

## Minimum Requirements: Top 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
Pull Up	Chest 2 Bar Pull Up	Muscle Up
Toes 2 Bar	Toes 2 Bar (kipping)	Toes 2 Bar (strict)
5 meter Rope Climb	3 meter Leg Less Rope Climb	5 meter Leg Less Rope Climb
Box Jumps	Box Jumps	Extra High Box Jumps
Double Unders	Double Unders	Double Unders
Push Ups	Handstand Push Ups	Handstand Push Ups
Handstand Walk Assisted	Handstand Walk	Handstand Walk
KB movements 24/16 kg	KB movements 28/20 kg	KB movements 32/20 kg
DB movements 15/10 kg	DB movements 22.5/15 kg	DB movements 27.5/17.5 kg
BB Deadlift 80/50 kg	BB Deadlift 90/60 kg	BB Deadlift 100/70 kg
BB Squat (front/back) 60/40 kg	BB Squat (front/back) 70/50 kg	BB Squat (front/back) 80/60 kg
BB Thruster 40/30 kg	BB Thruster 50/35 kg	BB Thruster 60/40 kg
BB Snatch / OH squat 40/30 kg	BB Snatch / OH squat 50/35 kg	BB Snatch / OH squat 60/40 kg
BB Clean & Jerk 50/40 kg	BB Clean & Jerk 60/50 kg	BB Clean & Jerk 70/50 kg

