

Movement	Novice	Open
<i>barbell movements</i>		
Deadlift	60kg (M) 40kg (F)	80kg (M) 50kg (F)
Front Squat	40kg (M) 25kg (F)	50kg (M) 35kg (F)
Clean (power and squat)	40kg (M) 25kg (F)	50kg (M) 35kg (F)
Thruster	40kg (M) 25kg (F)	50kg (M) 35kg (F)
Snatch (power and squat)	40kg (M) 20kg (F)	50kg (M) 30kg (F)
<i>dumbbell movements</i>		
Snatch	15kg (M) 10kg (F)	22.5kg (M) 15kg (F)
Goblet Squat	15kg (M) 10kg (F)	22.5kg (M) 15kg (F)
Lunge	15kg (M) 10kg (F)	22.5kg (M) 15kg (F)
Thruster	15kg (M) 10kg (F)	22.5kg (M) 15kg (F)
Shoulder To Overhead	15kg (M) 10kg (F)	22.5kg (M) 15kg (F)
<i>other movements to consider</i>		
Run	Yes	Yes
Bike	Yes	Yes
Row/Ski	Yes	Yes
Burpees	Yes	Yes
Box Step Up	Yes (20")	Yes (24" M, 20" F)
Box Jump	No	Yes (24" M, 20" F)
Kettlebell Swings	16kg (M) 12kg (F)	20kg (M) 16kg (F)
Sandbag Hold	Yes (45kg M, 34kg F)	Yes (45kg M, 34kg F)
Sandbag Clean	Yes (45kg M, 34kg F)	Yes (45kg M, 34kg F)
Skipping*	Single Unders	Double Unders
Sled Push/Drag	Yes	Yes
Deadhang on bar	Yes	Yes
Hanging Knee Raises	Yes	Yes
Pull Ups	No	Yes
*athletes must provide their own skipping rope		