

| | D1 MALE | D1 FEMALE | D2 MALE | D2 FEMALE |
|-------------------|----------------|----------------|----------------|----------------|
| Snatch | 155 lbs | 95 lbs | 115 lbs | 55 lbs |
| Clean and Jerk | 195 lbs | 135 lbs | 155 lbs | 95 lbs |
| Deadlift | 275 lbs | 185 lbs | 225 lbs | 135 lbs |
| Thruster | 115 lbs | 75 lbs | 95 lbs | 65 lbs |
| Shoulder to OH | x | x | x | x |
| Chest to bar | x | x | | |
| Pull ups | x | x | x | x |
| Toes to bar | x | x | x | x |
| Sit ups | x | x | x | x |
| Box jumps | 30" | 24" | 24" | 20" |
| Step ups | x | x | x | x |
| KB swings | 70 lb | 53 lb | 53 lb | 35 lb |
| KB sumo high pull | 70 lb | 53 lb | 53 lb | 35 lb |
| OH lunges | x | x | | |
| Front rack lunges | x | x | x | x |
| HSPU | x | x | | |
| Rowing | x | x | x | x |
| Assault Bike | x | x | x | x |
| Burpees | x | x | x | x |
| Wall balls | x | x | x | x |
| Odd object carry | x | x | x | x |