



## CF1836 Academy Testing Out Details

Experienced CrossFitter or extensive background in Strength & Conditioning? CrossFit 1836 is pleased to offer an option to “Test Out” of the CF1836 Academy and move right into CF1836 Group Classes. If you possess a substantial foundation in CrossFit Fundamental Movements and can perform with little to no cueing/correction, this may be for you. Our number 1 priority is to ensure each athlete is moving safely and efficiently which is why CF1836 Academy is so vital to our operation. But if you are someone who already operates at this level, it is most beneficial for you to move directly into Group Class instruction to continue refinement of skills, techniques, and abilities.

### Minimum 1 year prior CrossFit experience with an Affiliated Box

#### Key Points to Test Out:

- Safety, Mechanics, Consistency
- Ability to convert instruction into work with minimal to no guidance
- Does not require use of heavy weights
- Progressive, or advanced movements are not included
- Movements & Skills covered will be items covered during CF1836 Academy
- Any apprehension or questioning of this would lead to a recommendation of participation in the CF1836 Academy

Skills Required for Test Out	
Jump Rope	Kettlebell Russian Swing
Air Squat	Kettlebell American Swing
HRPU (Hand Release Push Up)	Back Squat (from Rack)
Burpee	Front Squat (from Rack)
Strict Pull-up (With or W/O Band)	Overhead Squat (from Rack)
Kipping Pull-up (With or W/O Band)	Handstand Hold on Wall
Box Jump	Power Clean
Kettlebell Deadlift	Push Press
Kettlebell SDHP (Sumo Deadlift HP)	Thruster
Wall Ball	Dump/Bail Out Technique for Squats
Rower	Strict Knee Raise/Knee to Elbow

There are 40 possible points to be scored. You must earn at least 30 out of the 40 in order to pass. You will warm up, perform basic mobility and stretching, and then begin the Skills Test Out. A coach will work through the list above asking you to either perform or describe each exercise with little to no guidance or alteration.

Note that barbell related exercises require competence with 35# or 45# barbell. Upon completion of the list above, you will be asked to perform a ½ Cindy (5 Pull Ups, 10 Push Ups, and 15 Squats) and obtain at least 7 Rounds. This portion of the test ensures that not only do you understand movements of CrossFit but your work capacity is on par with general Group Class instruction.

Results		
Pass	Private Session(s)	CF1836 Academy
Athlete may join CF1836 Group Programming immediately	Prescribed that athlete schedule 1-2 Private Sessions with Coach to review Test Out and refine	Prescribed that athlete enter and complete CF1836 Academy or corresponding Private Sessions

Test Out session will be 45 minutes. They can be scheduled via in person appointment, by phone at 281-973-8755, or email using [info@crossfit1836.com](mailto:info@crossfit1836.com). Additional information can be covered during your scheduling.