



STRONGMAN BATTLES



LAST UPDATE: 2024 APRIL 28

BATTLE 1					
CERBERUS KRATOS BAR REPS					
	WOMEN	KG.		MEN	KG.
LEVEL 1	OPEN	70		OPEN	110
LEVEL 2	N/A	-		U90	160
	U82	110		U105	175
	OPEN	120		OPEN	190
LEVEL 3	N/A	-		U90	200
	U82	140		U105	215
	OPEN	150		OPEN	230
LEVEL 4-PRO	N/A	-		U90	240
	U82	170		U105	260
	OPEN	180		OPEN	280
👉 TIME CAP 60 SEC. WAIT FOR THE DOWN SIGNAL.					
✅ (LIQUID) CHALK, ALL SORT OF STRAPS, (UNDER) BELT.					
THIS DOCUMENT IS SUBJECT TO CHANGE.					



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BATTLE 2					
YOKE					
	WOMEN	KG.		MEN	KG.
LEVEL 1	OPEN	100		OPEN	140
LEVEL 2	N/A	-		U90	200
	U82	140		U105	220
	OPEN	160		OPEN	240
LEVEL 3	N/A	-		U90	260
	U82	180		U105	280
	OPEN	200		OPEN	300
LEVEL 4-PRO	N/A	-		U90	340
	U82	220		U105	360
	OPEN	250		OPEN	380
<p>👉 TIME CAP 60 SEC. THE FRONT OF THE YOKE HAS TO CROSS THE LINE. 15M BACK AND FORTH.</p>					
<p>✅ SLEEVES, (UNDER) BELT, GRIP SHIRT, CHALK.</p>					
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BATTLE 3							
CERBERUS DINNIE STONE HANDLES							
	WOMEN	HANDLE 1	HANDLE 2		MEN	HANDLE 1	HANDLE 2
LEVEL 1	OPEN	32,5	25		OPEN	52,5	40
LEVEL 2	N/A	-	-		U90	72,5	57,5
	U82	52,5	40		U105	80	62,5
	OPEN	55	42,5		OPEN	87,5	67,5
LEVEL 3	N/A	-	-		U90	90	67,5
	U82	62,5	47,5		U105	97,5	75
	OPEN	67,5	52,5		OPEN	105	82,5
LEVEL 4-PRO	N/A	-	-		U90	105	80
	U82	72,5	57,5		U105	115	90
	OPEN	80	60		OPEN	125	95
<p>👉 MAX DISTANCE. 15M LANES. NO TIME CAP. 1 FOOT HAS TO CROSS THE LINE BEFORE THE TURN. AFTER THE FIRST DROP YOU GET 10 SECOND TO PICK THEM UP AGAIN.</p> <p>✅ (LIQUID) CHALK, SLEEVES (UNDER) BELT.</p> <p>THIS DOCUMENT IS SUBJECT TO CHANGE.</p>							



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BATTLE 4											
OVERHEAD MEDLEY											
	WOMEN	AXLE	SANDBAG	DUMBBELL	BLOCK		MEN	AXLE	SANDBAG	DUMBBELL	BLOCK
LEVEL 1	OPEN	35	30	15	32,5		OPEN	52,5	40	30	47,5
LEVEL 2	N/A	-	-	-	-		U90	75	60	45	65
	U82	47,5	40	20	45		U105	80	60	50	70
	OPEN	55	40	22,5	47,5		OPEN	87,5	70	55	75
LEVEL 3	N/A	-	-	-	-		U90	92,5	70	50	80
	U82	57,5	50	25	55		U105	97,5	70	55	85
	OPEN	67,5	50	30	60		OPEN	107,5	80	60	95
LEVEL 4-PRO	N/A	-	-	-	-		U90	107,5	80	60	95
	U82	70	50	35	60		U105	115	90	65	100
	OPEN	80	60	40	70		OPEN	125	100	70	110
<p> TIME CAP 60 SEC. THE ORDER OF THE IMPELENTS IS FIXED AFTER RECEIVING A DOWN SIGNAL YOU CAN MOVE TO THE NEXT ONE.</p> <p> (UNDER) BELT, KNEE / ELBOW SLEEVES, GRIP SHIRT, WRIST WRAPS, (LIQUID) CHALK.</p> <p>THIS DOCUMENT IS SUBJECT TO CHANGE.</p>											



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BATTLE 5											
SANDBAG LOADING RACE											
	WOMEN	BAG 1	BAG 2	BAG 3	BAG 4		MEN	BAG 1	BAG 2	BAG 3	BAG 4
LEVEL 1	OPEN	25	30	40	50		OPEN	50	60	70	80
LEVEL 2	N/A	-	-	-	-		U90	70	80	90	100
	U82	40	50	60	70		U105	80	90	100	110
	OPEN	50	60	70	80		OPEN	90	100	110	120
LEVEL 3	N/A	-	-	-	-		U90	90	100	110	120
	U82	60	70	80	90		U105	100	110	120	130
	OPEN	70	80	90	100		OPEN	110	120	130	140
LEVEL 4-PRO	N/A	-	-	-	-		U90	110	120	130	140
	U82	70	80	90	100		U105	120	130	140	150
	OPEN	80	90	100	110		OPEN	120	130	140	150
<p> TIME CAP 90 SEC. THE SANDBAGS MUST BE LOADED FOR LIGHT TO HEAVY OVER A 10 METER COURSE TO THE HEIGHT OF 140CM.</p> <p> (LIQUID) CHALK, SLEEVES (UNDER) BELT, GRIP SHIRT.</p> <p>THIS DOCUMENT IS SUBJECT TO CHANGE.</p>											