FEBRUARY CHALLENGE

CRITERIOS INCLUSIÓN #FC24

PAREJAS

PAREJAS RX

- **Integrante masculino**: debe poder realizar Ring y Bar Muscle ups, legless Rope climb, Rope climb, strict Handstand push up, Handstand push up, Chest to bar, Toes to bar, Pull up, Double unders y Pistols.
Peso Máximo exigido: 75kg Snatch y 95kg Clean and Jerk.

- **Integrante femenino**: debe poder realizar Ring y Bar Muscle ups, legless Rope climb, Rope climb, strict Handstand push up, Handstand push up, Chest to bar, Toes to bar, Pull up, Double unders y Pistols.
Peso Máximo exigido: 47,5kg Snatch y 65kg Clean and Jerk

PAREJAS INTERMEDIO

- **Integrante masculino**: debe poder realizar Rope climb, Handstand push up, Chest to bar, Toes to bar, Pull up, Double unders y Pistols.
Peso Máximo exigido: 55kg Snatch y 80kg Clean and Jerk

- **Integrante femenino**: debe poder realizar Rope climb, Handstand push up, Chest to bar, Toes to bar, Pull up, Double unders y Pistols.
Peso Máximo exigido: 40kg Snatch y 55kg cean and Jerk

PAREJAS ESCALADO

- **Integrante masculino**: Rope climb, Toes to bar, Pull up y Double unders.
Peso Máximo exigido: 45kg Snatch y 65kg Clean and Jerk

- **Integrante femenino**: Rope climb, Toes to bar, Pull up y Double unders.
Peso Máximo exigido: 30kg Snatch y 45kg Clean and Jerk

EQUIPOS

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- **Integrante masculino**: debe poder realizar Ring y Bar Muscle ups, legless Rope climb, Rope climb, strict Handstand push up, Handstand push up, Chest to bar, Toes to bar, Pull up, Double unders y Pistols.
Peso Máximo exigido: 65kg Snatch y 95kg Clean and Jerk.

- **Integrante femenino**: debe poder realizar Ring y Bar Muscle ups, legless Rope climb, Rope climb, strict Handstand push up, Handstand push up, Chest to bar, Toes to bar, Pull up, Double unders y Pistols.
Peso Máximo exigido: 47,5kg Snatch y 65kg Clean and Jerk

EQUIPOS INTERMEDIO

- **Integrante masculino**: debe poder realizar Rope climb, Handstand push up, Chest to bar, Toes to bar, Pull up, Double unders y Pistols.
Peso Máximo exigido: 55kg Snatch y 80kg Clean and Jerk.

- **Integrante femenino**: debe poder realizar Rope climb, Handstand push up, Chest to bar, Toes to bar, Pull up, Double unders y Pistols.
Peso Máximo exigido: 40kg Snatch y 55kg cean and Jerk.

EQUIPOS ESCALADO

- **Integrante masculino**: Rope climb, Toes to bar, Pull up y Double unders.
Peso Máximo exigido: 45kg Snatch y 65kg Clean and Jerk

- **Integrante femenino**: Rope climb, Toes to bar, Pull up y Double unders.
Peso Máximo exigido: 30kg Snatch y 45kg Clean and Jerk