

RX+ TRACK PERFORMANCE CRITERIA

The purpose of Diablo CrossFit's RX+ accessory programming and class is to challenge athletes with additional Skills, Volume and Intensity to prepare for a more competitive environment, eg: the Open, Competitions, Online events and others. If you cannot meet the criteria below, keep pushing hard in class workouts (CrossFit, Strong & Aerobic Capacity) and add accessory work to overcome your weaknesses.

Minimum Criteria: Must be able to complete each of the following movements.

- 15 Unbroken Pull-Ups
- 5 Unbroken Chest-to-bar Pull-ups
- 8 Unbroken Toes-to-bar
- 8 Unbroken Handstand Push-Ups
- 30 Unbroken Double Unders
- 2 Rope Climbs in 60sec
- Bar Muscle Up or Ring Muscle Up

Plus 8 of 10 of the following:

- Pistols on both sides
- 3 Strict Handstand Push Ups in :30 Seconds
- "Fran" Sub 5 minutes
- "Grace" Sub 3:15w / 3:00m minutes
- "Helen" Sub 10:15w / 9:45m minutes
- 2K Row 8w / 7:30m minutes
- 400m Run Sub 1:45w / 1:35m
- Deadlift #250w/385m
- Squat Snatch #105w/155m
- Clean & Jerk #135w/225m

Continuing participation in Rx+ programming requires CrossFit class participation at least 2x per week and logging scores for RX+ workouts at least 2x per week on average for 2 months.

MASTERS RX+ PERFORMANCE CRITERIA

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