

CrossFit Youngstown Skills Checklist

Level	Skill	Category	Completed
1	Push-up	A	
1	Burpee	A	
2	Wall Climb	A	
2	Handstand Push-up (no kip)	A	
2	Handstand Hold with Support	A	
3	HS Hold without Support	A	
3	Parallette HSPU	A	
4	Handstand Walk	A	
4	Planche	A	
5	Planche Push-up	A	
1	Strict Pull-up	B	
1	Kipping Pull-up	B	
1	Burpee Pull-up	AB	
2	Chest-to-Bar Pull-up	B	
2	Ring Pull-up	B	
2	Butterfly Pull-up	B	
3	Bar Muscle-up	B	
3	Pull-over	B	
3	Glide Kip	B	
1	Air Squat	C	
1	Box Jump	C	
1	Burpee Box Jump	AC	
3	Pistol	C	
1	Ring Stabilization	D	

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Level	Skill	Category	Completed
2	Ring Dip	D	
3	Ring Handstand	AD	
3	Ring Muscle-up	BD	
3	Burpee Muscle-up	ABD	
4	Ring HSPU	AD	
5	Muscle-up HSPU	ABD	
5	Burpee MU HSPU	ABD	
1	Forward Roll	E	
2	Bridge	E	
3	Backward Roll	E	
5	Iron Cross	E	
5	Back Lever	E	
5	Front Lever	E	
1	Single	F	
2	Double-Under	F	
3	Triple-Under	F	
4	Quadruple-Under	F	
2	Toes-to-Bar	G	
2	Rope Climb	G	
3	L-Sit	G	
3	L-Hang	G	
3	Strict Toes-to-Bar	G	
4	L-Pull-up	BG	
4	L-Rope Climb	G	