

CATEGORIAS Y ESTANDARES

RX	INTERMEDIO	ESCALADO
CLEAN & JERK 80/55 kg	CLEAN & JERK 60/40 kg	CLEAN & JERK 45/30 kg
SNATCH 60/40 kg	SNATCH 50/30 kg	SNATCH 35/25 kg
T2B / PULL UPS / C2B/BMU*	T2B / PULL UPS / C2B	K2E / PULL UPS
STRICT HSPU*	HSPU	PUSH UPS
HS WALK* (min 5m unbroken)	HS WALK*	WALL WALK
DEADLIFT 120/80 kg	DEADLIFT 80/55 kg	DEADLIFT 60/40 kg
KT 24/16 kg	KT 16/12 kg	KT 12/8 kg
DB 20/15 kg	DB 15/12,5 kg	DB 12,5/10 kg
DOUBLE UNDERS / CROSSOVER	DOUBLE UNDERS	SINGLE UNDERS
*al menos 1 atleta	*al menos 1 atleta	
✓ los pesos indicados deben poder manejarse a varias repeticiones.		