

(1)OVERHEAD MEDLEY	LW women (LWW-140)/ MASTERS/NOVICE AND TEEN	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)MASTERS/ NOVICE AND TEEN	WW men (MWW-200)	MW men (MMW-231)	HW men (MHW+231)
(1A)Circus Dumbell Press	50lb	60lb	70lb	75lb (Rogue)	88lb	110lb	124lb
(1B)AXLE CLEAN AND PRESS	45KG/100LB	55KG/121LB	65KG/143LB	80KG/175LB	90KG/198LB	100KG/220LB	115KG/253LB
(1C)LOG CLEAN AND PRESS AWAY	100LB	120LB	150LB	180LB	200LB	220LB	250LB
(2)MEDLEY: FARMERS TO DUCK WALK TO POWERSTAIRS	LW women (LWW-140)/ MASTERS/NOVICE AND TEEN	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)MASTERS/ NOVICE AND TEEN	WW men (MWW-200)	MW men (MMW-231)	HW men (MHW+231)
FARMERS WALK (30')	135LB	155LB	175LB	205LB	225LB	245LB	265LB
DUCK WALK (20') NOTE: APPROX . WEIGHTS	190LB	210 LB	230 LB	255 LB	275LB	325 LB	375 LB
POWERSTAIRS	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)
(3)YOKE: LOADING MEDLEY	LW women (LWW-140)/ MASTERS/NOVICE AND TEEN	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)MASTER S/NOVICE AND TEEN	WW men (MWW-200)	MW men (MMW-231)	HW men (MHW+231)
SUPER YOKE: 30'	400LB	420 LB	440LB	500	560	600	700
Carry and Load (3 objects) approx .weights	100/100/100	120/120/120	150/150/150	180/180/180	200/200/200	220/220/220	250/250/250
(4)COMBAT MAS	LW women (LWW-140)/ MASTERS/NOVICE AND TEEN	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)MASTERS/ NOVICE AND TEEN	WW men (MWW-200)	MW men (MMW-231)	HW men (MHW+231)