

**KRACHT  
BRIGADE**

**STRONGMAN BATTLES**

<b>BATTLE 1</b>					
<b>CERBERUS KRATOS BAR DEADLIFT FOR REPS</b>					
	WOMEN	KG.		MEN	KG.
LEVEL 1	OPEN	100		OPEN	150
LEVEL 2	U64	110		U80	170
	U73	125		U90	190
	U82	135		U105	210
	OPEN	150		OPEN	230
LEVEL 3	U64	135		U80	210
	U73	150		U90	230
	U82	160		U105	250
	OPEN	175		OPEN	270
LEVEL 4	U64	150		U80	230
	U73	170		U90	260
	U82	180		U105	280
	OPEN	200		U120	300
				120+	310
MASTERS	50+	135		50+	210
LW U73/U90	40+	150		40+	230
	40+	160		40+	250
<p>60 SEC TIME CAP. CONVENTIONAL DEADLIFT. FIRST REP FROM DEAD STOP, NO ROLLING START. 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.</p>					
<p>ALLOWED: CHALK, SLEEVES, BELTS, WRAPS, STRAPS.</p>					
<p>NOT MENTIONED, NOT ALLOWED.</p>					
<p>THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.</p>					
<p>LAST UPDATE: 04-03-2026 (UPDATES IN RED)</p>					

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**BATTLE 2**

**YOKE INTO POWER-STAIRS**

	WOMEN	YOKE	IMPL 1	IMPL 2		MEN	YOKE	IMPL 1	IMPL 2
LEVEL 1	OPEN	100	50	60		OPEN	140	80	90
LEVEL 2	U64	130	70	75		U80	180	110	120
	U73	140	80	85		U90	200	120	130
	U82	150	85	100		U105	220	130	150
	OPEN	160	90	105		OPEN	240	140	160
LEVEL 3	U64	150	85	100		U80	220	130	150
	U73	160	90	105		U90	240	140	160
	U82	180	100	110		U105	270	150	170
	OPEN	200	110	120		OPEN	300	170	190
LEVEL 4	U64	160	90	105		U80	240	140	160
	U73	180	100	110		U90	270	150	170
	U82	200	110	120		U105	300	170	190
	OPEN	220	120	130		U120	330	180	200
						120+	360	200	220
MASTERS	50+	150	85	100		50+	220	130	150
LW U73/U90	40+	160	90	105		40+	240	140	160
	40+	180	100	110		40+	270	150	170

30 METER YOKE (15 OUT + 15 BACK), FINISH BACK OVER THE START LINE. DROP UNDER CONTROL, THEN STRAIGHT INTO POWER-STAIRS. LOAD BOTH IMPLEMENTS TO THE TOP, HANDS OFF. FASTEST TIME WINS.

ALLOWED: CHALK, SLEEVES, BELTS, GRIP SHIRT

NOT MENTIONED, NOT ALLOWED.

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<b>BATTLE 3</b>					
<b>SANDSTONE BAG OVER BAR</b>					
	<b>WOMEN</b>	<b>KG.</b>		<b>MEN</b>	<b>KG.</b>
<b>LEVEL 1</b>	<b>OPEN</b>	<b>40</b>		<b>OPEN</b>	<b>60</b>
<b>LEVEL 2</b>	<b>U64</b>	<b>40</b>		<b>U80</b>	<b>80</b>
	<b>U73</b>	<b>40</b>		<b>U90</b>	<b>100</b>
	<b>U82</b>	<b>60</b>		<b>U105</b>	<b>100</b>
	<b>OPEN</b>	<b>60</b>		<b>OPEN</b>	<b>120</b>
<b>LEVEL 3</b>	<b>U64</b>	<b>60</b>		<b>U80</b>	<b>100</b>
	<b>U73</b>	<b>60</b>		<b>U90</b>	<b>120</b>
	<b>U82</b>	<b>80</b>		<b>U105</b>	<b>120</b>
	<b>OPEN</b>	<b>80</b>		<b>OPEN</b>	<b>140</b>
<b>LEVEL 4</b>	<b>U64</b>	<b>80</b>		<b>U80</b>	<b>120</b>
	<b>U73</b>	<b>80</b>		<b>U90</b>	<b>140</b>
	<b>U82</b>	<b>100</b>		<b>U105</b>	<b>140</b>
	<b>OPEN</b>	<b>100</b>		<b>U120</b>	<b>140</b>
				<b>120+</b>	<b>140</b>
<b>MASTERS</b>	<b>50+</b>	<b>60</b>		<b>50+</b>	<b>100</b>
<b>LW U73/U90</b>	<b>40+</b>	<b>60</b>		<b>40+</b>	<b>120</b>
	<b>40+</b>	<b>80</b>		<b>40+</b>	<b>120</b>
<p><b>60 SEC TIME CAP. YOKE BAR HEIGHT WILL BE ~120CM. THE SANDSTONE BAG MUST TO BE LOADED OVER THE YOKE BAR AS MANY TIMES AS POSSIBLE. AFTER EACH REP YOU MUST WALK TO THE OTHER SIDE OF THE YOKE.</b></p>					
<p><b>ALLOWED: CHALK, SLEEVES, BELTS, GRIP SHIRT.</b></p>					
<p><b>NOT MENTIONED, NOT ALLOWED.</b></p>					
<p><b>THIS WEIGHT SCHEDULE IS SUBJECT TO CHANGE.</b></p>					
<p><b>LAST UPDATE: 01-03-2026 (UPDATES IN RED)</b></p>					

