

**Working Load Maximums for 2014 Turkey Challenge**

<b>Movements</b>	<b>Pro Individual</b>	<b>Pro Team</b>	<b>Open Individual</b>	<b>Open Team</b>	<b>Masters 40+</b>
Deadlift	365/235	365/235	275/175	275/175	275/175
Back Squat	275/175	275/175	185/125	185/125	175/115
Front Squat	225/145	225/145	165/110	165/110	155/105
Overhead Squat	185/125	185/125	115/75	115/75	105/70
Shoulder to Overhead	185/125	185/125	115/75	115/75	105/70
SDHP	135/95	135/95	115/75	115/75	105/70
Power Clean	225/145	225/145	165/110	165/110	155/105
Power Snatch	165/110	165/110	115/75	115/75	105/70
Squat Clean	225/145	225/145	165/110	165/110	155/105
Squat Snatch	165/110	165/110	115/75	115/75	105/70
Thruster	165/110	165/110	115/75	115/75	105/70
Kettlebell Swing	72/53	72/53	53/35	53/35	53/35
Wall Ball	30/20	30/20	20/14	20/14	20/14
Pullups	Chest to bar	Chest to bar	Chin over. CTB in final	Chin over. CTB in final	Chin over. CTB in final
Box Jump/step ups?	32/24"/no	32/24"/no	24"/20"/no	24"/20"/no	24"/20"/yes
Double Unders	Yes	Yes	Yes	Yes	Yes
Rope Climbs	Yes	Yes	Yes	Yes	Yes
Muscle Ups	Yes	Yes	No*	No*	No
Handstand Pushups	Yes	Yes	No*	No*	No
Pistols	Yes	Yes	No	No	No
Toes to Bar	Yes	Yes	Yes	Yes	Yes
Odd Objects	Yes	Yes	Yes	Yes	Yes

\*If you make the final, you may see this movement. At least be able to do singles with this movement.