

## 2019 TURKEY CHALLENGE LOAD LIST

Movement	Pro Individual & Team	Rx Individual & Team, 35-39 Individual	Open/40+ Individual & Team	14-17
Deadlift	insane	~315/225	~275/175	~225/155
Clean and jerk	insane	~205/135	~185/125	~155/105
Snatch	insane	~165/115	~135/95	~115/75
Kettlebells	insane	Max 72/53	Max 53/35	Max 53/35
Wall ball	insane	Max 30/20	Max 20/14	Max 20/14
Pullups	insane	Chest to bar	Chin over	Chin over
Box jumps	insane	32/24	24/20	24/20
Double unders	insane	yup	yup	yup
Odd objects	insane	yup	yup	yup
Muscle ups, pistols, and HSPU's	insane	At least one male and one female should be able to do them.	Extremely unlikely, but possible as a "bonus"	Extremely unlikely, but possible as a "bonus"
Fun, challenge, and maybe some humble pie	insane	Yup	yup	yup

The above weights and movements represent *roughly* what the 'heaviest' load could be expected to be in a workout. WE ARE NOT OBLIGATED IN ANY WAY TO MAINTAIN THESE MAX LOADS. THEY ARE ONLY TO ASSIST IN DETERMINING THE APPROPRIATE DIVISIONS. DISCUSS THIS WITH YOUR COACH IF YOU HAVE QUESTIONS.