

MBS CROSSFIT LEVEL 3 CLASS

WAIVER & SKILL SHEET

The Level 3 – Advanced class is for the athlete that's been doing CrossFit for at least 1 year, and wants to start or is currently participating in CrossFit competitions. You must have and be able to demonstrate full range of motion on all major exercises, be able to warm up and mobilize on your own before class, and work well in a team environment.

This class meets Tuesday nights at 6:30 pm and Saturdays at 6:30 am at MBS CrossFit in Broomfield.

Because this class requires a high degree of skill and strength, you are required to test in and prove your readiness. In order to qualify for the class, you must be able to achieve 70% or higher on the skill sheet found on the reverse of this page. A coach must watch and confirm each achievement. Many of these skills can be confirmed during Open Gym hours M-F from 1-4pm and Sunday 10-11am.

I CONFIRM THE FOLLOWING

____ I have been CrossFitting for at least 1 year.

____ I am able to achieve full range of motion for all major exercises.

____ I am competent with the Snatch, Clean and Jerk movements and their variations.

____ I can warm up and mobilize on my own and will do so before class.

____ I commit to compete in the CrossFit Games Open and at least one other competition per year.

Major Exercises

- Back squat
- Front squat
- Overhead squat
 - Press
- Push press
- Push jerk
- Snatch
- Clean & Jerk
 - Deadlift
 - Thruster
 - Wall Ball
- Kettlebell swing
- Knees to elbows
 - Toes to bar
 - Burpees
 - Pull Ups

Name _____

Signature _____

Date _____

MBS CrossFit Level 3 Checklist

GYMNASTICS - 30%	Description	Pts	Score	Date	Coach
Paralette L-Sit	m/w: 20s consecutive (feet over med-ball)	3			
Toes to bar	m: 20 / w: 15 unbroken	3			
Pistols	m/w: 12 in one minute (6 per leg)	3			
Pull Ups	m: 30 / w: 20 unbroken	3			
Chest to Bar Pull Ups	m: 15 / w: 10 unbroken	3			
Ring Muscle Ups	m: 3 unbroken / w: 1	3			
Rope Climbs	m: 5 / w: 3 in one minute	3			
Free Standing Handstand	m/w: 10s consecutive (confined to one mat)	3			
Handstand Push Ups	m: 10 / w: 5 unbroken	3			
Double unders	m/w: 75 consecutive	3			

STRENGTH - 30%	Description	Pts	Score	Date	Coach
Snatch	m: 85% / w: 80% BW	5			
Clean and Jerk	m: 125% / w: 115% BW	5			
Back Squat	m: 150% / w: 125% BW	5			
Deadlift	m: 200% / w: 175% BW	5			
Thruster	m: 3 / w: 1 reps at BW	5			
Overhead Squat	m: 90% / w: 85% BW	5			

AEROBIC TESTING - 20%	Description	Pts	Score	Date	Coach
2k Row	m: 7:25 or faster / w: 8:05 or faster	5			
Mile Run	m: under 9:00 / w: under 9:30	5			
Box Jumps (games standard w/ step down)	m: 90 at 24" / w: 110 at 20" in 5 min	5			
Burpees	m/w: 25 in 1 min (to a target)	5			

MIXED MODAL TESTS - 20%	Description	Pts	Score	Date	Coach
"Beep Test" EMOM until failure 6 thrusters (75/55 lb.) 6 pull ups 6 burpees	m: 8 rounds / w: 6 rounds	5			
"L2 Baseline" For time: (8 min cap) 500 m row 40 wall balls (20/14 lb.) 30 toes to bar 20 HSPU 10 bar muscle ups	m/w: Complete row + wall balls = 1 pt Complete t2b + HSPU = 2 pts Complete 1 bar mu = 3 pts Complete 5 bar mu = 4 pts Complete entire workout = 5 pts	5			
"Grace" For time: 30 Clean and Jerks (135/95 lb.)	m: under 3:30 min / w: under 4:30 min	5			
10 minutes of "Cindy" AMRAP in 10 minutes: 5 Pull ups 10 Pushups 15 Air Squats	m: 11 rounds / w: 9 rounds	5			