

Movement Standards:

American Kettlebell Swings – Full extension of the hip, knee, KB above your head with your ear showing in front of your arms.

Burpees – Chest all the way to deck, hands reach above your head and clap as you jump up full extended off the ground.

Thruster – Begins when the athlete squats below parallel with the barbell racked on the shoulders, or at least below the chin. Then, in a single movement, the athlete drives the barbell up out of the squat and overhead. The finishing position has the knees, hips and arms fully extended with the barbell stable over the heels.

Toes to Bar – The athlete must go from a full hang to having the toes touch the pull up bar. The arms and hips must be full extended at the bottom. Both feet must touch bar at same time.

Double-Unders – Rope passing twice around the body in a forward motion with each jump. For the rep to count, the rope must clear twice. (Athletes are permitted to use their own rope).

Sprint – The athlete must touch the ground on the far side of each line before turning around.

Deadlift – The barbell begins on the ground and must touch the ground between each rep. The Athletes' knees and hips must be extended at the top, with the shoulders behind the bar. The athletes' hands must be outside their knees. Any grip is permitted. Dropping the barbell is permitted, but not required.

Box Jumps – Athletes must jump from the ground onto the box with two feet. They must reach full extension ON THE BOX. Reaching full extension only in the air is not permitted. The athlete's knees and hips must be fully extended while both feet are on the box. (The entire foot on the box is recommended, but not required). Both jumping and stepping down are permitted.

Power Clean – Start from the floor, catch in a quarter or half squat position.

Back Squat – Squat below parallel with barbell racked on back of shoulders, standing up to full extension.

****Chalk and any injury prevention/protection, such as tape or wrist wraps or belts are permitted. Sticky substances, or anything used for advantage are prohibited****