

CrossFit Merge Beginner Level Test

3 front squats (2/3 bodyweight for men & 1/2 bodyweight for women)

Date Passed

3 push presses (1/2 bodyweight for men & 1/3 bodyweight for women)

Date Passed

3 deadlifts (1.25 bodyweight for men & bodyweight for women)

Date Passed

20 unbroken wall ball shots (14# for men & 10# for women)

Date Passed

No knees push-ups (20 reps for men & 10 reps for women)

Date Passed

400 meter run (<1:30 for men & <1:45 for women)

Date Passed

Static hold on the rings (10 seconds for men & 5 seconds for women)

Date Passed

75 jump rope passes in 1 minute

Date Passed

20 unbroken kettlebell swings (35# for men & 26# for women)

Date Passed

20 box jumps in 1 minute (20" for men and 15" for women)

Date Passed