



Big Thompson CrossFit

SPRING HOPPER

2 JUNE 3 WODS
2018

LOVELAND, COLORADO

MOVEMENT STANDARDS

The list below is a representation of movements and lifts with max weights that may or may not show up in the BTC Spring Hopper. You can expect to see these weights or lower in the WODs, or in a floater. Of course if a WOD or Floater involves a 1-repetition max we will let you go heavier.

Atlas Stones - yes

Push Press/Jerk 135/95

Back Squat - 225/155

Ring Dips - No

Box Jumps - 24"/20"

Rowing - Yes

Clean - 135/95

Running - Yes

Deadlift - 225/155

SDLHP - 95/65

Double Unders - yes

Sled Pull/Push - Yes

Farmers/Burdened Carries - Yes

Snatch - 95/65

Front Squat - 185/135

Thrusters - 95/65

Kettle Bell Swings - 55/35

Tire Flips - Yes

Lateral Jumps - Yes

Toes 2 Bar - Yes

Lunges Weighted - Yes

Wall Balls - 20/14

Muscle Ups (Bar or Ring) - No

Overhead Squat - 95/65

Press - 95/65

Pull Ups - Yes
