

**2012 Colorado Open Exercise list w/ max weights**

<b>Exercise</b>	<b>Open Division</b>	<b>Pro Division</b>
Deadlift	225/155 lbs	315/205 lbs
Back squat	185/125 lbs	275/185 lbs
Front squat	135/95 lbs	225/155 lbs
Power clean	135/95 lbs	225/155 lbs
Squat clean	135/95 lbs	225/155 lbs
Jerk	135/95 lbs	225/155 lbs
Overhead squats	95/65 lbs	165/110 lbs
Power snatch	95/65 lbs	165/110 lbs
Squat snatch	95/65 lbs	165/110 lbs
Thruster	95/65 lbs	165/110 lbs
SDHP	95/65 lbs	135 / 95 lbs
Ball Slams	30/20 lbs	45/30 lbs
KB snatch	24/16 kg	32/20 kg
KB swing	24/16 kg	32/20 kg
Pullups	Chin over	C2B
Jumps	Yes	Yes
Wall Ball	20/14 lbs	20/14 lbs
Burpees	Yes	Yes
Toes-to-Bar	Yes	Yes
Pushups	Yes	Yes
GHD Situps	Yes	Yes
Lunges	Yes	Yes
Dips	Yes	Yes
Odd objects	Yes	Yes
Double unders	Yes	Yes
Rowing	Yes	Yes
Running	Yes	Yes
Tires	Yes	Yes
Muscle-ups	No	Ring & Bar
HSPU	No	Wall, Floor, Ring