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**BATTLE 4**

**AXLE TO LOG PRESS MEDLEY**

	WOMEN	AXLE	LOG		MEN	AXLE	LOG
LEVEL 1	OPEN	32,5	45		OPEN	50	60
LEVEL 2	U64	45	52,5		U80	70	80
	U73	47,5	55		U90	75	85
	U82	50	57,5		U105	80	90
	OPEN	55	62,5		OPEN	85	95
LEVEL 3	U64	50	57,5		U80	80	90
	U73	55	62,5		U90	85	95
	U82	57,5	65		U105	90	100
	OPEN	60	67,5		OPEN	95	105
LEVEL 4	U64	60	67,5		U80	90	100
	U73	62,5	70		U90	95	105
	U82	67,5	75		U105	100	110
	OPEN	70	77,5		U120	105	115
					120+	110	120
MASTERS	50+	50	57,5		50+	80	90
LW U73/U90	40+	55	62,5		40+	85	95
	40+	57,5	65		40+	90	100

75 SEC TIME CAP. ATHLETE MUST COMPLETE 2 AXLE REPS BEFORE LOG REPS COUNT. AXLE MUST BE CLEANED FROM THE DROP PADS. LOG MUST BE CLEANED FROM THE DROP PADS. FULL OVERHEAD LOCKOUT REQUIRED. DOWN SIGNAL REQUIRED.

ALLOWED: CHALK, SLEEVES, BELTS, GRIP SHIRT.

NOT MENTIONED, NOT ALLOWED.

LAST UPDATE: 04-03-2026 (UPDATES IN RED)

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<b>BATTLE 5</b>					
<b>KEG STEEPLE CHASE</b>					
	<b>WOMEN</b>	<b>KG.</b>		<b>MEN</b>	<b>KG.</b>
<b>LEVEL 1</b>	<b>OPEN</b>	<b>30</b>		<b>OPEN</b>	<b>50</b>
<b>LEVEL 2</b>	<b>U64</b>	<b>40</b>		<b>U80</b>	<b>65</b>
	<b>U73</b>	<b>50</b>		<b>U90</b>	<b>75</b>
	<b>U82</b>	<b>50</b>		<b>U105</b>	<b>85</b>
	<b>OPEN</b>	<b>65</b>		<b>OPEN</b>	<b>95</b>
<b>LEVEL 3</b>	<b>U64</b>	<b>50</b>		<b>U80</b>	<b>85</b>
	<b>U73</b>	<b>50</b>		<b>U90</b>	<b>95</b>
	<b>U82</b>	<b>65</b>		<b>U105</b>	<b>105</b>
	<b>OPEN</b>	<b>70</b>		<b>OPEN</b>	<b>115</b>
<b>LEVEL 4</b>	<b>U64</b>	<b>65</b>		<b>U80</b>	<b>105</b>
	<b>U73</b>	<b>70</b>		<b>U90</b>	<b>115</b>
	<b>U82</b>	<b>75</b>		<b>U105</b>	<b>125</b>
	<b>OPEN</b>	<b>85</b>		<b>U120</b>	<b>135</b>
				<b>120+</b>	<b>145</b>
<b>MASTERS</b>	<b>50+</b>	<b>50</b>		<b>50+</b>	<b>85</b>
<b>LW U73/U90</b>	<b>40+</b>	<b>65</b>		<b>40+</b>	<b>95</b>
	<b>40+</b>	<b>70</b>		<b>40+</b>	<b>105</b>
<p>60 SEC TIME CAP. KEG RUN 15M. LOAD KEG OVER BAR ~120CM. LOAD KEG BACK OVER BAR. KEG RUN BACK 15M. FINISHING WITH KEG ON TOP OF POWER STAIRS.</p>					
<p>ALLOWED: CHALK, BELTS, SLEEVES, GRIP SHIRT.</p>					
<p>NOT MENTIONED, NOT ALLOWED.</p>					
<p>LAST UPDATE: <b>04-03-2026</b> (UPDATES IN RED)</p>					