

<b>Disciplines:</b>	<b>LW women (LWW-140)</b>	<b>MW women (MWW-180)</b>	<b>HW women (HWW+180)</b>	<b>LW men (MLW-176)</b>	<b>WW men (MWW-198)</b>	<b>MW men (MMW-231)</b>	<b>HW men (MHW+231)</b>
	2x	2x	2x	2x	2x	2x	2x
<b>(1) Frame Carry (60 feet)</b>	<b>300lb</b>	<b>360lb</b>	<b>360lb</b>	<b>440lb</b>	<b>520lb</b>	<b>620lb</b>	<b>740lb</b>
<b>(2) Log Press (clean once and press for reps)</b>	133lb	156lb	178lb	200lb	246lb	268lb	290lb
<b>(3) MAS Combat</b>	man-o-man	man-o-man	man-o-man	man-o-man	man-o-man	man-o-man	man-o-man
<b>(4) Super Yoke Carry</b>	<b>400lb</b>	<b>460lb</b>	<b>500lb</b>	<b>580lb</b>	<b>620lb</b>	<b>680lb</b>	<b>800lb</b>
<b>(5) Stone of Steel over bar</b>	<b>125lb</b>	<b>150lb</b>	<b>175lb</b>	<b>225lb</b>	<b>265lb</b>	<b>310lb</b>	<b>365lb</b>