



STANDARD DI GARA MEDIOLANVM ARENA

WEIGHT:
(AT LEAST)

- BARBELL CYCLING:
- PUSH PRESS/PUSH JERK SQUAT/FRONT SQUAT CLEAN 50/35 KG
- SNATCH ~ OHS 40/30 KG
- DEADLIFT 70 KG
- 1 RM C&J 70/45 KG (MAX 100/70 KG)
- 1 RM SNATCH 50/35 KG (MAX 75/55)

GYMNASTYCS:
(AT LEAST)

- KIPPING PULLUP/CHEST TO BAR/BAR MU (SOLO UOMO)
- TOES TO BAR
- KIPPING HSPU
- AMERICAN SWING @24/16 KG
- KB SNATCH @24/16 KG
- WALL BALL SHOT @9/6 KG
- DOUBLE UNDER ROW