



(FRAME) DEADLIFT FOR REPS

WOMEN	KG.	KG.		MEN	KG.	KG.
U57	120	140		U72	180	200
U64	130	150		U80	200	220
JUNIOR	130	150		U90	220	240
U73-MAS.	130	150		JUNIOR	220	240
U73	140	160		U90-MAS.	220	240
MASTERS	140	160		U105	240	260
U82	150	170		MASTERS	240	260
OPEN	160	180		OPEN	260	280

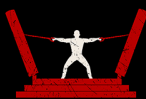
60 SEC TIME CAP. CHOOSE YOUR WEIGHT. HEAVIER BEATS LIGHTER. "CAR FRAME"
DEADLIFT FOR MAX REPS. FRAME MUST BE GRIPPED ON THE SIDE HANDLES. WAIT
FOR THE DOWN COMMAND.

ALLOWED: CHALK, SLEEVES, BELTS, WRAPS, STRAPS.

NOT MENTIONED, NOT ALLOWED.

THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.

LAST UPDATE: 01-01-2026 (UPDATES IN RED)



STRONGMAN BATTLES



BATTLE 3

CERBERUS - HUSAFELL WALK

WOMEN	Kg.		MEN	Kg.
U57	60		U72	100
U64	70		U80	120
JUNIOR	70		U90	120
U73-MAS.	70		JUNIOR	120
U73	80		U90-MAS.	120
MASTERS	80		U105	140
U82	100		MASTERS	140
OPEN	100		OPEN	140

15M TRACK. PICK UP THE HUSAFELL SANDBAG, HOLD TO CHEST AND WALK MAX DISTANCE IN CONTINUES STEPS UNTIL YOU DROP THE SANDBAG. ONE FOOT MUST CROSS THE LINE AND TAB THE FLOOR BEFORE MAKING YOUR TURN. TIME CAP 3 MIN.

ALLOWED: CHALK, SLEEVES, BELTS.

NOT MENTIONED, NOT ALLOWED.

THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.

LAST UPDATE: 24-11-2025 (UPDATES IN RED)



BATTLE 4

YOKE INTO FARMERS

	YOKE	FARMERS			YOKE	FARMERS
WOMEN	KG.	KG.		MEN	KG.	KG.
U57	160	2 x 60		U72	260	2 x 100
U64	180	2 x 65		U80	280	2 x 110
JUNIOR	180	2 x 65		U90	300	2 x 120
U73-MAS.	180	2 x 65		JUNIOR	300	2 x 120
U73	200	2 x 70		U90-MAS.	300	2 x 120
MASTERS	200	2 x 70		U105	340	2 x 130
U82	210	2 x 75		MASTERS	340	2 x 130
OPEN	220	2 x 80		OPEN	360	2 x 140

15M TRACK. THE FRONT PART OF THE YOKE MUST BREAK THE LINE BEFORE PUTTING IT DOWN.
THE FRONT PART OF THE BOTH FARMERS HANDLES MUST BREAK THE FINISH LINE.

ALLOWED: CHALK, SLEEVES, BELTS.

NOT MENTIONED, NOT ALLOWED.

LAST UPDATE: 24-11-2025 (UPDATES IN RED)



BATTLE 5

CERBERUS - LOADING RACE

	LOADABLE KEG	CILINDER SANDBAG	HUSAFELL SANDBAG	SANDSTONE SANDBAG			LOADABLE KEG	CILINDER SANDBAG	HUSAFELL SANDBAG	SANDSTONE SANDBAG
WOMEN	KG.	KG.	KG.	KG.		MEN	KG.	KG.	KG.	KG.
U57	50	50	60	60		U72	95	100	100	80
U64	50	60	80	60		U80	95	110	100	80
JUNIOR	50	60	80	60		U90	105	120	120	80
U73-MAS.	50	60	80	60		JUNIOR	105	120	120	80
U73	50	70	80	80		U90-MAS.	105	120	120	80
MASTERS	50	70	80	60		U105	115	130	120	100
U82	65	80	80	80		MASTERS	115	130	120	100
OPEN	75	90	100	80		OPEN	125	140	140	120

90 SEC TIME CAP. 15M TRACK. CHOOSE YOUR OWN LOADING SEQUENCE. PICKUP AND RUN. LOADING PLATFORM HEIGHT ~120CM. KEG MUST STAND UPRIGHT ON THE LOADING PLATFORM. NO GRIP GLOVES ALLOWED.

ALLOWED: CHALK, BELTS, SLEEVES.

NOT MENTIONED, NOT ALLOWED.

LAST UPDATE: 05-12-2025 (UPDATES IN RED)