

This document was created in order to help gauge which division you should enter, as well as any unique equipment you may require in order to complete all the workouts. Please note that just because a movement is shown below, does not mean that it will necessarily be in the competition, and that just because a movement is not shown it won't be included. The movements below are simply to assist you in deciding which division would best suit your abilities.

<b>RX Males</b>	<b>36-45</b>	<b>46-60</b>	<b>60+</b>
<b>OTHER</b>	The athlete will require 4 standard (20x24x30in.) boxes and sufficient space for a 10 meter walk in one direction		
<b>Thrusters/Snatches</b>	110lbs. (50KG)	90lbs. (40KG)	65lbs. (30KG)
<b>Double unders</b>	Yes	Yes	Yes
<b>Bar muscle ups</b>	Yes	Yes	Yes
<b>Handstand walks</b>	Yes	Yes	Yes

<b>RX Females</b>	<b>36-45</b>	<b>46-60</b>	<b>60+</b>
<b>OTHER</b>	The athlete will require 4 standard (20x24x30in.) boxes and sufficient space for a 10 meter walk in one direction		
<b>Thrusters/Snatches</b>	65lbs. (30KG)	45lbs. (20KG)	45lbs. (20KG)
<b>Double unders</b>	Yes	Yes	Yes
<b>Bar muscle ups</b>	Yes	Yes	Yes
<b>Handstand walks</b>	Yes	Yes	Yes

<b>Scaled Males</b>	<b>36-45</b>	<b>46-60</b>	<b>60+</b>
<b>OTHER</b>	The athlete will require 4 standard (20x24x30in.) boxes and sufficient space for a 10 meter walk in one direction		
<b>Thrusters/Snatches</b>	65lbs. (30KG)	45lbs. (20KG)	45lbs. (20KG)

<b>Scaled Females</b>	<b>36-45</b>	<b>46-60</b>	<b>60+</b>
<b>OTHER</b>	The athlete will require 4 standard (20x24x30in.) boxes and sufficient space for a 10 meter walk in one direction		
<b>Thrusters/Snatches</b>	55lbs. (25KG)	45lbs. (20KG)	35lbs. (15KG)