

**CrossFit Belleville's Competitors Club
2017/18 Standards List**

GYMNASTICS

	Men	Women
Pull-Ups	Yes	Yes
Strict Pull-Ups	Yes	Yes
Chest to Bar Pull-Ups	Yes	Yes
Muscle-Ups	Discretion of Coach	Discretion of Coach
Bar Muscle-Ups	Discretion of Coach	Discretion of Coach
Rope Climb	Yes	Yes
Pistols	Yes	Yes
Handstand Push-Ups	Yes	Yes
Strict Ring Dips	Yes	Yes
L-Sit	Yes	Yes

WEIGHTLIFTING - all percentages at discretion of coach

Snatch	70% of BW	60% of BW
Clean & Jerk	100% of BW	90% of BW
Back Squat	2 x BW	1.5 x BW
Deadlift	3 x 1.5 x BW	3 x 1.5 x BW
Overhead Squat	70% of BW	60% of BW
Front Squat	1.25 x BW	1.25 x BW
Press	70% of BW	60% of BW

MONOSTRUCTURAL

1 Mile	7:30	8:00
Double Unders	Yes	Yes
500m Row	1:50	2:00

*Acceptance for the Competitor's Club is at the discretion of the coach. If you are consistently performing the WODs as Rx and have all or almost all of the movements, above, you would qualify! If there is something you're not sure about, email or talk to Coach Bryan (bryan@crossfitbelleville.ca)