

PARÁMETROS INDIVIDUALES THE MASTERS 2026

INDIVIDUALES	SKILLS					
	35 - 44		45 - 54		55 +	
	HOMBRE	MUJER	HOMBRE	MUJER	HOMBRE	MUJER
BACK SQUAT	225	165	175	115	155	95
BOX JUMP	30''	24''	24''	18''	18''	18''
DEAD LIFT	275	185	205	135	165	115
DOUBLE UNDERS	SI	SI	SI	SI	SI	SI
FRONT SQUAT	185	115	155	95	135	75
GROUND TO OVERHEAD	175	105	135	85	95	65
HANDSTAND HOLD	SI	SI	SI	SI	SI	SI
HSPU	SI	SI	SI	NO	NO	NO
KB SNATCH	2 POOD	1.5 POOD	1.5 POOD	1 POOD	1 POOD	0.5 POOD
KBS (AMERICAN)	2 POOD	1.5 POOD	1.5 POOD	1 POOD	1 POOD	0.5 POOD
MUSCLE UPS	SI	SI	CH2B	CH2B	NO	NO
OVERHEAD SQUAT	135	85	95	65	65	45
PULL UPS	SI	SI	SI	SI	JPU	JPU
SNATCH	135	95	105	75	95	65
THRUSTER	115	75	95	65	75	45
TTB	SI	SI	SI	SI	HI KNEES	HI KNEES
HANDSTAND WALK	SI	SI	ASISTIDO	ASISTIDO	NO	NO

PARÁMETROS EQUIPOS THE MASTERS 2026

TEAMS	INTERMEDIATES	
	HOMBRE	MUJER
BACK SQUAT	175	115
BOX JUMP	24''	18''
DEAD LIFT	205	135
DOUBLE UNDERS	SI	SI
FRONT SQUAT	155	95
GROUND TO OVERHEAD	135	85
HANDSTAND HOLD	SI	SI
HSPU	SI	NO
KB SNATCH	1.5 POOD	1 POOD
KBS (AMERICAN)	1.5 POOD	1 POOD
RING MUSCLE UPS	CH2B	CH2B
OVERHEAD SQUAT	95	65
PULL UPS	SI	SI
SNATCH	105	75
THRUSTER	95	65
TTB	SI	SI
HAND STAND WALK	ASISTIDO	ASISTIDO