

WG IV STANDARDS	ELITE	RX	MASTER 40-49	MASTER 50+	SCALED	OPEN TEAMS	INT TEAMS	SCALED TEAMS
C2 ROWER	X	X	X	X	X	X	X	X
BURPEES	X	X	X	X	X	X	X	X
RUNNING	X	X	X	X	X	X	X	X
ECHO BIKE	X	X	X	X	X	X	X	X
SNATCH	135/95	135/95	115/85	115/85	95/65	135/95	115/85	95/65
DOUBLE UNDERS	DRAG ROPE	X	X	X		X	X	
SANDBAG OVER SHOULDER	100/75	100/75	75/50	75/50	75/50	135/95 WORM	135/95 WORM	135/95 WORM
ROPE CLIMBS	X	X	X	X		X	X	
PISTOLS	X	X	X	X		X	X	
SINGLE UNDERS					X			X
THRUSTER	155/105	135/95	115/85	115/85	95/65	135/95 WORM	135/95 WORM	135/95 WORM
HSPU		X	X	X		X	X	
SEATED WEIGHTED VERTICAL ROPE PULLS					35/25			35/25
BAR MU	X	X	X			X		
AIR SQUATS					X			X
C2B				X			X	
TOES TO BAR	X	X	X	X		X	X	
DEFICIT HSPU	4.5"/2"							
RING ROW					X			X
SINGLE DB BOX STEPOVER	70/50	70/50	50/35	50/35	50/35			
KNEE RAISES					X			X
HRPU					X			X
WORM LUNGES						135/95 WORM	135/95 WORM	135/95 WORM