

805 STRONGEST WEIGHT CHART	<i>OPEN WOMEN U57</i>	<i>MASTER light weight; OPEN WOMEN U64</i>	<i>MASTERS HEAVY WEIGHTOPEN WOMEN U73&U82</i>	<i>OPEN HEAVYWEIGHT WOMEN</i>	<i>MASTERS & NOVICE LIGHTWEIGHT; OPEN MEN U80</i>	<i>MASTERS AND NOVICE HEAVYWEIGHT; OPEN MEN U90</i>	OPENU105	<i>OPEN HEAVYWEIGHT MEN U120 AND UNLIMITED</i>
(1)Farmers Walk(90 feet)	100lb	120lb	150lb	170lb	200lb	220lb	240lb	280lb
(2) AXLE Clean and Press for reps(clean e	35kg/77lb	45kg/100lb	60kg/131lb	70kg/154lb	75kg/165lb	90kg/198lb	105kg/231lb	120kg/264l
(3) Medley: deck walk to powerstairs	<i>OPEN WOMEN U57</i>	<i>MASTER light weight; OPEN WOMEN U64</i>	<i>MASTERS HEAVY WEIGHTOPEN WOMEN U73&U82</i>	<i>OPEN HEAVYWEIGHT WOMEN</i>	<i>MASTERS & NOVICE LIGHTWEIGHT; OPEN MEN U80</i>	<i>MASTERS AND NOVICE HEAVYWEIGHT; OPEN MEN U9</i>	OPENU105	<i>OPEN HEAVYWEIGHT MEN U120 AND UNLIMITED</i>
DUCK WALK (20') NOTE: APPROX. WEIGHTS	190lb	210 LB	230 LB	255 LB	275lb	325 LB	350lb	400lb
POWERSTAIRS	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)	(3 STAIRS)
(4)Wrecking ball Arm over Arm Hoist for reps	101lb	111lb	121lb	126lb	146lb	156lb	166lb	176lb