

RX MEN

LIFTING	GYMNASTICS	CARDIO
C&J 90KG SNATCH 80KG THRUSTERS 80KG	T2B C2B MUSCLE UPS HSPU	RUNNING BURPEES WALL BALLS

RX WOMAN

LIFTING	GYMNASTICS	CARDIO
C&J 60KG SNATCH 50KG THRUSTERS 40KG	T2B C2B MUSCLE UPS HSPU	RUNNING BURPEES WALL BALLS

If you feel comfortable with the above movements you should enter this category

SCALED MEN

LIFTING	GYMNASTICS	CARDIO
C&J 70KG SNATCH 60KG THRUSTERS 60KG	T2B C2B	RUNNING BURPEES WALL BALLS

SCALED WOMAN

LIFTING	GYMNASTICS	CARDIO
C&J 40KG SNATCH 30KG THRUSTERS 30KG	T2B C2B	RUNNING BURPEES WALL BALLS

If you feel comfortable with the above movements you should enter this category

MASTERS MEN 40+

LIFTING	GYMNASTICS	CARDIO
C&J 70KG SNATCH 60KG THRUSTERS 50KG	T2B C2B	RUNNING BURPEES WALL BALLS

MASTERS WOMAN 35+

LIFTING	GYMNASTICS	CARDIO
C&J 40KG SNATCH 30KG THRUSTERS 30KG	T2B C2B	RUNNING BURPEES WALL BALLS

If you feel comfortable with the above movements you should enter this category

TEENS Boys 14-15

LIFTING	GYMNASTICS	CARDIO
C&J 45KG SNATCH 40KG THRUSTERS 35KG	T2B PULL UPS MUSCLE UPS HSPU	RUNNING BURPEES WALL BALLS DU

TEENS Girls 14-15

LIFTING	GYMNASTICS	CARDIO
C&J 35KG SNATCH 25KG THRUSTERS 25KG	T2B PULL UPS HSPU	RUNNING BURPEES WALL BALLS DU

If you feel comfortable with the above movements you should enter this category

TEENS Boys 16-17

LIFTING	GYMNASTICS	CARDIO
C&J 70KG SNATCH 60KG THRUSTERS 50KG	T2B C2B MUSCLE UPS HSPU	RUNNING BURPEES WALL BALLS DU

TEENS Girls 16-17

LIFTING	GYMNASTICS	CARDIO
C&J 45KG SNATCH 40KG THRUSTERS 35KG	T2B C2B MUSCLE UPS HSPU	RUNNING BURPEES WALL BALLS DU

If you feel comfortable with the above movements you should enter this category