

<i>MOVEMENTS</i>	<i>RX</i>	<i>INT/MASTERS RX</i>	<i>SCALED MASTERS SCALED</i>
MUSCLE UPS	YES	NO	NO
HEST TO BAR PULL UP	YES	NO	NO
HANDSTAND WALK	YES	NO	NO
PISTOL	YES	NO	NO
HANDSTAND PUSHUP	YES	YES	NO
RING DIP	YES	YES	NO
TOES TO BAR	YES	YES	KNEE UP
PULL UPS	YES	YES	NO
DOUBLE UNDERS	YES	YES	SINGLES
CROSSOVER SKIPPING	YES	YES	YES
WALL BALLS	YES	YES	YES
ROPECLIMBS	YES	YES	NO
BOX JUMPS	30/24"	24/20"	24/20" STEP
DEVILS PRESS	50/35	50/35	35/20
SNATCH	165/105	115/80	75/55
CLEAN	205/155	155/105	95/65
SHOULDER TO OVERHEAD	205/155	155/105	95/65
FRONT SQUAT	185/135	135/95	95/65
BACK SQUAT	225/155	185/135	155/80
DB SNATCH	50/35	50/35	35/20
THRUSTER	165/105	115/85	75/55
OH SQUAT	135/95	115/80	NO
* All weights are minimum requirements may not be workout weights which could be lighter.			
* Division Changes are allowed until March 30, 2024 as long as there is room in the division			