

Athletic Skill Standards

How fit are you?

That simple question quickly gets complex. Fit for what? How fit is fit enough, and how do you evaluate your fitness?

- Develop fitness with sport-focused workouts, and test your fitness through competitive sports. It's rewarding to be good at a competitive sport. But most sport-focused workouts are specialized enough to leave weak areas you may not be aware of. Unexposed weaknesses can lead to performance plateaus and injuries.
- Test yourself in combat. This has some obvious disadvantages as a fitness test.
- Use a set of standards that encompass all components of physical fitness. We've developed the Athletic Skill Standards as a versatile and user-friendly tool to fill this role.

The ten generally recognized components of physical fitness are: **cardiorespiratory endurance, strength, stamina, flexibility, coordination, agility, balance, accuracy, power** and **speed**. A varied workout program like CrossFit develops all of these components. To maximize vertical growth (development of new strengths and skills), it helps to set goals, measure progress, and aim for balance among the skills. The Athletic Skill Standards make goal-setting more efficient and allow you to evaluate your progress through four levels of fitness.

Using the Athletic Skill Standards

Developing expertise in any area requires determined, consistent effort. It takes "grit." But grit will not help you if you are only reinforcing existing strengths (horizontal growth) instead of developing weak areas into strength (vertical growth). The Standards are designed to provide a general fitness perspective, to help set appropriate goals, and to allow focus work on weak areas that results in the rewarding mastery of activities you couldn't do before. The levels are:

Level I – Healthy beginner. This level is the minimum standard for health. Lacking these basic levels of strength, flexibility and work capacity makes daily life unnecessarily limited. The complete Level I should be attainable within three to 12 months for those with no significant limitations. At this level, proper basic movements, such as hip flexion and active shoulder use, are developed, while healed injuries and structural problems are resolved.

Level II – Intermediate athlete. 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.

Level III – Advanced athlete. Few people possess this level of general fitness, although any healthy person can achieve it. The strength, work capacity, power and skill required to meet these goals can prepare you to tackle any kind of physical performance with competence and confidence. Expect to invest another three to five years of consistent effort. This is an appropriate level of general fitness for those who depend on their fitness: competitive athletes, military, law enforcement and firefighters. Engaging in combat or highly competitive sports without possessing the abilities of Level III is inviting injury or failure. Any additional requirements of your sport need to be added to this list.

Level IV – Elite athlete. This level of achievement requires long-term dedication and a passion for fitness. The skills required of Level IV are very advanced and, taken as a whole, represent a highly skilled and well-rounded athlete.

Each skill level contains its own progression of multi-joint movements of increasing skill, making it easy to expose weak areas, set goals, and gauge your progress. At the same time, you experience the rewards of increased general fitness. You develop strength, stamina and flexibility with measurable drills such as running, rowing and a selection of named CrossFit workouts. Increasingly complex movements bring improvement in coordination, balance and power output.

Finally, the Athletic Skill Standards are intended to be a gauge and a guide, not a standardized test you are obliged to “pass.” Do not beat yourself up for not being “elite.” Use the Standards to evaluate your strengths and weaknesses and to make smart choices about your training time. This guide is not a definitive guide to CrossFit, an exercise prescription, nor a complete guide to developing the skills. The skills are intended to be broadly representative of general fitness.

Caution

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

Coach David T. Werner, CrossFit North
Editor, Fran Mason

NAME: _____

				GOALS:		1 Month:	3 Months:
SQUATS	Date						
	Reps						
<i>Benchmark: 50 free squats</i>							
				GOALS:		1 Month:	3 Months:
PUSH UPS	Date						
	Reps						
<i>Benchmark: 10 pushups</i>							
				GOALS:		1 Month:	3 Months:
STATIC HANG	Date						
	Time						
<i>Benchmark: 30 seconds</i>							
				GOALS:		1 Month:	3 Months:
SITUPS	Date						
	Reps						
<i>Benchmark: 30 situps</i>							
				GOALS:		1 Month:	3 Months:
KB SWINGS	Date						
	Reps						
<i>Benchmark: 25 kettlebell swings</i>							
				GOALS:		1 Month:	3 Months:
400 METER RUN	Date						
	Time						
<i>Benchmark: 2:04 minutes</i>							
				GOALS:		1 Month:	3 Months:
DEAD LIFT	Date						
	Weight						
<i>Benchmark: 3/4 x bodyweight deadlift</i>							
				GOALS:		1 Month:	3 Months:
MILITARY PRESS	Date						
	Weight						
<i>Benchmark: 1/4 x bodyweight military press</i>							
				GOALS:		1 Month:	3 Months:
HIGH PULL	Date						
	Weight						
<i>Benchmark: 1/2 x bodyweight high pull</i>							
				GOALS:		1 Month:	3 Months:
KNEES TO CHEST	Date						
	Reps						
<i>Benchmark: 10 sitting knees to chest</i>							
				GOALS:		1 Month:	3 Months:
WALL BALL	Date						
	Reps						
<i>Benchmark: 25 wallballs</i>							
				GOALS:		1 Month:	3 Months:
800 METER RUN	Date						
	Time						
<i>Benchmark: 4:20 minutes</i>							

