up x 1 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 (sub 1:00) 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 8:45) "Grace" (sub 4:30) "Cindy" (20 + rounds)	Work	"Helen" (sub 8:30) "Grace" (sub 4:00) "Cindy" (22 + 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 8 Repetitions (sub .90) 1.25 Bodyweight Squat x 15 Repetitions 165lb. Deadlift x 20 Repetitions (sub 1:00)	Open	Single Leg Squat x 16 Reps (.90) 1.25 Bodyweight Squat x 17 Repetitions 185lb. Deadlift x 10 Repetitions (.90)	Open	Single Leg Squat x 20 Reps (.90) 1.25 Bodyweight Back Squat x 20 Repetitions 185lb. Deadlift x 15 Repetitions (.90)
Close	1/2 Bodyweight OHD SQT x 12 Repetitions Toes to Bar x 15 Repetitions 45 Second P-Bar L-Sit	Close	1/2 Bodyweight OHD SQT x 15 Repetitions Straight Bar Leg Raise x 10 Repetitions Ring L-Sit x .30 seconds	Close	Bodyweight OHD SQT x 10 Repetitions Ring L-Sit x 1:00 Bar / Wheel Full Roll Out x 5 Repetitions
Push	3 Muscle-ups (sub .90) 1.25 Bodyweight Bench x 3 Repetitions 1/2 Bodyweight Thruster x 15 Repetitions 10 Handstand Push-ups (to pad / sub .90)	Push	1 Arm Push-up x 6 Repetitions (1:00) 12 Handstand Push-ups (to pad / sub .90) Ring Dip x 15 Repetitions	Push	1 Arm Push-up x 8 Repetitions (.90) 15 Handstand Push-ups (to pad / .90) Bodyweight Thruster x 1 Repetition
Pull	Chest to Bar Pull-up x 9 Repetitions 15lb. 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 12 Repetitions 15lb. Weighted Pull-up x 4 Repetition 1.25 Bodyweight Clean x 4 Repetitions (.90)	Pull	Chest to Bar Pull-ups x 15 Repetitions 15lb. Weighted Pull-up x 5 2 x L-Sit Rope Climb (sub 2:00) 1.25 Bodyweight Clean x 5 Repetitions (.90)
Work	"Helen" (sub 10:45) 2 Mile Run (sub 13:00) "Karen" (sub 11:45)	Work	100 Double Unders (sub 1:00) "Grace" (sub 4:30 @ 55lb.) "Cindy" (14 + rounds)	Work	150 Double Unders (sub 1:45) "Grace" (sub 4:00 @ 55lb.) "Cindy" (18 + 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 5 Beginner Athlete	B	Level 5 Intermediate Athlete	C	Level 5 Advanced Athlete
Open	44lb. Single Leg Squat x 6 Reps (.90) 1.25 Bodyweight Back Squat x 20 Reps 185lb. Deadlift x 20 Repetitions (.90)	Open	44lb. Single Leg Squat x 8 Reps (2:00) 1.75 x Bodyweight Deadlift x 1 Rep Bodyweight Back Squat x 5	Open	44lb. Single Leg Squat x 10 (3:00) 1.5 Bodyweight Back Squat x 7 500 Meter Row (sub 1:40)
Close	Bodyweight OHD SQT x 10 Repetitions Ring L-Sit x 1:00 Bar / Wheel Full Roll Out x 5 Repetitions	Close	Bodyweight OHD SQT x 12 Repetitions Ring L-Sit x 1:00 Bar / Wheel Full Roll Out x 5 Repetitions	Close	Bodyweight OHD SQT x 15 Repetitions Ring L-Sit x 1:00 Toes to Bar x 40 Repetitions (sub .90)
Push	1 Arm Push-up x 16 Repetitions (.90) 20 Handstand Push-ups Bodyweight Thruster x 1 Repetition	Push	1.15 Bodyweight Bench Press x 1 Rep 20 Handstand Push-ups Bodyweight Thruster x 5 Repetitions	Push	1.25 Bodyweight Bench Press x 1 Rep 10 Muscle-ups (sub 1:00) 5 Defecit Handstand Push-ups (P-Bar)
