



Advanced CrossFit Class

Pre-Requisites

Name: _____

Lifeworx Fitness & CrossFit is proud to offer an Advanced CrossFit Class for our members! In an effort to preserve the competitive and sophisticated environment, all attendees must complete this form in order to participate in this class.

The Advanced CrossFit Class is a fast-paced hour, with an emphasis on volume and intensity. If you choose to attend this class, we expect that you understand the following details:

- You have a clear understanding and record of your current max lifts and you are able to easily calculate a breakdown of percentages of those lifts.
- You understand written and verbal descriptions of all lifting movements and you can interpret these movements with little or no visual instruction.
- You currently are able to efficiently complete roughly 90% of all class workouts at the posted RX standard.
- You understand that this is not a “social-hour” class, but is intended to develop elite skills, which will require that you stay focused and on-task throughout the hour.

_____ ***Please initial here to indicate that you understand the above expectations.***

There are 12 movement prerequisites listed below. In order to attend the Advanced CrossFit Class, you must be proficient in a minimum of 10 of these movements:

✓ to indicate you possess this skill	Movement (males/females)	Scale for Masters (50yrs+)	Notes for Coach
	10/8 burpees in :30		
	Sub 4min/5min 1k row		
	Sub 1:45/2min 400m run		
	50 double unders in 1min		
	5 unbroken C2B		
	RX pistols (1 each leg)		
	5 unbroken T2B		
	1 RX rope climb		
	7/5 RX HSPU	May use 1 pad riser	
	Banded bar MU		
	Sub 6min RX Grace (135/95)	(115/75)	
	Sub 8min RX Isabel (135/95)	(115/75)	