				GOALS:		1 Month:	3 Months:
500 METER ROW	Date						
	Time						
<i>Benchmark: women 2:20 men 1:55</i>							
				GOALS:		1 Month:	3 Months:
VERTICAL JUMP	Date						
	Height						
<i>Benchmark: 10 inches</i>							
				GOALS:		1 Month:	3 Months:
DIPS	Date						
	Reps						
<i>Benchmark: 3 dips</i>							
				GOALS:		1 Month:	3 Months:
PULL UPS	Date						
	Reps						
<i>Benchmark: 3 pull ups</i>							
				GOALS:		1 Month:	3 Months:
L-SIT	Date						
	Time						
<i>Benchmark: 10 second L-sit</i>							
				GOALS:		1 Month:	3 Months:
2000 METER ROW	Date						
	Time						
<i>Benchmark: women 9:50 men 8:10</i>							
				GOALS:		1 Month:	3 Months:
MB CLEANS	Date						
	Reps						
<i>Benchmark: 10 medicine ball cleans</i>							
				GOALS:		1 Month:	3 Months:
CHRISTINE	Date						
	Time						
<i>Benchmark: 15 minutes</i>							
<i>Description: 3 rounds for time - 500m row, 12 deadlifts, 21 box jumps</i>							
				GOALS:		1 Month:	3 Months:
1 MILE RUN	Date						
	Time						
<i>Benchmark: 9 minutes</i>							

NAME: _____

				GOALS:				1 Month:		3 Months:	
SQUATS	Date										
	Reps										
<i>Benchmark: 100 free squats</i>											
				GOALS:				1 Month:		3 Months:	
SQUAT	Date										
	Weight										
<i>Benchmark: 1 x bodyweight squat</i>											
				GOALS:				1 Month:		3 Months:	
PUSH UPS	Date										
	Reps										
<i>Benchmark: 30 pushups</i>											
				GOALS:				1 Month:		3 Months:	
BENCH PRESS	Date										
	Weight										
<i>Benchmark: 1 x bodyweight bench press</i>											
				GOALS:				1 Month:		3 Months:	
ROPE CLIMB	Date										
	Trip										
<i>Benchmark: 20 foot climb, 1 trip</i>											
				GOALS:				1 Month:		3 Months:	
V-UPS	Date										
	Reps										
<i>Benchmark: 30 v-ups</i>											
				GOALS:				1 Month:		3 Months:	
KB SNATCH	Date										
	Reps										
<i>Benchmark: 30 each arm men 24kg women 16kg</i>											
				GOALS:				1 Month:		3 Months:	
400 METER RUN	Date										
	Time										
<i>Benchmark: 1:34 minutes</i>											
				GOALS:				1 Month:		3 Months:	
DEAD LIFT	Date										
	Weight										
<i>Benchmark: 1 1/2 x bodyweight deadlift</i>											
				GOALS:				1 Month:		3 Months:	
MILITARY PRESS	Date										
	Weight										
<i>Benchmark: 1/2 x bodyweight military press</i>											
				GOALS:				1 Month:		3 Months:	
HANDSTAND HOLD	Date										
	Time										
<i>Benchmark: 1 minute handstand hold</i>											
				GOALS:				1 Month:		3 Months:	
POWER CLEAN	Date										
	Weight										
<i>Benchmark: 3/4 x bodyweight power clean</i>											
				GOALS:				1 Month:		3 Months:	
KNEES TO ELBOWS	Date										
	Reps										
<i>Benchmark: 15 hanging knees to elbows</i>											

