



STRONGMAN BATTLES



BATTLE 1					
CERBERUS - DEADLIFT FOR REPS					
	WOMEN	KG.		MEN	KG.
LEVEL 1	OPEN	70		OPEN	110
LEVEL 2	U64	95		U80	145
	U73	105		U90	160
	U82	110		U105	175
	OPEN	120		OPEN	190
LEVEL 3	U64	120		U80	185
	MASTERS 40+ LW U64	120		MASTERS 50+	185
	MASTERS 50+	120		-	-
	U73	130		U90	205
	MASTERS 40+ LW U90	130		MASTERS 40+ LW U90	205
	U82	140		U105	220
	-	-		MASTERS 40+	220
	OPEN	155		OPEN	240
LEVEL 4	U64	140		U80	215
	U73	155		U90	240
	U82	165		U105	260
	OPEN	180		U120	280
	-	-		120+	280
60 SEC TIME CAP. CONVENTIONAL DEADLIFT. TOUCH-AND-GO IS NOT ALLOWED. THE BAR MUST COME TO A COMPLETE STOP BEFORE STARTING THE NEXT REP. MAKE EYE CONTACT WITH THE JUDGE BEFORE RECEIVING THE DOWN COMMAND. NO DEADLIFT SUIT. GOOD REP; HIPS AND KNEES ARE FULLY EXTENDED, WITH THE SHOULDERS AND TORSO IN A NEUTRAL POSITION.					
ALLOWED: CHALK, SLEEVES, BELTS, WRAPS, STRAPS.					
NOT MENTIONED, NOT ALLOWED.					
THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.					
LAST UPDATE: 05-10-2025 (UPDATES IN RED)					



STRONGMAN BATTLES



BATTLE 2					
EPIC SHETLTERS - TRUCK PULL					
	WOMEN	KG.		MEN	KG.
LEVEL 1	OPEN	-		OPEN	-
TRUCK ONLY				TRUCK ONLY	
LEVEL 2	U64	-		U80	-
	U73	-		U90	-
	U82	-		U105	-
	OPEN	-		OPEN	-
TRUCK + TRAILER				TRUCK + TRAILER	
LEVEL 3	U64	-		U80	-
	MASTERS 40+ LW U64	-		MASTERS 50+	-
	MASTERS 50+	-		-	-
	U73	-		U90	-
	MASTERS 40+	-		MASTERS 40+ LW U90	-
	U82	-		U105	-
	-	-		MASTERS 40+	-
	OPEN	-		OPEN	-
TRUCK + TRAILER + 1X 450KG CONCRETE BLOCK				TRUCK + TRAILER + 2X 450KG CONCRETE BLOCK	
LEVEL 4	U64	140		U80	-
	U73	155		U90	-
	U82	165		U105	-
	OPEN	180	U120	-	
	-	-	120+	-	
TRUCK + TRAILER + 2X 450KG CONCRETE BLOCK			TRUCK + TRAILER + 4X 450KG CONCRETE BLOCK		
60 SEC TIME CAP, 20M TRACK. WITH CERBERUS TRUCK PULL HARNESS AND ARM-OVER-ARM ROPE PULL.					
ALLOWED: CHALK, SLEEVES, BELTS, CLIMBING (GRIP) SHOES.					
NOT MENTIONED, NOT ALLOWED.					
THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.					
LAST UPDATE: 15-10-2025 (UPDATES IN RED)					



STRONGMAN BATTLES



BATTLE 3					
LOG PRESS FOR REPS					
	WOMEN	KG.		MEN	KG.
LEVEL 1	OPEN	40		OPEN	50
LEVEL 2	U64	40		U80	65
	U73	45		U90	75
	U82	50		U105	80
	OPEN	55		OPEN	85
LEVEL 3	U64	55		U80	85
	MASTERS 40+ LW U64	55		MASTERS 50+	85
	MASTERS 50+	55		-	-
	U73	60		U90	90
	MASTERS 40+	60		MASTERS 40+ LW U90	90
	U82	65		U105	100
	-	-		MASTERS 40+	100
	OPEN	70		OPEN	110
LEVEL 4	U64	65		U80	100
	U73	70		U90	110
	U82	75		U105	120
	OPEN	85		U120	130
	-	-		120+	130
75 SEC TIME CAP. THE LOG MUST BE FULLY CONTROLLED OVERHEAD, AND YOU MUST MAKE EYE CONTACT WITH THE JUDGE BEFORE RECEIVING THE DOWN COMMAND.					
ALLOWED: CHALK, SLEEVES, BELTS, STRAPS.					
NOT MENTIONED, NOT ALLOWED.					
THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.					
LAST UPDATE: 01-01-2026 (UPDATES IN RED)					



