

# Ark Valley Showdown

CrossFit Salida – May 11, 2024

## Division Standards for Rx and Scaled Divisions

### **Rx Athletes**

Most benchmark workouts are performed with Rx weights and movements. Muscle ups, handstand push-ups, and double-unders are programmed in this division. Someone on your team will need to be able to perform these movements (not all team members will have to). Common WODs you should be able to do Rx are Fran, Elizabeth, Diane, Grace, and Isabel.

### **Scaled Athletes**

Approximately 50% of the movements are performed Rx but modify many classic WODs due to strength or gymnastic necessity. Traditional scaling involves a reduction in the weight from Rx by approximately 25%. Rx athletes should not join a scaled team just because they need another person as it undermines the integrity of the competition.

### **Rx Gymnastics & Skills**

Strict or Kipping Pullups  
Bar Muscle-Ups  
Rope Climbs  
Double-unders  
Box jumps 24/20"  
Kipping Handstand Pushups  
Toes-to-Bar  
DB weight 50/35#  
Wall balls 20/14#

### **Scaled Gymnastics & Skills**

Ring Rows  
Hanging Knees Raises  
Single-unders  
Box Jumps or step-ups 24/20"  
Standard Pushups  
Rope Climbs  
Wall walks/Partial wall walks  
DB weight 35/25 or 20#  
Wall balls 14/10#