

Warpath Games 2021  
Movement Standards

Movement for Reps	Elite	RX	Scaled
Clean	185/125	135/95	95/65
Snatch	155/105	115/75	75/55
Shoulder to Overhead	155/105	115/75	75/55
Thruster	155/105	115/75	75/55
OH Squat	155/105	115/75	75/55
Front Squat	185/125	135/95	95/65
Deadlift	275/185	225/155	135/95
DB (sntach, c&j etc.)	70/50	50/35	40/25
KB Swings	70/55	55/35	35/20
Wall Balls	20/14	20/14	14/10
Pull ups	C2B	Chin over bar	Jumping or RR
Toes to Bar	✓	✓	Knee raises
Rope Climbs	✓	✓	Pulls
Pistols	✓		
Muscle Ups	Bar or Ring(at least two team members proficient)		
HSPU	✓	✓	HRPU
Box Jumps	30/24	24/20	20/16
HandStand Walks	✓ (at least two team members proficient)		
Double Unders	✓	✓	Singles
Burpees	✓	✓	✓

Standards are meant to decide the appropriate division for your team and are not absolutes as the set weights for the WODs. \*All weights listed are WORKING weight 4-8 reps

Movement list is NOT complete and you may see odd objects, but weights will be comparable to standards.