				GOALS:		1 Month:		3 Months:	
THRUSTERS	Date								
	Reps								
<i>Benchmark: 45 1/2 x bodyweight thrusters</i>									
				GOALS:		1 Month:		3 Months:	
800 METER RUN	Date								
	Time								
<i>Benchmark: 3:20 minutes</i>									
				GOALS:		1 Month:		3 Months:	
500 METER ROW	Date								
	Time								
<i>Benchmark: women 2:00 men 1:45</i>									
				GOALS:		1 Month:		3 Months:	
VERTICAL JUMP	Date								
	Height								
<i>Benchmark: 18 inches</i>									
				GOALS:		1 Month:		3 Months:	
DIPS	Date								
	Reps								
<i>Benchmark: 20 dips</i>									
				GOALS:		1 Month:		3 Months:	
DIP	Date								
	Reps								
<i>Benchmark: 1 dip with 1/3 x bodyweight</i>									
				GOALS:		1 Month:		3 Months:	
PULL UPS	Date								
	Reps								
<i>Benchmark: 20 pull ups</i>									
				GOALS:		1 Month:		3 Months:	
PULL UP	Date								
	Weight								
<i>Benchmark: 1 with 1/3 x bodyweight</i>									
				GOALS:		1 Month:		3 Months:	
MUSCLE UP	Date								
	Reps								
<i>Benchmark: 1</i>									
				GOALS:		1 Month:		3 Months:	
L-SIT	Date								
	Time								
<i>Benchmark: 30 second L-sit</i>									
				GOALS:		1 Month:		3 Months:	
2000 METER ROW	Date								
	Time								
<i>Benchmark: women 8:50 men 7:30</i>									
				GOALS:		1 Month:		3 Months:	
POWER SNATCH	Date								
	Reps								
<i>Benchmark: 1/2 x bodyweight power snatch</i>									
				GOALS:		1 Month:		3 Months:	
HELEN	Date								
	Time								
<i>Benchmark: 11:30 minutes</i>									
<i>Description: 3 rounds for time - 400m run, 21 kb swings, 12 pullups</i>									
				GOALS:		1 Month:		3 Months:	
1 MILE RUN	Date								
	Time								
<i>Benchmark: 7 minutes</i>									

NAME: _____

				GOALS: 1 Month: 3 Months:			
PISTOLS	Date						
	Reps						
<i>Benchmark: 10 each leg</i>							
				GOALS: 1 Month: 3 Months:			
SQUAT	Date						
	Weight						
<i>Benchmark: 1 1/2 x bodyweight squat</i>							
				GOALS: 1 Month: 3 Months:			
PUSH UPS	Date						
	Reps						
<i>Benchmark: 40 ring pushups</i>							
				GOALS: 1 Month: 3 Months:			
BENCH PRESS	Date						
	Weight						
<i>Benchmark: 1 1/4 x bodyweight bench press</i>							
				GOALS: 1 Month: 3 Months:			
ROPE CLIMB	Date						
	Trip						
<i>Benchmark: 20 foot climb, 1 trip, no feet</i>							
				GOALS: 1 Month: 3 Months:			
OVERHEAD SQUAT	Date						
	Weight						
<i>Benchmark: 1 x bodyweight overhead squat</i>							
				GOALS: 1 Month: 3 Months:			
KB SNATCH	Date						
	Reps						
<i>Benchmark: 10 minute snatch test, 200 reps, men 24kg women 16kg</i>							
				GOALS: 1 Month: 3 Months:			
400 METER RUN	Date						
	Time						
<i>Benchmark: 1:19 minutes</i>							
				GOALS: 1 Month: 3 Months:			
DEAD LIFT	Date						
	Weight						
<i>Benchmark: 2 x bodyweight deadlift</i>							
				GOALS: 1 Month: 3 Months:			
MILITARY PRESS	Date						
	Weight						
<i>Benchmark: 3/4 x bodyweight military press</i>							
				GOALS: 1 Month: 3 Months:			
HANDSTAND PUSH UP	Date						
	Time						
<i>Benchmark: 10 handstand push ups</i>							
				GOALS: 1 Month: 3 Months:			
CLEAN	Date						
	Weight						
<i>Benchmark: 1 x bodyweight clean</i>							
				GOALS: 1 Month: 3 Months:			
HANGING STRAIGHT LEG RAISE	Date						
	Reps						
<i>Benchmark: 20 hanging straight leg raises</i>							

