



2015 Battle At The Rock Exercise List

Exercise	Max Possible Weight
Deadlift	225/155 lbs
Back Squat	185/125 lbs
Front Squat	135/95 lbs
Power Clean	135/95 lbs
Squat Clean	135/95 lbs
Jerk	135/95 lbs
Overhead Squats	95/65 lbs
Power Snatch	95/65 lbs
Squat Snatch	95/65 lbs
Thruster	95/65 lbs
SDHP	95/65 lbs
KB Snatch	24/16 kg
KB Swing	24/16 kg
Pullups	Chin over
Jumps	Yes
Wall Ball	20/14 lbs
Burpees	Yes
Knees-to-elbows	Yes
Toes-to-bar	Yes
Pushups	Yes
Situps	Yes
GHD Situps	No
Lunges	Yes
Dips	No
Odd Objects	Yes
Sled Push/Pull	Yes
Double Unders	Yes
Rowing	Yes
Running	Yes
Tires	Yes
Rope Climbs	Yes
Muscle-ups	No
HSPU	No



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