

	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	x	x
Muscle ups	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