

CrossFit Human Evolution Labs

ELITE

An Elite level CrossFitter has passed the Boot Camp and reached Basic and Advanced levels. To attain Elite status, each of the athletic standards below must be met and verified by a Coach.

WORK

Kettlebell snatch: 10 minute test,
200 reps, W- 16 kg, M- 24 kg
Sandbag Carry: 1 mile with 1/2 BW
800 meter run: 2:50 minutes
5k row: women- 21:00
6k row: men- 21:45

HIPS

Pistols: 10 each leg
Squat: 1 1/2 x BW
Deadlift: 2 x BW
Vertical Jump: 25 inches

PUSH

Pushups: 40 on rings
Bench Press: 1 1/4 x BW
Military Press: 3/4 x BW
Handstand Pushups: 10
Dip: 1 with 3/4 x BW
Dips: 30 on rings

PULL

Rope Climb: 20 ft. climb, no feet
Clean: 1 x BW
Pullup: 1 with 3/4 x BW
Pullups: 40
Muscle Up: 10

CORE

Overhead Squat: 1 x BW
Hanging straight leg raise: 20
L-sit: 1 minute

SPEED

400 meter run: 1:19 minutes
500 meter row: W- 1:50, M- 1:32
Snatch: 1 x BW

WORK CHALLENGE

Chelsea: 30 minutes
Every minute on the minute--
5 pullups, 10 pushups, 15 squats
1 mile run: 6:00 minutes