

## Taco & Tequila Throwdown

Athletes should be able to perform the movements and weights listed below for reps. MetCons will not exceed listed movements and weights; however, weights might exceed listed amount in the event of a 1RM, 3RM, 5RM, or Complex.

		RX'd	Open
Gymnastics	Air Squat	Yes	Yes
	Pistols	No	No
	Lunge	Yes	Yes
	Box Jump	24",20"	24",20" (Steps aloud)
	Burpee	Yes	Yes
	BBJO	Yes	Yes
	Dip	Yes	No
	GHD Situp	No	No
	Hip Extension	No	No
	HSPU	Yes	No
	TTB	Yes	Yes
	Muscle Up	Yes	No
	Pull-up	Chest to bar	Chin Over
	Push-up	Yes	Yes
	Sit-up	Yes	Yes
	Rope Climb	Yes	Yes
	L-sit	No	No
	HS Walk	Yes	No
	Pegboard	No	No
Weightlifting	Back Squat	185,135	135,95
	Dead Lift	225,155	155,105
	Bench Press	No	No
	Press	No	No
	Push Press	135,95	95,65
	Jerk	135,95	95,65
	Power Clean	155,105	135,95
	Squat Clean	155,105	135,95
	C&J	155,105	135,95
	Front Squat	155,105	135,95
	KBS	24,16 kg	20,12kg

	OHS	95,65	75,55
	Weighted Lunge	Yes	Yes
	SDLHP	No	No
	Power Snatch	95,65	75,55
	Squat Snatch	95,65	No
	Thrusters/Clusters	95,65	75,55
	Wall Ball	20,14	20,14
	Prowler	Yes	Yes
	KB Snatch	No	No
	DB Snatch	50,35	35,20
	Sandbags	50,25	50,25
	Odd Objects	Yes	Yes
<b>Monostructural</b>	Double Unders	Yes	Yes
	Rowing	Yes	Yes
	Running	Yes	Yes
	Ski Erg	No	No
	Assault Bike	Yes	Yes