

|                     |                         | CAT. | ABS   | SBJ   | JUN   | M1    | M2    | M3    | M4    |
|---------------------|-------------------------|------|-------|-------|-------|-------|-------|-------|-------|
| <b>POWERLIFTING</b> | <b>Sentadillas (kg)</b> | 53   | ---   | 137,5 | 162,5 | ---   | ---   | ---   | ---   |
|                     |                         | 59   | 212,5 | 176,5 | 212,5 | 122,5 |       |       |       |
|                     |                         | 66   | 238,0 | 207,5 | 235,0 | 181,0 | 180,0 | 175,0 |       |
|                     |                         | 74   | 271,0 | 230,0 | 271,0 | 225,0 | 202,5 | 202,5 | 105,0 |
|                     |                         | 83   | 292,5 | 247,5 | 285,0 | 260,0 | 215,0 | 180,5 |       |
|                     |                         | 93   | 308,0 | 273,5 | 285,0 | 270,0 | 270,0 | 203,0 | 80,0  |
|                     |                         | 105  | 340,0 | 300,0 | 335,5 | 275,0 | 237,5 | 220,0 |       |
|                     |                         | 120  | 342,5 | 282,5 | 310,5 | 250,0 | 242,5 | 185,0 |       |
|                     |                         | +120 | 380,5 |       | 300,0 | 380,5 | 192,5 |       |       |
| <b>POWERLIFTING</b> | <b>Press Banca (kg)</b> | 53   | ---   | 95,0  | 107,5 | ---   | ---   | ---   | ---   |
|                     |                         | 59   | 137,5 | 115,5 | 132,5 | 80,0  |       |       |       |
|                     |                         | 66   | 150,5 | 127,5 | 143,5 | 115,0 | 100,0 | 92,5  |       |
|                     |                         | 74   | 170,0 | 142,5 | 165,0 | 140,0 | 135,0 | 135,0 | 120,0 |
|                     |                         | 83   | 177,5 | 150,5 | 177,5 | 154,0 | 127,5 | 112,5 |       |
|                     |                         | 93   | 203,0 | 162,5 | 191,0 | 169,0 | 169,0 | 138,0 | 50,0  |
|                     |                         | 105  | 205,0 | 175,0 | 182,0 | 180,0 | 175,0 | 155,0 |       |
|                     |                         | 120  | 220,0 | 187,5 | 192,5 | 200,0 | 186,0 | 130,0 |       |
|                     |                         | +120 | 235,5 |       | 192,5 | 233,0 | 160,0 |       |       |
| <b>POWERLIFTING</b> | <b>Peso Muerto (kg)</b> | 53   | ---   | 172,5 | 190,0 | ---   | ---   | ---   | ---   |
|                     |                         | 59   | 262,5 | 215,0 | 262,5 | 145,0 |       |       |       |
|                     |                         | 66   | 263,5 | 240,0 | 263,0 | 230,5 | 230,0 | 215,0 |       |
|                     |                         | 74   | 302,5 | 270,0 | 302,5 | 252,5 | 232,5 | 225,0 | 140,5 |
|                     |                         | 83   | 332,5 | 290,5 | 332,5 | 285,0 | 260,5 | 230,0 |       |
|                     |                         | 93   | 350,0 | 300,0 | 319,0 | 283,0 | 265,0 | 238,0 | 131,0 |
|                     |                         | 105  | 360,0 | 317,5 | 360,0 | 285,0 | 273,0 | 255,0 |       |
|                     |                         | 120  | 347,5 | 295,0 | 315,0 | 290,0 | 260,0 | 230,0 |       |
|                     |                         | +120 | 350,0 |       | 320,5 | 337,5 | 235,0 |       |       |
| <b>POWERLIFTING</b> | <b>Total (kg)</b>       | 53   | ---   | 397,5 | 455,0 | ---   | ---   | ---   | ---   |
|                     |                         | 59   | 602,5 | 492,0 | 602,5 | 347,5 |       |       |       |
|                     |                         | 66   | 627,5 | 557,5 | 618,5 | 524,0 | 510,0 | 473,0 |       |
|                     |                         | 74   | 724,0 | 632,5 | 724,0 | 617,5 | 560,0 | 560,0 | 312,5 |
|                     |                         | 83   | 765,0 | 655,0 | 765,0 | 695,0 | 582,5 | 500,0 |       |
|                     |                         | 93   | 807,5 | 685,0 | 765,5 | 698,5 | 698,5 | 579,0 | 261,0 |
|                     |                         | 105  | 848,0 | 792,5 | 848,0 | 707,5 | 685,0 | 630,0 |       |
|                     |                         | 120  | 907,5 | 765,0 | 782,5 | 735,0 | 688,5 | 545,0 |       |
