

WG VIII MOVEMENTS	ELITE	RX	INT	MASTER 40-49	MASTER 50+	SCALED	RX 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
RUNNING	X	X	X	X	X	X	X	X	X
ECHO BIKE	X	X	X	X	X	X	X	X	X
Burpees	X	X	X	X	X	X	X	X	X
SNATCH	115/85	115/85	95/65	95/65	95/65	75/55	115/85	95/65	75/55
Clean and Jerk	255/175	225/155	165/115	185/125	165/115	115/85	225/155	165/115	115/85
BOX JUMP OVER	X	X	X	X	X		X	X	
BOX STEP OVER						X			X
DB BOX STEP OVER	X	X	X	X	X	X	X	X	X
Double DB Devil's Press	70/50	50/35	35/25	50/35	35/25	35/25 Single	50/35	35/25	35/25 Single
THRUSTER	135/95	135/95	115/85	115/85	95/65	95/65	135/95	115/85	95/65
DEADLIFT	245/165	215/145	195/125	195/125	195/125	155/105	215/145	195/125	155/105
Bar Muscle Up	X	X		X					
Chest to Bar			X	X	X		X	X	
RING MU	X								
Ring Rows						X			X
HSPU	X	X	X	X	X		X	X	
Strict HSPU	X	X					X		
WALL WALK	X	X	X	X	X		X	X	
Modified Wall Walk						X			X
Handstand Walk	X	X		X					
PULL UP	X	X	X	X	X		X	X	
JUMPING PULL UP						X			X
Toes 2 Bar	X	X	X	X	X		X	X	
Hanging Knee Ups						X			X