

(5)Power pole deadlift ladder	TEEN & MASTER LW; Open LW women (LWW- 140)	TEEN & MASTER HW; Open MW women (MWW- 180)	Open HW women (HWW+180)	TEEN, MASTERS & NOVICE LW; Open LW men (LWM-175)	TEEN, MASTERS & NOVICE HW; Open Men(MWW- 200)	Open MW men (MWM-231)	OPEN HW men (HWM+232)
Power pole	empty	plus25 lb	plus 35lb	plus 50 plb	plus 60lb	plus 75 lb	plus 85 lb
Rep away	350	460	500	565	606	670	715
2reps	212	275	300	340	365	400	425
3 reps	155	200	220	245	260	290	305
4reps	120	155	170	190	200	225	240
5 reps	100	130	145	160	175	190	205