



STRONGMAN BATTLES



BATTLE 1

(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 |

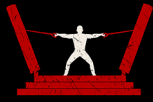
60 SEC TIME CAP. CHOOSE YOUR WEIGHT. HEAVIER BEATS LIGHTER. "CAR FRAME" DEADLIFT FOR MAX REPS. **FRAME MUST BE GRIPPED ON THE SIDE HANDLES.** WAIT FOR THE DOWN COMMAND.

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

NOT MENTIONED, NOT ALLOWED.

THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.

LAST UPDATE: **27-02-2026** (UPDATES IN **RED**)



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BATTLE 2

LOG PRESS FOR REPS

| WOMEN | KG. | KG. | | MEN | KG. | KG. |
|----------|-----|-----|--|----------|-----|-----|
| U57 | 50 | 60 | | U72 | 75 | 85 |
| U64 | 55 | 65 | | U80 | 85 | 95 |
| JUNIOR | 55 | 65 | | U90 | 95 | 105 |
| U73-MAS. | 55 | 65 | | JUNIOR | 95 | 105 |
| U73 | 60 | 70 | | U90-MAS. | 95 | 105 |
| MASTERS | 60 | 70 | | U105 | 105 | 115 |
| U82 | 65 | 75 | | MASTERS | 105 | 115 |
| OPEN | 70 | 80 | | OPEN | 115 | 125 |

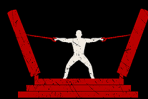
60 SEC TIME CAP. CHOOSE YOUR WEIGHT. HEAVIER BEATS LIGHTER. LOG SHOULD BE IN FULL CONTROL OVERHEAD BEFORE GETTING THE DOWN COMMAND.

ALLOWED: CHALK, SLEEVES, BELTS, WRAPS.

NOT MENTIONED, NOT ALLOWED.

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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 |

60 SEC TIME CAP. 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.

ALLOWED: CHALK, SLEEVES, BELTS.

NOT MENTIONED, NOT ALLOWED.

THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.

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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 |

60 SEC TIME CAP. 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.

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BATTLE 5

CERBERUS - LOADING RACE

| | CILINDER SANDBAG | HUSAFELL SANDBAG | SANDSTONE SANDBAG | | | CILINDER SANDBAG | HUSAFELL SANDBAG | SANDSTONE SANDBAG |
|-----------------|------------------|------------------|-------------------|--|-----------------|------------------|------------------|-------------------|
| WOMEN | KG. | KG. | KG. | | MEN | KG. | KG. | KG. |
| U57 | 50 | 60 | 60 | | U72 | 100 | 100 | 80 |
| U64 | 60 | 80 | 60 | | U80 | 110 | 100 | 80 |
| JUNIOR | 60 | 80 | 60 | | U90 | 120 | 120 | 80 |
| U73-MAS. | 60 | 80 | 60 | | JUNIOR | 120 | 120 | 80 |
| U73 | 70 | 80 | 80 | | U90-MAS. | 120 | 120 | 80 |
| MASTERS | 70 | 80 | 60 | | U105 | 130 | 120 | 100 |
| U82 | 80 | 80 | 80 | | MASTERS | 130 | 120 | 100 |
| OPEN | 90 | 100 | 80 | | OPEN | 140 | 140 | 120 |

60 SEC TIME CAP. 15M TRACK. LOADING PLATFORM HEIGHT ~120CM.

ALLOWED: CHALK, BELTS, SLEEVES.

NOT MENTIONED, NOT ALLOWED.

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