Pull	Chest to Bar Pull-ups x 20 35lb. Weighted Pull-up x 5 (sub .90) 1.25 Bodyweight Clean x 7 Repetitons (.90)	Pull	35lb. Weighted Pull-up x 7 (sub .90) 2 x L-Sit Rope Cilmb (sub .45) 1.25 Bodyweight Clean x 10 Rep (2:00)	Pull	Pull-ups x 35 35lb. 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 8:05) "Grace" (sub 3:30) "Fran" (sub 4:30)	Work	"Helen" (sub 8:00) "Grace" (sub 3:00) "Fran" (sub 3:30)
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	44lb. Single Leg Squat x 6 Reps (.90) 1.25 Bodyweight Back Squat x 20 Reps 185lb. Deadlift x 20 Repetitions (.90)	Open	44lb. Single Leg Squat x 8 Reps (2:00) 1.75 x Bodyweight Deadlift x 1 Rep Bodyweight Back Squat x 5	Open	44lb. Single Leg Squat x 10 (3:00) 1.5 Bodyweight Back Squat x 7 500 Meter Row (sub 1:40)
Close	Bodyweight OHD SQT x 10 Repetitions Ring L-Sit x 1:00 Bar / Wheel Full Roll Out x 5 Repetitions	Close	Bodyweight OHD SQT x 12 Repetitions Ring L-Sit x 1:00 Bar / Wheel Full Roll Out x 5 Repetitions	Close	Bodyweight OHD SQT x 15 Repetitions Ring L-Sit x 1:00 Toes to Bar x 40 Repetitions (sub .90)
Push	1 Arm Push-up x 16 Repetitions (.90) 20 Handstand Push-ups Bodyweight Thruster x 1 Repetition	Push	1.15 Bodyweight Bench Press x 1 Rep 20 Handstand Push-ups Bodyweight Thruster x 5 Repetitions	Push	1.25 Bodyweight Bench Press x 1 Rep 10 Muscle-ups (sub 1:00) 5 Defecit Handstand Push-ups (P-Bar)
Pull	Chest to Bar Pull-ups x 20 35lb. Weighted Pull-up x 5 (sub .90) 1.25 Bodyweight Clean x 7 Repetiitons (.90)	Pull	35lb. Weighted Pull-up x 7 (sub .90) 2 x L-Sit Rope Cilmb (sub .45) 1.25 Bodyweight Clean x 10 Rep (2:00)	Pull	Pull-ups x 35 35lb. Weighted Pull-up x 10 (sub .90) 1.25 Bodyweight Clean x 15 Reps (3:00)
Work	"Helen" (sub 8:10) "Grace" (sub 4:00) "Cindy" (25+ rounds)	Work	"Helen" (sub 8:05) "Grace" (sub 3:30) "Fran" (sub 4:30)	Work	"Helen" (sub 8:00) "Grace" (sub 3:00) "Fran" (sub 3:30)
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	Single Leg Squat x 20 Repetitions (sub .90) 1.25 Bodyweight Squat x 15 Repetitions 185lb. Deadlift x 12 Repetitions (.90)	Open	25lb. Single Leg Squat x 12 Reps (.90) 1.25 Bodyweight Squat x 17 Repetitions 185lb. Deadlift x 15 Repetitions (.90)	Open	35lb. Single Leg Squat x 10 Reps (.90) 1.25 Bodyweight Back Squat x 20 Repetitions 185lb. Deadlift x 20 Repetitions (.90)
Close	1/2 Bodyweight OHD SQT x 15 Repetitions Toes to Bar x 30 Repetitions (sub .90) 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) 1.25 Bodyweight Bench x 5 Repetitions 1/2 Bodyweight Thruster x 21 Repetitions 10 Handstand Push-ups	Push	1 Arm Push-up x 6 Repetitions (1:00) 15 Handstand Push-ups (sub .90) Ring Dip x 15 Repetitions	Push	1 Arm Push-up x 10 Repetitions (.90) 20 Handstand Push-ups (.90) Bodyweight Thruster x 1 Repetition
Pull	Chest to Bar Pull-up x 15 Repetitions 535lb. 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 44lb. Weighted Pull-up x 1 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 (sub 1:00) 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" (22 + rounds)
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