

*Please note that the description below is not a comprehensive list of what movements to expect but a general guide to help athletes know what to reasonably expect.



*If you are one of the top athletes at your box, you perform well in local events as well as +-Top 500 in the Open in your region, this division is for you. This division has cash prizes.

DIVISION REQUIREMENTS

“RX”

The Basics

- Experienced/Advanced Competitor
- Open ranking is around Top 500 in Region to Regional/Games Athlete
- Can move heavier weights consistently
- Able to complete 3-4 workouts per day for 2-3 days
- Complete Beefcake
- Posts workouts on Instagram consistently ;)

Gymnastics/Skill/Bodyweight Movements

- Pull-ups, Toes to Bar, Toes through Rings
- Chest to Bar Pullups, Ring/Bar MU
- Rope Climb/Legless Rope Climb to 15'
- HSPU's, HS Walk, Pistols, Double Unders
- Wall Balls (35/25) to a 10 foot target
- Box Jump (30/24)

Barbell Movements

MINIMUM WEIGHT FOR MULTIPLE REPS IN A WORKOUT

- Power Snatch/Snatch 135/95
- Power Clean/Clean to OH 155/105
- Deadlift 225/155
- Thruster/Shoulder to OH 115/85
- OH Squat 135/95
- Athletes may be asked to find a max lift