Rörelser (Godkända reps)	Men			Woman		
	Beginner	**Master Plus 35**	**RX**	**Beginner**	**Master Plus 35**	**RX**
Lyftmoment						
Ground to Overhead med ryckfattning	35 kg	40 kg	45 kg	25 kg	30 kg	35 kg
Ground to Overhead med stötfattning	50 kg	60 kg	70 kg	40 kg	45 kg	50 kg
Styrka						
Knäböj (fram/bak)	60 kg	70 kg	80 kg	40 kg	50 kg	60 kg
Marklyft	90 kg	100 kg	120 kg	70 kg	80 kg	90 kg
Stående press	35 kg	35 kg	35 kg	25 kg	25 kg	25 kg
Overhead squat	35 kg	40 kg	45 kg	20 kg	25 kg	30 kg
Thruster	40 kg	45 kg	50 kg	30 kg	35 kg	40 kg
Push press	35 kg	40 kg	50 kg	25 kg	30 kg	35 kg
Push jerk / Split jerk / Power jerk	50 kg	55 kg	60 kg	40 kg	45 kg	50 kg
Gymnastics						
Kippade Pullups	5 st	6 st	7 st	3 st	4 st	5 st
Toes to bar	Inga	5 st	6 st	Inga	3 st	4 st
Toes through rings	6 st unbroken	8 st unbroken	10 st unbroken	6 st unbroken	8 st unbroken	10 st unbroken
Chest to bar	Inga	3 st	5 st	Inga	1 st	3 st
Handstand push-up	Inga	3 st	5 st	Inga	1 st	3 st
Wallball	9 kg	9 kg	9 kg	6 kg	6 kg	6 kg
Bar Muscle-up	Inga	Inga	1 st	Inga	Inga	Inga
Ring Muscle-up	Inga	Inga	1 st	Inga	Inga	Inga
Box jump	60 cm	60 cm	60 cm	50 cm	50 cm	50 cm
Rep						
Övrigt						
Double-Unders	5 st unbroken	5 st unbroken	5 st unbroken	5 st unbroken	5 st unbroken	5 st unbroken