

<b>WG VII MOVEMENTS</b>	<b>ELITE</b>	<b>RX</b>	<b>INT</b>	<b>MASTER 40-49</b>	<b>MASTER 50+</b>	<b>SCALED</b>	<b>RX TEAMS</b>	<b>INT TEAMS</b>	<b>SCALED TEAMS</b>
<b>C2 ROWER</b>	X	X	X	X	X	X	X	X	X
<b>C2 SKI ERG</b>	X	X	X	X	X	X	X	X	X
<b>RUNNING</b>	X	X	X	X	X	X	X	X	X
<b>ECHO BIKE</b>	X	X	X	X	X	X	X	X	X
<b>SNATCH</b>	185/130	155/105	135/95	135/95	135/95	95/65	155/105	135/95	95/65
<b>15' ROPE CLIMB</b>	X Legless	X	X 12'	X 12'	X 12'		X	X 12'	
<b>BOX JUMP OVER</b>	X	X	X	X	X		X	X	
<b>BOX STEP OVER</b>						X			X
<b>SINGLE UNDERS</b>	X	X	X	X	X	X	X	X	X
<b>THRUSTER</b>	135/95	135/95	115/75	115/75	115/75	75/55	135/95	115/75	75/55
<b>DEADLIFT</b>	245/165	215/145	195/125	195/125	195/125	155/105	215/145	195/125	155/105
<b>Bar Muscle Up</b>	X	X		X	X				
<b>Chest to Bar</b>			X	X	X		X	X	
<b>RING MU</b>	X	X					X		
<b>BURPEE KNEE UPS</b>						X			X
<b>AIR SQUATS</b>	X	X	X	X	X	X	X	X	X
<b>PULL UP</b>	X	X	X	X	X		X	X	
<b>JUMPING PULL UP</b>						X			X
<b>Handstand Walk</b>	X	X		X					
<b>WALL WALK</b>	X	X	X	X	X		X	X	
<b>Modified Wall Walk</b>						X			X
<b>Power Clean</b>	205/125	205/125	155/95	155/95	155/95	115/70	205/125	155/95	115/70
<b>Overhead Squat</b>	155/105	155/105	115/85	115/85	115/85		155/105	115/85	
<b>Front Squat</b>						95/65			95/65
<b>Toes 2 Bar</b>	X	X	X	X	X		X	X	
<b>Hanging Knee Ups</b>						X			X