

<b>Ejercicio</b>	<b>Individual Femenino Open</b>	<b>Individual Masculino Open</b>	<b>Individual Femenino PRO</b>	<b>Individual Masculino PRO</b>	<b>Pareja Femenino Open</b>	<b>Pareja Masculino Open/ Mixta</b>	<b>Pareja Femenino PRO</b>	<b>Pareja Masculino PRO</b>
SkiErg	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
Remo	1000m	1000m	1000m	1000m	1000m	1000m	1000m	1000m
Assault	20 cal	30 cal	30 cal	40 cal	40 cal	60 cal	60 cal	80 cal
Salto al cajón	30 reps	40 reps	40 reps	40 reps	40 reps	60 reps	60 reps	80 reps
Burpee Broad Jump	80m	80m	80m	80m	80m	80m	80m	80m
Farmer Carry (200m)	16 kg KB	24 kg KB	24 kg KB	24 kg KB	24 kg KB	24 kg KB	24 kg KB	32 kg KB
Walking Lunge (100m)	10 kg saco	20 kg saco	20 kg saco	20 kg saco	20 kg saco	20 kg saco	20 kg saco	30 kg saco
Slam Ball	20 kg	30 kg	30 kg	30 kg	30 kg	30 kg	30 kg	30 kg
Wall Ball	100 reps - 3 kg	100 reps - 6 kg	100 reps - 6 kg	100 reps -9 kg	100 reps -3 kg	100 reps -6 kg	100 reps -6 kg	100 reps -9 kg