Movement Standards and Maximum Lift Standards

Movement	Individual Elite	Team Elite	Individual Open	Individual Masters	Team Open
Deadlift	365/235	365/235	275/175	275/175	275/175
Squat					
Overhead	185/125	185/125	115/75	105/70	115/75
Back	275/175	275/175	185/125	175/115	185/125
Front	225/145	225/145	165/110	155/105	165/110
Shoulder to Overhead	185/125	185/125	115/75	105/70	115/75
SDHP	135/95	135/95	115/75	105/70	115/75
Power					
Clean	225/145	225/145	165/110	155/110	165/110
Snatch	165/110	165/110	115/75	105/70	115/75
Squat					
Clean	225/145	225/145	165/110	155/110	165/110
Snatch	165/110	165/110	115/75	105/70	115/75
Thruster	165/110	165/110	115/75	105/70	115/75
KB Swing	72/53	72/53	53/35	53/35	53/35
Wall Ball	30/20	30/20	20/14	20/14	20/14
Pull Ups	Chest to Bar	Chest to Bar	Chin over	Chin over	Chin over
Box Jump	24"/20"	24"/20"	24"/20"	24"/20"	24"/20"
Step Ups	No	No	No	Yes	No
DU's	Yes	Yes	Yes	Yes	Yes
Rope Climbs	Yes	Yes	Yes	Yes	Yes
MU's	Yes	Yes	No	No	No
HSPU's	Yes	Yes	No	No	No
Pistols	Yes	Yes	No	No	No
Toes to Bar	Yes	Yes	Yes	Yes	Yes
Awkward Objects	Yes	Yes	Yes	Yes	Yes