



BTC Spring Hopper Movement Standards

Deadlift 225/150	Double Unders-Yes
Back Squat 185/120	Fun-Yes
Front Squat 165/110	Sled Push-Yes
Overhead Squat 95/65	Sled Pull-Yes
Press 95/65	Tire Flips-Yes
Push Press/Jerk 115/75	Running-Yes
Clean 135/95	Sweat-Yes
Snatch 95/65	Farmers/Burdened Carries-Yes
Kettle Bell Swings 55/35	Rowing-No
Thrusters 95/65	Rope climbs-Maybe
SDHP 95/65	Ring Dips-No
Wall Balls 20/14	Muscle Ups (Bar or Ring)-No
Box Jumps 24"/20"	Tears-No
Lunges Weighted-Yes	HandStand Push-Ups-No
Lateral Jumps-Yes	Shenanigans-Probably
Burpees-Yes	Toes 2 Bar-Yes
Pull Ups-Yes	Tom Foolery-Absolutely