|                     |                         | +120 | 952,5 |       | 768,0 | 951,0 | 577,5 |       |       |
| <b>Mov. Único</b>   | <b>Press Banca (kg)</b> | 53   | ---   | 95,0  | 107,5 | ---   | ---   | ---   | ---   |
|                     |                         | 59   | 165,0 | 115,5 | 132,5 | 80,0  |       |       |       |
|                     |                         | 66   | 177,5 | 127,5 | 143,5 | 137,5 | 137,5 | 92,5  |       |
|                     |                         | 74   | 170,0 | 142,5 | 165,0 | 140,0 | 135,0 | 135,0 | 120,0 |
|                     |                         | 83   | 200,0 | 150,5 | 190,0 | 200,0 | 137,5 | 135,0 | 110,0 |
|                     |                         | 93   | 204,0 | 162,5 | 191,0 | 170,0 | 170,0 | 138,0 | 122,5 |
|                     |                         | 105  | 205,0 | 175,0 | 197,5 | 180,0 | 175,0 | 155,0 | 80,0  |
|                     |                         | 120  | 220,0 | 187,5 | 192,5 | 200,0 | 187,5 | 132,5 |       |
|                     |                         | +120 | 250,0 |       | 192,5 | 233,0 | 161,0 |       |       |
| <b>Mov. Único</b>   | <b>Peso Muerto (kg)</b> | 53   | ---   | 172,5 | 190,0 | ---   | ---   | ---   | ---   |
|                     |                         | 59   | 262,5 | 215,0 | 262,5 | 145,0 |       |       |       |
|                     |                         | 66   | 263,5 | 240,0 | 263,0 | 230,5 | 230,0 | 215,0 |       |
|                     |                         | 74   | 302,5 | 270,0 | 302,5 | 252,5 | 235,5 | 225,0 | 140,5 |
|                     |                         | 83   | 332,5 | 290,5 | 332,5 | 285,0 | 261,0 | 250,0 |       |
|                     |                         | 93   | 350,0 | 300,0 | 330,0 | 283,0 | 265,0 | 238,0 | 131,0 |
|                     |                         | 105  | 360,0 | 317,5 | 360,0 | 285,0 | 273,0 | 255,0 | 180,0 |
|                     |                         | 120  | 347,5 | 295,0 | 315,0 | 315,0 | 260,0 | 230,0 |       |
|                     |                         | +120 | 350,0 |       | 320,5 | 337,5 | 235,0 |       |       |

|              |                  | CAT. | ABS   | SBJ   | JUN   | M1    | M2    | M3    | M4    |
|--------------|------------------|------|-------|-------|-------|-------|-------|-------|-------|
| POWERLIFTING | Sentadillas (kg) | 43   | ---   | 61,0  | 105,0 | ---   | ---   | ---   | ---   |
|              |                  | 47   | 145,0 | 105,0 | 120,0 | 105,0 | 92,5  | 82,5  |       |
|              |                  | 52   | 155,0 | 115,5 | 135,0 | 107,5 | 75,5  | 75,0  |       |
|              |                  | 57   | 180,0 | 130,5 | 177,5 | 140,0 | 107,5 |       |       |
|              |                  | 63   | 165,0 | 137,5 | 160,0 | 160,0 | 120,0 | 47,5  | 47,5  |
|              |                  | 69   | 176,0 | 158,0 | 170,0 | 172,5 | 132,5 |       |       |
|              |                  | 72   | 162,5 | 117,5 | 162,5 | 145,0 |       |       |       |
|              |                  | 76   | 192,5 | 153,0 | 173,0 | 137,5 | 135,0 |       |       |
|              |                  | 84   | 197,5 | 151,0 | 197,5 | 172,5 | 167,5 |       |       |
|              |                  | +84  | 200,0 | 155,5 | 182,5 | 168,0 | 168,0 |       |       |
| POWERLIFTING | Press Banca (kg) | 43   | ---   | 36,0  | 52,5  | ---   | ---   | ---   | ---   |
|              |                  | 47   | 75,0  | 65,0  | 75,0  | 62,5  | 62,5  | 45,0  |       |
|              |                  | 52   | 88,0  | 76,5  | 85,5  | 64,0  | 43,5  | 42,5  |       |
|              |                  | 57   | 92,5  | 80,0  | 92,5  | 92,5  | 60,0  |       |       |
|              |                  | 63   | 110,0 | 103,5 | 110,0 | 93,0  | 73,0  | 33,0  | 33,0  |
|              |                  | 69   | 109,5 | 90,5  | 109,0 | 97,5  | 75,0  |       |       |
|              |                  | 72   | 97,5  | 72,5  | 97,5  | 95,5  |       |       |       |
|              |                  | 76   | 122,5 | 87,5  | 100,0 | 77,5  | 70,0  |       |       |