				GOALS:				1 Month:		3 Months:	
SANDBAG CARRY	Date										
	Reps										
<i>Benchmark: 1 mile sandbag carry with 1/2 x bodyweight</i>											
				GOALS:				1 Month:		3 Months:	
800 METER RUN	Date										
	Time										
<i>Benchmark: 2:50 minutes</i>											
				GOALS:				1 Month:		3 Months:	
500 METER ROW	Date										
	Time										
<i>Benchmark: women 1:50 men 1:32</i>											
				GOALS:				1 Month:		3 Months:	
VERTICAL JUMP	Date										
	Height										
<i>Benchmark: 25 inches</i>											
				GOALS:				1 Month:		3 Months:	
DIPS	Date										
	Reps										
<i>Benchmark: 30 ring dips</i>											
				GOALS:				1 Month:		3 Months:	
DIP	Date										
	Reps										
<i>Benchmark: 1 dip with 3/4 x bodyweight</i>											
				GOALS:				1 Month:		3 Months:	
PULL UPS	Date										
	Reps										
<i>Benchmark: 40 pull ups</i>											
				GOALS:				1 Month:		3 Months:	
PULL UP	Date										
	Weight										
<i>Benchmark: 1 with 3/4 x bodyweight</i>											
				GOALS:				1 Month:		3 Months:	
MUSCLE UP	Date										
	Reps										
<i>Benchmark: 10</i>											
				GOALS:				1 Month:		3 Months:	
L-SIT	Date										
	Time										
<i>Benchmark: 1 minute L-sit</i>											
				GOALS:				1 Month:		3 Months:	
ROW	Date										
	Time										
<i>Benchmark: 5k row for women at 21:00, 6k row for men at 21:45</i>											
				GOALS:				1 Month:		3 Months:	
SNATCH	Date										
	Reps										
<i>Benchmark: 1 x bodyweight snatch</i>											
				GOALS:				1 Month:		3 Months:	
CHELSEA	Date										
	Reps										
<i>Benchmark: 30 minutes</i>											
<i>Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats</i>											
				GOALS:				1 Month:		3 Months:	
1 MILE RUN	Date										
	Time										
<i>Benchmark: 6 minutes</i>											

NAME: _____

				GOALS: 1 Month: 3 Months:			
PISTOLS	Date						
	Reps						
<i>Benchmark: 25 each leg</i>							
				GOALS: 1 Month: 3 Months:			
SQUAT	Date						
	Weight						
<i>Benchmark: 2 x bodyweight squat</i>							
				GOALS: 1 Month: 3 Months:			
PUSH UPS	Date						
	Reps						
<i>Benchmark: 60 ring pushups</i>							
				GOALS: 1 Month: 3 Months:			
BENCH PRESS	Date						
	Weight						
<i>Benchmark: 1 1/2 x bodyweight bench press</i>							
				GOALS: 1 Month: 3 Months:			
ROPE CLIMB	Date						
	Trips						
<i>Benchmark: 20 foot climb, 2 trips touch and go, no feet</i>							
				GOALS: 1 Month: 3 Months:			
OVERHEAD SQUAT	Date						
	Reps						
<i>Benchmark: 15 repetitions at 1 x bodyweight</i>							
				GOALS: 1 Month: 3 Months:			
2 DB/KB C & J	Date						
	Reps						
<i>Benchmark: 100 reps in 10 minutes, men 16kg women 12kg</i>							
				GOALS: 1 Month: 3 Months:			
400 METER RUN	Date						
	Time						
<i>Benchmark: 1:04 minutes</i>							
				GOALS: 1 Month: 3 Months:			
DEAD LIFT	Date						
	Weight						
<i>Benchmark: 2 1/2 x bodyweight deadlift</i>							
				GOALS: 1 Month: 3 Months:			
MILITARY PRESS	Date						
	Weight						
<i>Benchmark: 1 x bodyweight military press</i>							
				GOALS: 1 Month: 3 Months:			
HANDSTAND PUSH UP	Date						
	Time						
<i>Benchmark: 10 full range handstand push ups</i>							
				GOALS: 1 Month: 3 Months:			
CLEAN	Date						
	Weight						
<i>Benchmark: 1 1/2 x bodyweight clean</i>							
				GOALS: 1 Month: 3 Months:			
FRONT LEVER	Date						
	Reps						
<i>Benchmark: 15 seconds</i>							

