



WHITE	GREEN	BROWN	BLACK	RED
LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
NOVICE	INTERMEDIATE	ADVANCED	ELITE	WORLD CLASS

Bodyweight Tabata Scores

Pull Ups	1 or 4*	4/2	8/5	10/7 or 1BMU	10/7 C2B or 3BMU
Ring Dips	1 or 4*	3/1	6/3	10/6 or 1RMU	4/3 RMUs
KTE / T2B / TTR	1 or 4*	4	7	10	10 T2B
Row	6/4	7/5	8/6	9/7	10/8 x8
Burpees	4	6	8	10	10 LBs
Box Jumps	5/4 or 10/8*	10/8	15/12	20/16	20 24"/20"
Pushups	3/1 or 5*	6/3 or 10*	10/6	15/10	8/5 HSPU
Air Squats	10	15	20	25	12 Pistols
Double Unders	1 or 20*	10	20	30	40 x8
Lunges	8 or 10*	12	16	20	24 Lunge Jumps
Jump Rope	20	40	50	60	20 XO's
Situps	7	10	13	16	16 w/5kg

Weightlifting 1 Rep Max

Press	1/4 BW	1/2 BW	3/4BW(2/3)	BW (3/4)	1.25x (BW)
Snatch	1/4 BW	1/2 BW	3/4 BW	BW	1.5x (1.25)
Push Press	1/4 BW	1/2 BW	3/4 BW	BW	1.5x (1.25)
Thruster	1/4 BW	2/3 BW	3/4 BW	BW	1.5x (1.25)
OHS	1/4 BW	1/2 BW	BW	1.25x BW	1.5x BW
Push Jerk	1/3 BW	2/3 BW	BW	1.25x BW	1.5x BW
Clean	1/3 BW	2/3 BW	BW	1.25x BW	2x (1.5)
Split Jerk	1/3 BW	2/3 BW	BW	1.25x BW	2x (1.5)
Bench Press	1/2 BW	3/4 BW	BW	1.5x (1.25)	2x (1.5)
Front Squat	1/2 BW	3/4 BW	BW	1.5x (1.25)	2.25 (1.75)
Back Squat	1/2 BW	BW	1.5x BW	2x (1.75)	2.5x (2x)
Deadlift	3/4 BW	1.5x BW	2x BW	2.5x (2.25)	3x (2.5)

Endurance Rowing Times

100 Meters	:23 / :25	:21 / :23	:19 / :21	:17 / :19	:15 / :17
250 Meters	:55 / 1:05	:50 / :59	:45 / :53	:43 / :48	:39 / :43
500 Meters	1:56 / 2:20	1:45 / 2:00	1:34 / 1:50	1:29 / 1:40	1:25 / 1:30
750 Meters	3:05 / 3:35	2:50 / 3:10	2:25 / 2:50	2:20 / 2:40	2:15 / 2:30
1000 Meters	4:15 / 5:00	3:55 / 4:30	3:25 / 4:00	3:15 / 3:50	3:05 / 3:35
2000 Meters	9:00/10:30	8:00 / 9:30	7:15 / 8:25	6:50 / 8:00	6:30 / 7:20

CrossFit Benchmark WOD

"Baseline"	6:15* / 7:30*	5:15* / 6:30*	4:30 / 5:35	3:55 / 4:40	Jackie 6:00 / 7:30
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