

	RX	INTERMEDIO * MASTER +105	SCALED
GYMNASTICS			
Ring Muscle Up	✓	✓ *	✗
Bar Muscle Up	✓	✓	✗
Chest to Bar/Pull Up	✓	✓	✓
TOES TO BAR	✓	✓	✓
HSPU	✓	✓	✓
STRICT HSPU	✓	✓	✗
HSW	✓	✓ *	✗
WALL WALK	✓	✓	✓
ROPE CLIMB	✓	✓	✓
	* NO EXIGIBLE PARA INTERMEDIO		
WORM'S MOVEMENTS	ALL TEAMS	ALL TEAMS	ALL TEAMS
SANDBAG MOVEMENTS	ALL TEAMS	ALL TEAMS	ALL TEAMS
YOKE MOVEMENTS	ALL TEAMS	ALL TEAMS	ALL TEAMS
DUMBBELL MOVEMENTS	30/20	25/17,5	22,5/15
SNATCH/CLEAN & JERK	LOS (KG) NO SE CONSIDERAN UN REQUISITO A TENER EN CUENTA		
RX: TODOS CONTROLAN TODOS LOS MOVIMIENTOS/ RESTO CATEGORIAS: AL MENOS 2 ATLETAS CONTROLAN TODOS LOS MOVIMIENTOS			