

2022 Capital City Games Movement Standards

MOVEMENT	Rx	Scaled
Deadlift	180/120	135/95
Clean	Minimum 145/115	Minimum 115/75
Snatches	Minimum 115/75	Minimum 75/55
DB Movements	50/35	35/20
WB Shots	20/14	14/10
Dball/Sandbag	100/70	70/50
Box Jumps	24/20	24/20 step-ups optional
Pull-ups	Yes	No
T2B	Yes	No
Run/Bike/Row	Yes	Yes
Odd Object (tires, sleds, etc.)	Yes	Yes
DU's	Yes	Single Unders
HSPU's	Yes	No
Bar MU	Yes	No

This is a list of movements that could potentially be programmed in each division. **All Weights listed are max loading UNLESS specified as "minimum"**. When choosing a division, athletes should be able to do multiple reps at both the minimum and max weights listed.