

CROSS FIT	Day 1	Day 2	Day 3
Level 1	max rounds in 20 min	5 rounds for time	for time
	1 pull-ups	2 pull-ups	10 pull-ups
	2 push-ups	6 push-ups	21 push-ups
	3 squats	10 squats	21 squats
Level 2	max rounds in 20 min	5 rounds for time	for time
	1 pull-ups	3 pull-ups	13 pull-ups
	3 push-ups	8 push-ups	26 push-ups
	4 squats	13 squats	26 squats
Level 3	max rounds in 20 min	5 rounds for time	for time
	2 pull-ups	3 pull-ups	16 pull-ups
	3 push-ups	10 push-ups	33 push-ups
	5 squats	16 squats	33 squats
Level 4	max rounds in 20 min	5 rounds for time	for time
	2 pull-ups	4 pull-ups	20 pull-ups
	4 push-ups	12 push-ups	41 push-ups
	6 squats	20 squats	41 squats
Level 5	max rounds in 20 min	5 rounds for time	for time
	3 pull-ups	5 pull-ups	26 pull-ups
	5 push-ups	15 push-ups	51 push-ups
	8 squats	26 squats	51 squats
Level 6	max rounds in 20 min	5 rounds for time	for time
	3 pull-ups	6 pull-ups	32 pull-ups
	6 push-ups	19 push-ups	64 push-ups
	10 squats	32 squats	64 squats
Level 7	max rounds in 20 min	5 rounds for time	for time
	4 pull-ups	8 pull-ups	40 pull-ups
	8 push-ups	24 push-ups	80 push-ups
	12 squats	40 squats	80 squats
Level 8	max rounds in 20 min	5 rounds for time	for time
	5 pull-ups	10 pull-ups	50 pull-ups
	10 push-ups	30 push-ups	100 push-ups
	max rounds in 20 min	5 rounds for time	for time
5 pull-ups	10 pull-ups	50 pull-ups	
10 push-ups	30 push-ups	100 push-ups	

15 squats

50 squats

100 squats