

2012 FRCF Master's Championships max weight list						
Exercise	AG 35-39	AG 40-44	AG 45-49	AG 50-54	AG 55-50	AG 60+
Deadlift	225 / 155 lbs	225 / 155 lbs	185 / 125 lbs	165 / 110 lbs	165 / 110 lbs	135 - 95 lbs
Back squat	225 / 155 lbs	225 / 155 lbs	185 / 125 lbs	165 / 110 lbs	165 / 110 lbs	135 - 95 lbs
Front squat	165 / 110 lbs	165 / 110 lbs	155 / 100 lbs	135 - 95 lbs	135 - 95 lbs	95 / 65 lbs
Power clean	165 / 110 lbs	165 / 110 lbs	155 / 100 lbs	135 - 95 lbs	135 - 95 lbs	95 / 65 lbs
Squat clean	165 / 110 lbs	165 / 110 lbs	155 / 100 lbs	135 - 95 lbs	135 - 95 lbs	95 / 65 lbs
Jerk	135 / 95 lbs	135 / 95 lbs	115 / 75 lbs	95 / 65 lbs	95 / 65 lbs	75 / 55 lbs
OHS	115 / 75 lbs	115 / 75 lbs	95 / 65 lbs	95 / 65 lbs	95 / 65 lbs	75 / 55 lbs
Power snatch	115 / 75 lbs	115 / 75 lbs	95 / 65 lbs	95 / 65 lbs	95 / 65 lbs	75 / 55 lbs
Squat snatch	115 / 75 lbs	115 / 75 lbs	95 / 65 lbs	95 / 65 lbs	95 / 65 lbs	75 / 55 lbs
Thruster	115 / 75 lbs	115 / 75 lbs	95 / 65 lbs	95 / 65 lbs	95 / 65 lbs	75 / 55 lbs
SDHP	115 / 75 lbs	115 / 75 lbs	95 / 65 lbs	95 / 65 lbs	95 / 65 lbs	75 / 55 lbs
Ball Slams	45 / 30 lbs	45 / 30 lbs	30 / 20 lbs	30 / 20 lbs	30 / 20 lbs	20 / 12 lbs
Kettlebells	24 / 16 kg	24 / 16 kg	24 / 16 kg	20 / 12 kg	20 / 12 kg	16 / 8 kg
Pullups	Chin over	Chin over	Chin over	Chin over	Chin over	Chin over
Jumps	Yes	Yes	Yes	Yes	Yes	Yes
Wall Ball	20 / 14 lbs	20 / 14 lbs	20 / 12 lbs	20 / 10 lbs	20 / 10 lbs	20 / 8 lbs
Burpees	Yes	Yes	Yes	Yes	Yes	Yes
Odd objects	Yes	Yes	Yes	Yes	Yes	Yes
Double unders	No	No	No	No	No	No
Rowing	Yes	Yes	Yes	Yes	Yes	Yes
Running	Yes	Yes	Yes	Yes	Yes	Yes
Muscle-ups	No	No	No	No	No	No
HSPU	No	No	No	No	No	No