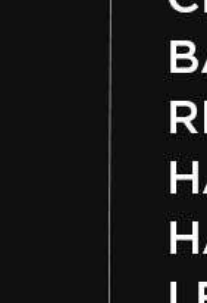




CATEGORIAS E PRÉ-REQUISITOS

SOUTH FORCE GAMES 2025



DUPLA RX MAS- CULINO

- THRUSTER - 60KG
- SNATCH - 60KG
- CLEAN AND JERK - 80KG
- DEADLIFT - 120KG
- TOES TO BAR
- CHEST TO BAR
- BAR MUSCLE UP
- RING MUSCLE UP
- HANDSTAND PUSH UP
- HANDSTAND WALK (1)
- LEG LESS
- WALL BALL - 20LBS
- DUMBBELL - 22KG
- KETTLEBELL - 24KG
- DOUBLE UNDER
- BOX - 70CM
- PISTOL
- RUN
- ERGÔMETRO
- SAND BAG

SOUTH FORCE GAMES 2025



DUPLA RX FEMI- NINO

- THRUSTER - 45KG
- SNATCH - 45KG
- CLEAN AND JERK - 60KG
- DEADLIFT - 90KG
- TOES TO BAR
- CHEST TO BAR
- BAR MUSCLE UP (1)
- HANDSTAND PUSH UP
- HANDSTAND WALK (1)
- ROPE CLIMB
- WALL BALL - 14LBS
- DUMBBELL - 16KG
- KETTLEBELL - 20KG
- DOUBLE UNDER
- BOX - 60CM
- PISTOL
- RUN
- ERGÔMETRO
- SAND BAG

SOUTH FORCE GAMES 2025



DUPLA MISTA AMA- DORA

- MF**
- THRUSTER - 50KG/35KG
- SNATCH - 50KG/35KG
- CLEAN AND JERK - 70KG/50KG
- DEADLIFT - 100KG/70KG
- TOES TO BAR
- CHEST TO BAR
- BAR MUSCLE UP (1)
- HANDSTAND PUSH UP (1)
- ROPE CLIMB
- WALL BALL - 20LBS/14LBS
- DUMBBELL - 22KG/16KG
- KETTLEBELL - 24KG/20KG
- DOUBLE UNDER
- BOX - 60CM/50CM
- PISTOL (1)
- RUN
- ERGÔMETRO
- SAND BAG

SOUTH FORCE GAMES 2025



TRIO INTERME- DIÁRIO MASCULINO

- THRUSTER - 50KG
- SNATCH - 50KG
- CLEAN AND JERK - 60KG
- DEADLIFT - 80KG
- TOES TO BAR
- CHEST TO BAR
- BAR MUSCLE UP (1)
- 2 ATLETAS
- HANDSTAND PUSH UP (2)
- ROPE CLIMB (2)
- WALL BALL - 20LBS
- DUMBBELL - 22KG
- KETTLEBELL - 24KG
- DOUBLE UNDER
- BOX - 60CM
- RUN
- ERGÔMETRO
- SAND BAG

SOUTH FORCE GAMES 2025



TRIO INTERME- DIÁRIO FEMININO

- THRUSTER - 30KG
- SNATCH - 30KG
- CLEAN AND JERK - 35KG
- DEADLIFT - 60KG
- TOES TO BAR
- PULL UP
- CHEST TO BAR (1)
- HANDSTAND PUSH UP
- ROPE CLIMB
- WALL BALL - 14LBS
- DUMBBELL - 14KG
- KETTLEBELL - 16KG
- DOUBLE UNDER
- BOX - 50CM
- RUN
- ERGÔMETRO
- SAND BAG

SOUTH FORCE GAMES 2025



TRIO SCALE MASCU- LINO

- THRUSTER - 30KG
- SNATCH - 30KG
- CLEAN AND JERK - 40KG
- DEADLIFT - 60KG
- HALF TOES TO BAR
- PULL UP (2)
- HANDSTAND PUSH UP (1)
- ROPE CLIMB (1)
- SIT UP
- WALL BALL - 14LBS
- DUMBBELL - 14KG
- KETTLEBELL - 16KG
- SINGLE UNDER
- BOX - 60CM
- RUN
- ERGÔMETRO
- SAND BAG

SOUTH FORCE GAMES 2025



TRIO SCALE FEMININO

- THRUSTER - 20KG
- SNATCH - 20KG
- CLEAN AND JERK - 25KG
- DEADLIFT - 40KG
- HALF TOES TO BAR
- RING ROW
- PUSH UP RELEASE
- ROPE CLIMB (1)
- SIT UP
- WALL BALL - 8LBS
- DUMBBELL - 10KG
- KETTLEBELL - 10KG
- SINGLE UNDER
- BOX - 50CM
- RUN
- ERGÔMETRO
- SAND BAG

SOUTH FORCE GAMES 2025



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