

MOVEMENT STANDARDS



2021

RX DIVISION	SC/MS DIVISION	BG DIVISION
Snatch 70/50 Clean & Jerk 100/70 OHS 80/65 Front Squat 80/50 Deadlift 150/95 Shoulder to OH 80/65 DB GTO 35/22.5 Muscle-Up (Bar + Ring) Def HSPU/Handstand Walk Legless Rope Climb Pistol Squat Double Unders Box Jump 35"/30" Run/Row/Airdyne Toes to Bar Ring Toes to Bar Wall Ball (12/9) to 10'Target KBS 32/24	Snatch 60/40 Clean & Jerk 80/55 OHS 60/40 Front Squat 70/50 Deadlift 100/60 Shoulder to OH 60/40 DB GTO 22.5/15 Chest to Bar HSPU/Handstand Walk Rope Climb Pistol Squat Double Unders Box Jump 30"/24" Run/Row/Airdyne Toes to Bar Ring Toes to Bar Wall Ball (12/9) to 10'Target KBS 24/16	Snatch 45/30 Clean & Jerk 60/40 OHS 45/30 Front Squat 45/30 Deadlift 70/50 Shoulder to OH 50/35 DB GTO 15/10 Pull-UPS Push up/BearCrawl SDHP Air Squat Single Skips Box Jump 24"/20" Run/Row/Airdyne Knee Raise Wall Ball (9/6) to 10'Target KBS 16/12
Deadballs over Shoulder 80/55	Deadballs over Shoulder 55/40	Clean & Jerk 60/40

These are estimated movements for the day, although do note that some changes may occur. These include movements expected per division and the weight range you may be lifting. As trained Cross-Fitters (because we're smart aF) we expect you to understand and know the technique requirements to complete each of the movements. So, fingers crossed you won't need to ask any weird/ unusual/ annoying questions during the briefing. If you are unsure, Google and Youtube are now your best friends.