

Does your box have what it takes?



August 8, 2015 Registration at 7 a.m., begins at 8 a.m.

1500 S. Milliken Ave., Suite C, Ontario, CA

\$120 per team Register at: Eventbrite.com

This is a 2 person team event, with teams of 2 males or 2 females. There will be two divisions:

RX and intermediate.

The competition will consist of 3 WODs with prizes to the top three teams in each division.

MOVEMENTS

RX	Intermediate
Pistols	Air squats
Dumbbell snatches	Dumbbell Ground 2 Overhead 35/20
Box Jumps	Single Unders
Squat clean & Jerk	Thrusters
Double Unders	Wall Ball (20/14)
Chest 2 Bar	Pull Ups
Thrusters	Handstand hold
HSPU	Knees to elbows
Toes 2 bar	

Each competitor will receive a free T-shirt if registered by July 18, 2015. Spectator fee is \$5 at the door.