



CrossFit Kids
PT Test Full
Version
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Participant Information

Name	
Date of Birth/Age	
Gender	
Height	
Weight	

Trainer Notes:

Timed Short Duration Events

Max Pullups Date	
Max Pushups Date	
Max L sit /Tuck Sit Hold Date	
Shuttle Run Date	
50 M Sprint Date	

Timed Long Duration Events

1 Mile Run	
1/2 Mile Run 7 and under	

CrossFit Kids
CrossFitKids.com
432 Maple St. Suite 1
Ramona, Ca 92065
Contact us
Customerservice.crossfitkids
@gmail.com



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One Minute Events

Max Sit ups
Date

--

Max Squats
Date

--

Single Event

Broad Jump
Best of 3 attempts
Date

--

Medicine Ball Throw
record ball weight
Date

--

Vertical Jump
Best of 3 attempts
Date

--

CrossFit Standard Workouts

“Fran”
21-15-9
Thrusters
record weight
Pullups
record modifications
Date

--

“Cindy”
Date
record modifications
see page four

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Trainer Notes:

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Description & Standards

Max Pull ups (To Failure)

Full extension at bottom to chin over bar

Max Push ups (To Failure)

Chest and thighs touch ground at bottom

Full extension of arms at top

Resting may occur in top position holding plank. Breaking from the plank at anytime the test is over.

Max L Sit Hold (Timed event)

Feet must not touch, legs are straight

Shuttle run (Timed event)

Mark out two parallel lines 30 feet apart. On Go, Kids must run to the far line, touch it, run back to start point, touch start line, run to the far line again, touch it and then run to the start point again.

50 M Sprint (Timed event)

Measure out 50 Meters.

1 Mile run (Timed event)

Age 8 and over, full mile.

Age 7 and under ½ mile.

Max Sit Ups (One Minute Time limit)

Shoulder blades on ground to sitting position

Feet can be held

Max Squat (One Minute Time limit)

Bottom position must be below parallel.

(Fold of the hip is below the knee).

Top position hip must be fully extended

Broad Jump (Distance)

Distance covered, measure at heel.

3 attempts, best attempt recorded

Medicine Ball Throw (Distance)

4-10 pound medicine balls depending on age and size of child.

Vertical Jump

Measure standing hand reach height first.

3 attempts, best attempt recorded

The best distance between handprints (standing and jumping)

is the recorded vertical jump.



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CrossFit Kids PT Test Full Version Description & Standards

“Fran”

21-15-9

21 Thrusters, 21 pull ups

15 thrusters 15 pull ups

9 thrusters 9 pull ups

For time

Record Modification to pull ups if any

“Cindy”

With a continuously running clock, perform as many rounds as possible in 20 minutes of the following. Complete all reps of each exercise before moving to the next exercise.

5 pull ups, 10 push ups, 15 squats

“Cindy” as above, is recommended for kids 13 and over.

Younger kids can do 10 or 12 minutes with modifications to movements (ring pull ups, jumping or seated pullups, elevated push ups etc.) i.e. and number of reps, as follows :

Under 7

As many rounds as possible in 10 minutes of

2 pull ups 3 push ups 4 squats

Age 7-8

As many rounds as possible in 10 minutes

2 pullups, 4 push ups, 8 squats

Age 9-12

As many rounds as possible in 12 minutes of

3 pull ups, 6 push ups 9 squats

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