|              |                  | 84   | 102,5 | 70,0  | 95,5  | 92,5  | 92,5  |       |       |
|              |                  | +84  | 102,5 | 72,5  | 102,5 | 93,0  | 93,0  |       |       |
| POWERLIFTING | Peso Muerto (kg) | 43   | ---   | 93,0  | 122,5 | ---   | ---   | ---   | ---   |
|              |                  | 47   | 155,0 | 130,0 | 145,0 | 127,5 | 107,5 | 105,0 |       |
|              |                  | 52   | 187,5 | 147,0 | 167,5 | 135,0 | 112,5 | 92,5  |       |
|              |                  | 57   | 205,0 | 145,0 | 195,0 | 160,5 | 155,0 |       |       |
|              |                  | 63   | 210,0 | 165,0 | 210,0 | 166,0 | 145,0 | 57,5  | 57,5  |
|              |                  | 69   | 208,0 | 167,5 | 208,0 | 187,5 | 167,5 |       |       |
|              |                  | 72   | 186,0 | 142,5 | 186,0 | 185,5 |       |       |       |
|              |                  | 76   | 227,5 | 162,5 | 215,0 | 180,0 | 145,0 |       |       |
|              |                  | 84   | 222,5 | 164,5 | 222,5 | 217,5 | 217,5 |       |       |
|              |                  | +84  | 200,0 | 150,0 | 188,5 | 200,0 | 200,0 |       |       |
| POWERLIFTING | Total (kg)       | 43   | ---   | 190,0 | 277,5 | ---   | ---   | ---   | ---   |
|              |                  | 47   | 362,5 | 298,0 | 337,5 | 287,5 | 252,5 | 228,0 |       |
|              |                  | 52   | 390,0 | 317,0 | 385,5 | 305,0 | 231,0 | 210,0 |       |
|              |                  | 57   | 472,5 | 342,5 | 457,5 | 390,0 | 322,5 |       |       |
|              |                  | 63   | 477,5 | 411,0 | 472,5 | 399,0 | 327,5 | 135,5 | 135,5 |
|              |                  | 69   | 476,5 | 407,5 | 476,5 | 430,0 | 360,0 |       |       |
|              |                  | 72   | 437,5 | 322,5 | 437,5 | 420,0 |       |       |       |
|              |                  | 76   | 537,5 | 397,5 | 485,5 | 372,5 | 335,0 |       |       |
|              |                  | 84   | 515,0 | 374,0 | 515,0 | 477,5 | 477,5 |       |       |
|              |                  | +84  | 475,0 | 378,0 | 473,5 | 461,0 | 461,0 |       |       |
| Mov. Único   | Press Banca (kg) | 43   | ---   | 36,0  | 52,5  | ---   | ---   | ---   | ---   |
|              |                  | 47   | 75,0  | 65,0  | 75,0  | 62,5  | 62,5  | 45,0  |       |
|              |                  | 52   | 97,5  | 76,5  | 85,5  | 64,0  | 60,0  | 42,5  |       |
|              |                  | 57   | 92,5  | 80,0  | 92,5  | 92,5  | 60,0  |       |       |
|              |                  | 63   | 110,0 | 103,5 | 110,0 | 93,0  | 73,0  | 33,0  | 33,0  |
|              |                  | 69   | 109,5 | 90,5  | 109,0 | 97,5  | 75,0  | 27,5  | 27,5  |
|              |                  | 72   | 97,5  | 75,0  | 97,5  | 95,5  | 75,0  |       |       |
|              |                  | 76   | 122,5 | 87,5  | 100,0 | 77,5  | 70,0  |       |       |
|              |                  | 84   | 112,5 | 70,0  | 95,5  | 112,5 | 92,5  |       |       |
|              |                  | +84  | 102,5 | 72,5  | 102,5 | 93,0  | 93,0  |       |       |
| Mov. Único   | Peso Muerto (kg) | 43   | ---   | 93,0  | 122,5 | ---   | ---   | ---   | ---   |
|              |                  | 47   | 155,0 | 130,0 | 145,0 | 127,5 | 107,5 | 105,0 |       |
|              |                  | 52   | 187,5 | 147,0 | 167,5 | 135,0 | 112,5 | 92,5  |       |
|              |                  | 57   | 205,0 | 145,0 | 195,0 | 160,5 | 155,0 |       |       |
|              |                  | 63   | 210,0 | 165,0 | 210,0 | 166,0 | 145,0 | 57,5  | 57,5  |
|              |                  | 69   | 208,0 | 167,5 | 208,0 | 187,5 | 167,5 |       |       |
|              |                  | 72   | 186,0 | 155,0 | 186,0 | 185,5 | 150,0 |       |       |
|              |                  | 76   | 227,5 | 162,5 | 215,0 | 180,0 | 145,0 |       |       |
|              |                  | 84   | 222,5 | 164,5 | 222,5 | 217,5 | 217,5 |       |       |
|              |                  | +84  | 200,0 | 150,0 | 188,5 | 200,0 | 200,0 |       |       |