

RX	INTERMEDIATE	SCALED
Bar Muscle Ups	Pullups	Jumping Pullups
Wallball 30/20	Wallball 20/14	Wallball 16/10
Clean and Jerk – 155/105	Clean and Jerk – 135/85	Clean and Jerk – 95/65
Snatch 135/85	Snatch 115/65	Snatch 95/45
Thruster 135/85	Thruster 115/65	Thruster 95/45
Deficit Handstand Pushups –4"/12"	Handstand Pushups	Hand Release Pushups
Double Under	Single Under	Single Under
Toe to Bar	Toe to Bar	Knee to Elbow
Box Jump 30/24	Box Jump 24/20	Box Jump 24/20
Russian Kettlebell Swing 70/53	Russian Kettlebell Swing 53/35	Russian Kettlebell Swing 35/26
Rowing/Running/Bike	Rowing/Running/Bike	Rowing/Running/Bike
Rope Climb	Rope Climb	Rope Pull
GHD Sit Up	GHD Sit Up	Weighted Abmat Sit Up

