

MINIMALS LIMITS



MEN OPEN + SUBMASTERS (age 24 - 39)

WOMEN OPEN + SUBMASTERS (age 24 - 39)

EQUIPMENT

Weight Category	Squat	Benchpress	Deadlift
56 kg	112,5	70	112,5
60 kg	120	75	120
67,5 kg	135	80	135
75 kg	150	92,5	150
82,5 kg	165	102,5	165
90 kg	180	112,5	180
100 kg	200	125	200
110 kg	220	137,5	220
125 kg	250	155	250
140 kg	250	155	250
140+ kg	250	155	250

Weight Category	Squat	Benchpress	Deadlift
48 kg	72,5	37,5	72,5
52 kg	80	40	80
56 kg	85	42,5	85
60 kg	90	45	90
67,5 kg	102,5	50	102,5
75 kg	112,5	55	112,5
82,5 kg	125	62,5	125
90 kg	125	72,5	125
90+ kg	125	80	125

Valid from 01.01.2010

MINIMALS LIMITS



MEN OPEN + SUBMASTERS (age 24 - 39)

RAW

Weight Category	Squat	Benchpress	Deadlift
56 kg	85	55	85
60 kg	90	60	90
67,5 kg	100	67,5	100
75 kg	115	72,5	115
82,5 kg	125	82,5	125
90 kg	140	90	140
100 kg	155	97,5	155
110 kg	170	107,5	170
125 kg	190	120	190
140 kg	190	120	190
140+ kg	190	120	190

WOMEN OPEN + SUBMASTERS (age 24 - 39)

Weight Category	Squat	Benchpress	Deadlift
48 kg	55	27,5	55
52 kg	60	30	60
56 kg	65	32,5	65
60 kg	70	35	70
67,5 kg	75	37,5	75
75 kg	85	42,5	85
82,5 kg	95	50	95
90 kg	95	50	95
90+ kg	95	50	95

Valid from 25.02.2015