

WG V STANDARDS	ELITE	RX	INT	MASTER 40-49	MASTER 50+	SCALED	OPEN TEAMS	INT TEAMS	SCALED TEAMS
C2 ROWER	X	X	X	X	X	X	X	X	X
C2 BIKE	X	X	X	X	X	X	X	X	X
BURPEES	X	X	X	X	X	X	X	X	X
RUNNING	X	X	X	X	X	X	X	X	X
ECHO BIKE	X	X	X	X	X	X	X	X	X
SNATCH	135/95	135/95	115/85	115/85	115/85	95/65	135/95	115/85	95/65
DOUBLE UNDERS	DRAG ROPE	X	X	X	X		X	X	
D-BALL CARRY	150/100	100/80	100/80	100/80	80/60	80/60	100/80	100/80	100/80
ROPE CLIMBS	X	X	X	X	X		X	X	
PISTOLS	X	X	X	X	X		X	X	
SINGLE UNDERS						X			X
THRUSTER	155/105	135/95	115/85	115/85	115/85	95/65	135/95	115/85	95/65
HSPU	X	X	X	X	X		X	X	
SEATED WEIGHTED VERTICAL ROPE PULLS						35/25			35/25
BAR MU	X	X		X			X		
RING MU	X	X		X			X		
AIR SQUATS	X	X	X	X	X	X	X	X	X
C2B	X	X	X	X	X		X	X	
TOES TO BAR	X	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	50/35	70/50	50/35	50/35
KNEE RAISES						X			X
HRPU						X			X
SINGLE DB DEVIL'S PRESS	70/50	70/50	50/35	50/35	35/25	35/25	70/50	50/35	35/25