				GOALS:				1 Month:		3 Months:	
SANDBAG CARRY	Date										
	Reps										
<i>Benchmark: 1 mile sandbag carry with 3/4 x bodyweight</i>											
				GOALS:				1 Month:		3 Months:	
800 METER RUN	Date										
	Time										
<i>Benchmark: 2:20 minutes</i>											
				GOALS:				1 Month:		3 Months:	
500 METER ROW	Date										
	Time										
<i>Benchmark: women 1:40 men 1:25</i>											
				GOALS:				1 Month:		3 Months:	
VERTICAL JUMP	Date										
	Height										
<i>Benchmark: 30 inches</i>											
				GOALS:				1 Month:		3 Months:	
DIPS	Date										
	Reps										
<i>Benchmark: 50 ring dips</i>											
				GOALS:				1 Month:		3 Months:	
DIP	Date										
	Reps										
<i>Benchmark: 1 dip with 1 x bodyweight</i>											
				GOALS:				1 Month:		3 Months:	
PULL UPS	Date										
	Reps										
<i>Benchmark: 40 dead hang pull ups</i>											
				GOALS:				1 Month:		3 Months:	
PULL UP	Date										
	Weight										
<i>Benchmark: 1 with 1 x bodyweight</i>											
				GOALS:				1 Month:		3 Months:	
MUSCLE UP	Date										
	Reps										
<i>Benchmark: 15</i>											
				GOALS:				1 Month:		3 Months:	
L-SIT	Date										
	Time										
<i>Benchmark: 1:30 minute L-sit</i>											
				GOALS:				1 Month:		3 Months:	
ROW	Date										
	Time										
<i>Benchmark: 5k row for women at 20:00, 6k row for men at 20:00</i>											
				GOALS:				1 Month:		3 Months:	
SNATCH	Date										
	Reps										
<i>Benchmark: 1 1/4 x bodyweight snatch</i>											
				GOALS:				1 Month:		3 Months:	
MARY	Date										
	Reps										
<i>Benchmark: 15 rounds in 20 minutes</i>											
<i>Description: 10 handstand pushups, 10 pistols and 15 pull ups</i>											
				GOALS:				1 Month:		3 Months:	
1 MILE RUN	Date										
	Time										
<i>Benchmark: 5 minutes</i>											



