



STRONGMAN BATTLES



LAST UPDATE: 21-05-2024

BATTLE 1					
NATURAL STONE TO SHOULDER					
	WOMEN	KG.		MEN	KG.
LEVEL 1	OPEN	*		OPEN	*
LEVEL 2	U64	*		U80	*
	U73	*		U90	*
	U82	*		U105	*
	OPEN	*		OPEN	*
LEVEL 3	U64	*		U80	*
	U73	*		U90	*
	U82	*		U105	*
	OPEN	*		OPEN	*
MASTERS	OPEN	*		OPEN	*
LEVEL 4 SEMI PRO	U64	*		U80	*
	U73	*		U90	*
	U82	*		U105	*
	OPEN	*		OPEN	*
<p>👉 2 MINUTE TIME CAP. HEAVIEST STONE SHOULDERED WITHIN THE TIME WINS. LIFTS WILL NOT BE TIMED. DOING MULTIPLE REPS ON THE SAME STONE WILL NOT RESULT IN MORE POINTS.</p>					
<p>✅ CHALK, BELTS, SLEEVES, GRIP SHIRT.</p>					
<p>❌ NOT MENTIONED, NOT ALLOWED.</p>					
<p>THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.</p>					



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BATTLE 2							
AXLE OVERHEAD FOR REPS							
	WOMEN	LIGHT	HEAVY		MEN	LIGHT	HEAVY
LEVEL 1	OPEN	30	40		OPEN	40	50
LEVEL 2	U64	37,5	45		U80	60	70
	U73	42,5	50		U90	65	75
	U82	45	52,5		U105	75	85
	OPEN	47,5	55		OPEN	80	90
LEVEL 3	U64	47,5	55		U80	75	85
	U73	50	57,5		U90	80	90
	U82	52,5	60		U105	90	100
	OPEN	52,5	60		OPEN	95	110
MASTERS	OPEN	52,5	60		OPEN	90	100
LEVEL 4 SEMI PRO	U64	55	65		U80	90	100
	U73	60	70		U90	95	110
	U82	65	75		U105	105	120
	OPEN	70	80		OPEN	115	130
<p>👉 75 SECOND TIME LIMIT. MOST REPETITIONS WINS. SWITCHING BETWEEN THE IMPLEMENTS IS ALLOWED, A SINGLE REP ON THE HEAVIER WEIGHT ALWAYS BEATS ANY AMOUNT OF REPS ON THE LIGHTER WEIGHT. ALL SUCCESSFUL REPETITIONS WIL COUNT TOWARDS THE TOTAL SCORE.</p>							
<p>✅ CHALK, BELTS, SLEEVES, WRAPS, GRIP SHIRT.</p>							
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BATTLE 3

YOKE INTO FARMERS

	WOMEN	YOKE	FARMERS		MEN	YOKE	FARMERS
LEVEL 1	OPEN	100	40		OPEN	150	60
LEVEL 2	U64	140	60		U80	200	90
	U73	140	65		U90	220	95
	U82	160	70		U105	240	100
	OPEN	180	75		OPEN	260	105
LEVEL 3	U64	160	70		U80	240	105
	U73	160	75		U90	260	115
	U82	180	80		U105	280	120
	OPEN	180	85		OPEN	300	125
MASTERS	OPEN	180	80		OPEN	280	120
LEVEL 4 SEMI PRO	U64	180	80		U80	300	115
	U73	200	85		U90	320	125
	U82	220	90		U105	350	135
	OPEN	240	95		OPEN	380	145

👉 FASTEST TIME WINS. FRONT OF THE IMPLEMENT HAS TO CROSS THE LINE. IF NOT COMPLETED THE DISTANCE WILL BE MEASURED.

✅ SLEEVES, BELTS, GRIP SHIRT, SLEEVES, WRAPS.

❌ NOT MENTIONED, NOT ALLOWED.

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BATTLE 4					
CERBERUS HUSAFELL SANDBAG					
	WOMEN	WEIGHT		MEN	WEIGHT
LEVEL 1	OPEN	60		OPEN	80
LEVEL 2	U64	60		U80	100
	U73	60		U90	100
	U82	80		U105	100
	OPEN	80		OPEN	120
LEVEL 3	U64	80		U80	120
	U73	80		U90	120
	U82	100		U105	120
	OPEN	100		OPEN	140
MASTERS	OPEN	100		OPEN	120
LEVEL 4 SEMI PRO	U64	100		U80	140
	U73	100		U90	140
	U82	120		U105	140
	OPEN	120		OPEN	140
👉 MAX DISTANCE CARRY. THE FOOT HAS TO BREAK THE LINE BEFORE TURNING.					
✅ CHALK, BELTS, SLEEVES, GRIP SHIRT.					
❌ NOT MENTIONED, NOT ALLOWED.					
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BATTLE 5									
POWER STAIRS									
	WOMEN	IMPL. 1	IMPL. 2	IMPL. 3		MEN	IMPL. 1	IMPL. 2	IMPL. 3
LEVEL 1	OPEN	55	60	65		OPEN	85	95	100
LEVEL 2	U64	70	80	85		U80	110	120	130
	U73	80	90	95		U90	115	125	135
	U82	85	95	100		U105	120	130	145
	OPEN	90	100	110		OPEN	130	145	160
LEVEL 3	U64	80	90	100		U80	130	145	155
	U73	85	95	105		U90	140	150	160
	U82	90	100	110		U105	150	160	170
	OPEN	100	110	120		OPEN	160	175	190
MASTERS	OPEN	90	100	110		OPEN	150	160	170
LEVEL 4 <small>SEMI PRO</small>	U64	85	95	105		U80	150	160	170
	U73	90	100	110		U90	160	170	185
	U82	100	110	120		U105	170	185	200
	OPEN	110	120	130		OPEN	185	200	220
<p>👉 TIME CAP 75 SEC. EVERY IMPLEMENT HAS TO BE FULLY ON THE HIGHEST STEP BEFORE SWITCHING TO THE NEXT IMPLEMENT.</p> <p>✅ CHALK, BELTS, SLEEVES.</p> <p>❌ NOT MENTIONED, NOT ALLOWED.</p> <p>THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.</p>									