

Event	LWW	MWW	HWW	SHWW	LWM	MWM	HWM	SHWM
DAY 1								
Sigmarsson Wheels Deadlift					600	650	700	750
Overhead Power Medley								
Barbell					175	200	225	250
Dumbbells					75	100	125	150
Log					220	240	260	280
Axle					220	240	260	280
Log					240	260	280	300
Yoke Race					600	650	700	750
Front Hold					20 x 2	25 x 2	30 x 2	35 x 2
Pyramid of Strength								
Husafell stone					275	300	325	350
Barrel Load (1,2,3,4)					250,275,300,325	275,300,325,350	300,325,350,375	325,350,375,400
Power Stairs.					325	350	375	400
DAY 2								
Back Load-Carry					220	265	300	350
Car Lift					add 180	add 180	add 270	add 360
Power Walk					280	300	320	340
One-Arm Press Challenge								
Dumbbell 1					75	75	100	125
Dumbbell 2					100	100	125	150
Dumbbell 3					125	125	150	175
Dumbbell 4					150	150	175	200
Five Atlas Stones								
Stone 1					175	200	225	250
Stone 2					200	225	250	275
Stone 3					225	250	275	300
Stone 4					250	275	300	325
Stone 5					275	300	325	350