Skill Levels I-IV

Level I
well rounded beginner

Level II
intermediate athlete

Level III
advanced athlete

Level IV
elite athlete

hips	<i>squats:</i> 50 free squats	<i>squats:</i> 100 free squats <i>squat:</i> 1 x bodyweight	<i>pistols:</i> 10 each leg <i>squat:</i> 1 1/2 x bodyweight	<i>pistols:</i> 25 each leg <i>squat:</i> 2 x bodyweight
push	<i>push ups:</i> 10	<i>push ups:</i> 30 <i>bench press:</i> 1 x bodyweight	<i>push ups:</i> 40 on rings <i>bench press:</i> 1 1/4 x bodyweight	<i>push ups:</i> 60 on rings <i>bench press:</i> 1 1/2 x bodyweight
pull	<i>static hang:</i> 30 seconds	<i>rope climb:</i> 20 foot climb, 1 trip	<i>rope climb:</i> 20 foot climb 1 trip, no feet	<i>rope climb:</i> 20 foot climb 2 trips touch and go, no feet
core	<i>sit ups:</i> 30	<i>v-ups:</i> 30	<i>overhead squat:</i> 1 x bodyweight	<i>overhead squat:</i> 15 repetitions at 1 x bodyweight
work	<i>kettlebell swings:</i> 25	<i>kettlebell snatch:</i> 30 each arm men 24kg women 16kg	<i>kettlebell snatch:</i> 10 minute test 200 reps men 24kg women 16kg	<i>2 db/kb clean & jerk:</i> 100 reps in 10 minutes men 16kg women 12kg
speed	<i>400 meter run:</i> 2:04 minutes	<i>400 meter run:</i> 1:34 minutes	<i>400 meter run:</i> 1:19 minutes	<i>400 meter run:</i> 1:04 minutes
hips	<i>deadlift:</i> 3/4 x bodyweight	<i>deadlift:</i> 1 1/2 x bodyweight	<i>deadlift:</i> 2 x bodyweight	<i>deadlift:</i> 2 1/2 x bodyweight
push	<i>military press:</i> 1/4 x bodyweight	<i>military press:</i> 1/2 x bodyweight <i>handstand hold:</i> 1 minute	<i>military press:</i> 3/4 x bodyweight <i>handstand push up:</i> 10	<i>military press:</i> 1 x bodyweight <i>handstand push up:</i> 10 full range
pull	<i>high pull:</i> 1/2 x bodyweight	<i>power clean:</i> 3/4 x bodyweight	<i>clean:</i> 1 x bodyweight	<i>clean:</i> 1 1/2 x bodyweight
core	<i>knees to chest:</i> 10 sitting	<i>hanging knees to elbows:</i> 15	<i>hanging straight leg raise:</i> 20	<i>front lever:</i> 15 seconds
work	<i>wall ball:</i> 25 <i>800 meter run:</i> 4:20 minutes	<i>thrusters:</i> 45 reps at 1/2 x bodyweight <i>800 meter run:</i> 3:20 minutes	<i>sandbag carry:</i> 1 mile with 1/2 x bodyweight <i>800 meter run:</i> 2:50 minutes	<i>sandbag carry:</i> 1 mile with 3/4 x bodyweight <i>800 meter run:</i> 2:20 minutes
speed	<i>500 meter row:</i> women 2:20 men 1:55	<i>500 meter row:</i> women 2:00 men 1:45	<i>500 meter row:</i> women 1:50 men 1:32	<i>500 meter row:</i> women 1:40 men 1:25

Level I
well rounded beginner

Level II
intermediate athlete

Level III
advanced athlete

Level IV
elite athlete

hips	<i>vertical jump:</i> 10 inches	<i>vertical jump:</i> 18 inches	<i>vertical jump:</i> 25 inches	<i>vertical jump:</i> 30 inches
push	<i>dips:</i> 3	<i>dips:</i> 20 <i>dip:</i> 1 with 1/3 x bodyweight	<i>dips:</i> 30 on rings <i>dip:</i> 1 with 3/4 x bodyweight	<i>dips:</i> 50 on rings <i>dip:</i> 1 with 1 x bodyweight
pull	<i>pull ups:</i> 3	<i>pull ups:</i> 20 <i>pull up:</i> 1 with 1/3 x bodyweight <i>muscle up:</i> 1	<i>pull ups:</i> 40 <i>pull up:</i> 1 with 3/4 x bodyweight <i>muscle up:</i> 10	<i>pull ups:</i> 40 dead hang <i>pull up:</i> 1 with 1 x bodyweight <i>muscle up:</i> 15
core	<i>L-sit:</i> 10 seconds	<i>L-sit:</i> 30 seconds	<i>L-sit:</i> 1 minute	<i>L-sit:</i> 1:30 minutes
work	<i>2000 meter row:</i> women 9:50 men 8:10	<i>2000 meter row:</i> women 8:50 men 7:30	<i>row:</i> 5k row for women at 21:00 6k row for men at 21:45	<i>row:</i> 5k row for women at 20:00 6k row for men at 20:00
speed	<i>medicine ball cleans:</i> 10	<i>power snatch:</i> 1/2 x bodyweight	<i>snatch:</i> 1 x bodyweight	<i>snatch:</i> 1 1/4 x bodyweight
work	<i>Christine:</i> 15 minutes 3 rounds for time -- 500 m row, 12 deadlifts, 21 box jumps <i>1 mile run:</i> 9 minutes	<i>Helen:</i> 11:30 minutes 3 rounds for time -- 400 meter run, 21 kb swings, 12 pull ups <i>1 mile run:</i> 7 minutes	<i>Chelsea:</i> 30 minutes every minute on the minute for 30 minutes - 5 pull ups, 10 push ups, 15 squats <i>1 mile run:</i> 6 minutes	<i>Mary:</i> 15 rounds in 20 minutes 5 handstand push ups, 10 pistols, 15 pull ups <i>1 mile run:</i> 5 minutes