COYOTE FITNESS / WINTER CLASSIC 2027

DIVISION STANDARDS

MOVEMENT & WEIGHT PRESCRIPTION GUIDE

CHOOSE YOUR DIVISION

Use this guide to select the division that best matches your current strength, skills, and movement proficiency.

This is a registration guide, not a complete list of competition movements. Movements, prescribed weights, and standards may change at any time.

BARBELL	RX (M/F)	INTERMEDIATE (M/F)	FITNESS (M/F)
Deadlift	225 / 155	185 / 125	135 / 95
Snatch	115 / 85	95 / 65	75 / 55
Power Clean	135 / 95	115 / 85	95 / 65
Overhead Squat	115 / 85	-	-
Front Squat	135 / 95	115 / 85	75 / 55
Shoulder to Overhead	155 / 105	115 / 85	95 / 65
Thruster	115 / 85	95 / 65	75 / 55

IMPLEMENTS	RX (M/F)	INTERMEDIATE (M/F)	FITNESS (M/F)
Dumbbell	70 / 50	50 / 35	35 / 20
Wall Ball	30 / 20	20 / 14	14 / 10
Box Height (in.)	30 / 24	24 / 20	20 / 20
Kettlebell	70 / 53	53 / 35	35 / 26

GYMNASTICS & CONDITIONING	RX	INTERMEDIATE	FITNESS
Core	Toes-to-bar	Toes-to-bar	Sit-ups
Pulling	Chest-to-bar	Pull-ups	Ring rows
Travel	DB goblet lunge	DB goblet lunge	DB goblet lunge
Jump Rope	Double unders	Double unders (optional)	Single unders
Ergs	All ergs	All ergs	All ergs

IMPORTANT | REGISTRATION GUIDE ONLY

This is not a complete list of competition movements. Prescriptions and standards may change at any time. Refer to official event releases for final requirements.