

CrossFit Human Evolution Labs

BASIC

A Basic level CrossFitter has learned consistent mechanics and has passed either the Standard or Accelerated Boot Camp. To attain Basic status, each of the athletic standards below must be met and verified by a Coach.

WORK

Kettlebell swings: 10
Wall Ball: 25
800 meter run: 4:20 minutes
2000 meter row: W- 9:50, M- 8:10

HIPS

Squats: 50 air squats
Deadlift: 3/4 BW
Vertical Jump: 10 inches

PUSH

Pushups: 10
Military Press: 1/4 BW
Dips: 3

PULL

Static hang: 30 seconds
High pull: 1/2 BW
Pullups: 3

CORE

Sit ups: 30
Knees to chest: 10 sitting
L-sit: 10 seconds

SPEED

400 meter run: 2:04 minutes
500 meter row: W- 2:20, M- 1:55
Medicine ball cleans: 10

WORK CHALLENGE

Christine: 15 minutes
3 rounds for time-- 500m row, 12
deadlifts, 21 box jumps
1 mile run: 9:00 minutes