

Battle of the Boxes Movement Standards				
MOVEMENT	DIVISION			
	Pro	Rx	Scaled	Masters
Deadlift	405/285	315/225	205/145	275/185
Clean and Jerk	315/220	225/155	135/95	185/125
Snatch	225/155	165/115	95/65 (no squat)	135/95
Back/Front Squat	yes	yes	yes	yes
Overhead Squat	225/155	165/115	no	135/95
Bench Press	yes	yes	yes	yes
Kettle Bell Movements	70/55	55/35	55/35	55/35
Medball Movements	Yes	Yes	Yes	Yes
Slam Balls	50/30	50/30	30/20	50/30
Box Jumps	30/24	24/20	Yes/Step Ups optional	Yes/Step Ups optional
Dumbbell Movements	Yes	Yes	Yes	Yes
Pull-ups	C2B	C2B	Chin over/Jumping	Chin Over
Toes to Bar	Yes	Yes	Knee Raises	Yes
Muscle ups	Ring/Bar	Ring/Bar	No	Possibly at the end of WOD as a bonus
Handstand push-ups	Yes	Yes	No	Yes
Running/rowing/biking/Ski erg	Yes	Yes	Yes	Yes
Odd Objects (tires, sandbags, ect...)	Yes	Yes	Yes	Yes
Push ups	Hand Release	Hand Release	Yes/Knees	Yes
Dips	Ring	Ring	No	No
Sit-ups	GHD	GHD	Yes	Yes

*Listed weights are MAX loads that would be programmed for that division. When choosing a division, athlete should be able to do at least a rep or two at max listed weights. Submit questions to info@crossfit-mob.com