

## **RX athlete requirements:**

Not all athletes will be required to do all movements on the day, as you will allocate athletes to their strengths. Therefore if there are one or two movements you are not that confident on per the list below you can check in with us to see if you will still be OK to enter.

*WOD example:*

*2min to achieve max load / reps / distance*

*Athlete 1: Establish 1RM Snatch in 2min*

*Athlete 2: Max effort ring muscle ups in 2min*

*Athlete 3: Row max calories in 2min*

Athletes entering the RX division will need to be able to do the following as a minimal requirement:

**- Clean for reps (Tap n go 3reps)**

Male 80kg

Female 50kg

**- Snatch for reps (Tap n go 3reps)**

Male 60kg

Female 40kg

**- Thruster (5reps unbroken)**

Male 60kg

Female 40kg

**- Double unders (10 unbroken)**

**- Ring muscle up**

**- Bar muscle up**

**- DB Snatch**

Male 25kg

Female 15kg

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**- Overhead barbell lunge**

Male 60kg

Female 40kg

**- Chest to bar Pull ups**

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