

Minimum Requirements: Main / Master division

All exercises and pounds are set to a medium - high rep range (8-15 reps).

If you are in doubt you can ask your coach for advice or DM us via social media / email.

ONLINE QUALIFIER	SEMI FINAL	FINAL
Jumping Pull Up	Pull Up	Pull Up
Knees 2 Upper Arm	Single Leg Toes 2 Bar	Toes 2 Bar
3 meter Rope Climb	5 meter Rope Climb	5 meter Rope Climb
Weighted Box Step Ups	Box Jumps	Box Jumps
Single Unders	Double Unders	Double Unders
Knee Push Ups	Box Push Ups	Push Ups
Box Shoulder Taps	Handstand Hold	Handstand Walk (assisted)
KB movements 20/12 kg	KB movements 24/16 kg	KB movements 28/20 kg
DB movements 15/10 kg	DB movements 22.5/15 kg (SA)	DB movements 22.5/15 kg
BB Deadlift 70/40 kg	BB Deadlift 80/50 kg	BB Deadlift 90/60 kg
BB Squat (front/back) 50/30 kg	BB Squat (front/back) 60/40 kg	BB Squat (front/back) 70/50 kg
BB Thruster 30/20 kg	BB Thruster 40/30 kg	BB Thruster 50/35 kg
BB Snatch / OH squat 30/20 kg	BB Snatch / OH squat 40/30 kg	BB Snatch / OH squat 50/35 kg
BB Clean & Jerk 40/30 kg	BB Clean & Jerk 50/40 kg	BB Clean & Jerk 60/50 kg

