

WG VI MOVEMENTS	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 SKI ERG	X	X	X	X	X	X	X	X	X
C2 BIKE	X	X	X	X	X	X	X	X	X
RUNNING	X	X	X	X	X	X	X	X	X
SWIMMING	X	X	X	X	X	X	X	X	X
ECHO BIKE	X	X	X	X	X	X	X	X	X
SNATCH	155/105	135/95	115/85	115/85	115/85	95/65	135/95	115/85	95/65
ROPE CLIMBS	X	X	X	X	X		X	X	
BURPEE BOX JUMP OVER	X	X	X	X	X		X	X	
BURPEE BOX STEP OVER						X			X
PISTOLS	X	X		X	X		X		
GOBLET SQUAT						X			X
SINGLE UNDERS	X	X	X	X	X	X	X	X	X
THRUSTER	115/85	95/65	75/55	75/55	75/55	65/45	95/65	75/55	65/45
DEADLIFT	245/165	215/145	195/125	195/125	195/125	155/105	215/145	195/125	155/105
BAR MU	X	X	X	X	X		X	X	
RING MU	X	X					X		
BURPEE KNEE UPS						X			X
AIR SQUATS	X	X	X	X	X	X	X	X	X
PULL UP	X	X	X	X	X		X	X	
RING ROW						X			X
SINGLE DB BOX STEPUP	70/50	70/50	50/35	50/35	50/35	50/35	70/50	50/35	50/35
SINGLE DB DEVIL'S PRESS	70/50	70/50	50/35	50/35	50/35	35/25	70/50	50/35	35/25
PEGBOARD CLIMB	X	X	X	X	X		X	X	
JUMPING CHIN OVER PEG ON PEGBOARD						X			X