

*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.



*There may be movements tested that have never been practiced or attempted before. We will keep it safe! There is no cash prize for the Super Scaled Division.

DIVISION REQUIREMENTS

“SUPER SCALED”

The Basics

- Beginner, first time, or newer competitor
- Does most Open workouts Scaled
- Can perform all basic CrossFit movements
- Able to complete 3-4 workouts in 1 day
- Minimum to Zero ROM Limitations
- Able to run, row, jump, bike without injury

Gymnastics/Skill/Bodyweight Movements

- Hanging Knee Tucks
- Jumping Pullups
- Burpee Over Bar
- Box Jumps/Step Ups (24/20)
- Wall Balls (14/10) to a 10 foot target
- Single Unders/Heavy Rope Skips
- Walking Lunges
- Picking up/Carrying objects
- KB Swings (53/35)

Barbell Movements

MINIMUM WEIGHT FOR MULTIPLE REPS IN A WORKOUT

- Power Snatch/Snatch 75/55
- Power Clean/Clean to OH 85/55
- Deadlift 135/95
- Thruster/Shoulder to OH 75/45
- OH Squat 75/55
- Athletes may be asked to find a max lift