

# NOT SURE WHICH DIVISION TO REGISTER FOR? USE THIS GUIDE TO HELP YOU DECIDE.

Masters teams must be over 35 years old. Teen teams must be between the ages of 12-18.

\*WODs are not limited to these movements but will loosely follow the general strength/skill requirements prescribed below.

<b>GearUp Movements</b>	<b>HighGear Movements</b>	<b>FullThrottle Movements</b>	<b>Teens</b>
<p>Jumping Pull Ups Burpees Power Cleans 95/65 Deadlifts 135/95 Power Snatches 65/45 Overhead Squats 75/45 Russian Kettlebell Swings 45/25 Knee Raises Knee Push Ups (Women) Push Ups (Men) Abmat Situps Bear Crawl</p>	<p>Pull Ups Burpee Variations Power Cleans 135/95 Deadlifts 185/155 Power Snatches 95/65 Overhead Squats 95/65 Russian Kettlebell Swings 55/35 Toes To Bar Knees to Elbow HandStand Push Ups Abmat Situps Some DUBs Handstand Walk (5 feet)</p>	<p>Chest to Bar Pull Ups Burpee Variations Power Cleans 185/125 Deadlifts 225/185 Snatches 135/95 Overhead Squats 135/95 Russian Kettlebell Swings 70/55 Toes To Bar Knees to Elbow HandStand Push Ups Abmat Situps Bar or Ring Muscle Ups Proficient DUBs Handstand Walk (10 feet)</p>	<p><b>Masters</b></p> <p>For a Masters team, most of the team should be able to handle HighGear movements.</p>