

WODGODZ III Standards

	PRO	RX RX TEAMS	40-49 INT TEAMS	50+	Scaled
Deadlift	135/95	115/85	95/65	75/55	75/55
Thrusters	135/95	115/85	95/65	75/55	75/55
Hand Release Push Ups	+	+	+	+	
Hand Release Push Ups on Knees					+
Ring Muscle Ups	+	+			
Bar Muscle Ups	+	+	+		
Chest to Bar Pull Ups	+	+	+	+	
Pull Ups					+
DBALL Clean to Shoulder	100/80	100/80	80/60	80/60	80/60
Toes to Rings	+	+	+	+	
Knees to Elbows					+
Dumb Bell Snatch	70/50	70/50	50/35	50/35	35/25
Sled Pull/Push	190/135	170/125	145/100	125/85	125/85
RUN	+	+	+	+	+
ROW	+	+	+	+	+
SWIM	+	+	+	+	+
Air Squats	+	+	+	+	+
Pool Edge Press Outs	+	+	+	+	
Jumping Pool Edge Press Outs					+ Scaled Lane only