



CROSSFIT

des moines

Strength: The ability of a muscular unit, or combination of muscular units, to apply force.

Test: Max 1 Rep Deadlift (2 attempts) Max 1 Rep Shoulder Press (2 attempts)

Speed: The ability to minimize the time cycle of a repeated movement.

Test: 40 yard Sprint or 20 yard Sprint (2 attempts)

Stamina: The ability of body systems to process, deliver, store, and utilize energy.

Test: 60 seconds – Average Watt (2 attempts)

CR Endurance: The ability of body systems to gather, process, and deliver oxygen.

Test: AI Endurance Test – Max time at 8 mph at 15% incline on treadmill (1 attempt)

Power: The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.

Test: Max Unbroken Thruster for time – Weight determined by participant (1 attempt)

Flexibility: The ability to maximize the range of motion at a given joint.

Test: Sit and Reach (2 attempts)

Balance: The ability to control the placement of the body's center of gravity in relation to its support base.

Test: Max time one leg balance beam (2 attempts)

Coordination: The ability to combine several distinct movement patterns into a singular distinct movement.

Test: Ladder Drill – Icky Shuffle and Slalom Ski (2 attempts)

Accuracy: The ability to control movement in a given direction or at a given intensity.

Test: Tire Toss 3#, 5#, 8#, 10#, 20#, 30# from 5 feet away.

Agility: The ability to minimize transition time from one movement pattern to another.

Test: Pro Agility test (2 attempts) and Sprint/Backpedal Cone drill (2 attempts)

Guidelines:

Order of Events

Speed

Agility

Coordination

Strength

10 min Rest

Flexibility

Balance

Power

10 min Rest

Accuracy

Stamina

10 min Rest

Endurance