STRONGMAN BATTLES



BATTLE 4					
CERBERUS - SANDSTONE BAG TO SHOULDER					
	WOMEN	KG.		MEN	KG.
LEVEL 1	OPEN	40		OPEN	60
LEVEL 2	U64	60		U80	80
	U73	60		U90	80
	U82	60		U105	80
	OPEN	60		OPEN	100
LEVEL 3	U64	60		U80	100
	MASTERS 40+ LW U64	60		MASTERS 50+	100
	MASTERS 50+	60		-	-
	U73	60		U90	100
	MASTERS 40+	60		MASTERS 40+ LW U90	100
	U82	80		U105	120
	-	-		MASTERS 40+	120
	OPEN	80		OPEN	120
LEVEL 4	U64	80		U80	120
	U73	80		U90	120
	U82	100		U105	140
	OPEN	100	U120	140	
	-	-	120+	140	
75 SEC TIME CAP. THE SANDSTONE BAG MUST BE FULLY CONTROLLED ON THE SHOULDER, WITH THE OPPOSITE ARM FULLY EXTENDED. MAKE EYE CONTACT WITH THE JUDGE BEFORE RECEIVING THE DOWN COMMAND.					
ALLOWED: CHALK, SLEEVES, BELTS.					
NOT MENTIONED, NOT ALLOWED.					
LAST UPDATE: 16-10-2025 (UPDATES IN RED)					



BATTLE 5

FREYJA HEKWERK - CERBERUS - LOADING RACE

	WOMEN	KG.	KG.	KG.	KG.	MEN	KG.	KG.	KG.	KG.
		LOADABLE KEG	CILINDER SANDBAG	HUSAFELL SANDBAG	SANDSTONE SANDBAG		LOADABLE KEG	CILINDER SANDBAG	HUSAFELL SANDBAG	SANDSTONE SANDBAG
LEVEL 1	OPEN	30	40	60	40	OPEN	65	70	80	60
LEVEL 2	U64	30	40	60	60	U80	75	90	80	60
	U73	40	50	60	60	U90	85	100	100	80
	U82	40	60	60	60	U105	95	110	100	80
	OPEN	50	70	80	80	OPEN	105	120	120	100
LEVEL 3	U64	50	60	80	60	U80	95	110	100	80
	MASTERS 40+ LW U64	50	60	80	60	MASTERS 50+	95	110	120	80
	MASTERS 50+	50	60	80	60	-	-	-	-	-
	U73	50	70	80	60	U90	105	120	120	80
	MASTERS 40+	50	70	80	60	MASTERS 40+ LW U90	105	120	120	80
	U82	65	80	80	80	U105	115	130	120	100
	-	-	-	-	-	MASTERS 40+	115	130	120	100
	OPEN	75	90	100	80	OPEN	125	140	140	120
LEVEL 4	U64	65	80	100	80	U80	115	130	140	100
	U73	75	90	100	80	U90	125	140	140	120
	U82	85	100	120	100	U105	135	150	160	120
	OPEN	95	110	120	100	U120	145	150	160	140
	-	-	-	-	-	120+	145	160	180	140

90 SEC TIME CAP. CHOOSE YOUR OWN LOADING SEQUENCE. PICKUP AND RUN. LOADING PLATFORM HEIGHT IS ~120CM. KEG MUST STAND UPRIGHT ON THE LOADING PLATFORM. NO GRIP GLOVES ALLOWED!

ALLOWED: CHALK, BELTS, SLEEVES.

NOT MENTIONED, NOT ALLOWED.

LAST UPDATE: 16-11-2025 (UPDATES IN RED)