

2017 Morganton Monster Division Standards

Rx Men

Athletes should be able to move through a workout with the following weights:

| | |
|----------------------|----------------|
| 135lb Thruster | 50lb DB Snatch |
| 135lb Squat Clean | 24" Box Jump |
| 135lb Clean & Jerk | 20lb Wallball |
| 135lb Snatch | 70lb KB Swing |
| 135lb Overhead Squat | Overhead Lunge |

Rx Women

Athletes should be able to move through a workout with the following weights:

| | |
|---------------------|----------------|
| 95lb Thruster | 35lb DB Snatch |
| 95lb Squat Clean | 20" Box Jump |
| 95lb Clean & Jerk | 14lb Wallball |
| 95lb Snatch | 53lb KB Swing |
| 95lb Overhead Squat | Overhead Lunge |

Scaled/Masters Men

Athletes should be able to move through a workout with the following weights:

| | |
|---------------------|----------------------|
| 95lb Thruster | 35lb DB Snatch |
| 95lb Squat Clean | 24" Box Jump/Step Up |
| 95lb Clean & Jerk | 20lb Wallball |
| 95lb Snatch | 53lb KB Swing |
| 95lb Overhead Squat | Overhead Lunge |

Scaled/Masters Women

Athletes should be able to move through a workout with the following weights:

| | |
|---------------------|----------------------|
| 65lb Thruster | 25lb DB Snatch |
| 65lb Squat Clean | 20" Box Jump/Step Up |
| 65lb Clean & Jerk | 14lb Wallball |
| 65lb Snatch | 35lb KB Swing |
| 65lb Overhead Squat | Overhead Lunge |