



ELEMENTS 'TEST OUT'

The Elements 'Test Out' is designed for experienced CrossFitters that do not need our beginners Elements program and have the basic skills required to 'hit the ground running'. We have created this process to allow experienced athletes a quick way into the gym and still preserve our baseline quality standard required for smooth classes and safe training.

During the test out process, a CFDV trainer will take you through a series of movements to determine if you have the basic skills of our Elements graduates. We're not looking for intensity here - just proper mechanics and a solid understanding of gross movement fundamentals (in other words, don't worry if you haven't trained in awhile - we don't care that you can't do a sub-3:00 'Fran!').

The list of movements required to pass our test out includes:

Air Squat, Pushup, Pullup, Situp, basic stretches (dynamic and static).

Front Squat, Overhead Squat, Back Squat

Press, Push Press, Push Jerk*

Deadlift, Sumo Deadlift High-Pull, Power Clean*, Kettlebell Swing

Box Jump, basic Jump Rope, Rope Climb, Kipping Pullup Progression*, Rowing

** Movements marked with an asterisk require a general familiarity, not mastery. For example - if you still pull early in the Power Clean but the movement is otherwise good (flat back, speed through the middle, decent rack position), you'll be ok.*

There are three possible outcomes to a Test Out:

PASS - The athlete is ready for group class and may join CFDV immediately.

PT - The athlete needs significant work in one or more areas and may require additional Personal Training to join.

ELEMENTS - It is recommended that the athlete complete the CFDV Elements program before joining the gym.

A Test Out may be scheduled via email and the price is \$65 for one full hour of coaching. If there is additional time remaining at the conclusion of the Test Out, the athlete can work with the trainer on any skills that he/she feels warrant additional focus.