



Objet : Informations spécifique catégorie (french version. English version below)

Chère/Cher athlète,

Afin de vous aider au mieux lors du choix de catégories, voici quelques infos utiles concernant les mouvements/charges qui pourraient être demandées lors des qualifications.

L'athlète doit être capable de :

Category Scaled

Requirements	Female	Male
Deadlift	40	60
Clean	30	40
Snatch	15	35
Thrusters	25	35
Jerk	30	35
KB Swing	16	20
Front Squat	15	35
Wall Ball	4	6
Overhead Squat	x	x
single under	x	x
Jumping pull up	x	x
Knee raise	x	x
Push up	x	x
Pull-up		x
Knee-Raise	x	x
Shoulder Tap		x



Category Elite & Master 35+

Movements	Female	Male
Deadlift	60	110
Clean	50	70
Snatch	40	60
Thrusters	40	60
Jerk	40	70
KB Swing	24	32
Front Squat	40	50
Wall Ball	6	9
Overhead Squat	x	x
Toes-To-Bar	x	x
HSPU	x	x
Double Under	x	x
Chest-to-bar	x	x
Bar Muscles UP	x	x
Ring Muscles UP		x



Category Teens & Master 40+

Movements	Female	Male
Deadlift	50	90
Clean	45	60
Snatch	35	50
Thrusters	35	50
Jerk	35	60
KB Swing	24	32
Front Squat	40	50
Wall Ball	6	9
Overhead Squat	x	x
Toes-To-Bar	x	x
HSPU	x	x
Double Under	x	x
Chest-to-bar	x	x
Bar Muscles UP		x

Ce sont les mouvements et charges que vous pourrez trouver lors des qualifications, cela ne veut pas dire que les charges seront celles indiquées ci-dessus.

La catégorie Team demande un niveau similaire en terme de mouvement que la catégorie Elite, cependant les charges seront adaptées pour la Team entière.

Si vous avez des questions, n'hésitez pas à nous envoyer un message sur la page Facebook ou par mail à info@liegethrowdown.be



Object : Information concerning categories (english version)

Dear athlete,

In order to help you choose a category, you may find below the description of the movements/weights requirements that may be asked for the qualifiers.

The athlete must be able to meet the following requirements :

Category Scaled

Requirements	Female	Male
Deadlift	40	60
Clean	30	40
Snatch	15	35
Thrusters	25	35
Jerk	30	35
KB Swing	16	20
Front Squat	15	35
Wall Ball	4	6
Overhead Squat	x	x
single under	x	x
Jumping pull up	x	x
Knee raise	x	x
Push up	x	x
Pull-up		x
Knee-to-elbow		x
Shoulder Tap		x



Category Elite & Master 35+

Movements	Female	Male
Deadlift	60	110
Clean	50	70
Snatch	40	60
Thrusters	40	60
Jerk	40	70
KB Swing	24	32
Front Squat	40	50
Wall Ball	6	9
Overhead Squat	x	x
Toes-To-Bar	x	x
HSPU	x	x
Double Under	x	x
Chest-to-bar	x	x
Bar Muscles UP	x	x
Ring Muscles UP		x



Category Teens & Master 40+

Movements	Female	Male
Deadlift	50	90
Clean	45	60
Snatch	35	50
Thrusters	35	50
Jerk	35	60
KB Swing	24	32
Front Squat	40	50
Wall Ball	6	9
Overhead Squat	x	x
Toes-To-Bar	x	x
HSPU	x	x
Double Under	x	x
Chest-to-bar	x	x
Bar Muscles UP		x

These are the movements and weights that you may find during the qualifiers, it does not mean that the weight will be similar for the different WODs.

The movement requirements for the Team category are similar to the one of the Elite category. The weight requirements will be adapted for the entire Team.

If you have any concerns, do not hesitate to contact us on the Facebook page or via mail : info@liegethrowdown.be