



*Delaware's*

# *Dynamic Duo*

*Throw-Down*

**Saturday, February 10th**

**2 Person Teams- Male/**

**Female Pairs**

**\$150.00/Team**

***Cash Prizes***

***Come throw down at the new and improved home of CrossFit Bear!***

***Grab your teammate and get ready for a fun day of competition!***



**RX Standards :** Pull-Ups, Single Unders, Box Jump 20"/24", Deadlift 95/135, Snatch 65/95, Clean and Jerk 65/95

**Performance Standards:** Muscle-Ups, Double Unders, Box Jump 24"/30", Deadlift 155/205, Snatch 95/135, Clean and Jerk 95/135, HSPU Open Standards

Register using the link below:

<https://crossfit-bear.triib.com/events/>

Have Questions?

Email: [crossfitbear@gmail.com](mailto:crossfitbear@gmail.com)