

	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING Sentadillas (kg)	53	---	80,0	80,0	---	---	---	---
	59	80,0						
	66	205,0	180,0	205,0				140,0
	74	270,0	232,5	270,0	265,0	265,0	220,0	
	83	280,0	190,0	245,0	280,0	225,0	225,0	
	93	290,0		250,0	260,0	230,0	212,5	
	105	315,0			266,0	150,0	150,0	
	120	300,5	246,0	230,0	275,0			
	+120	410,0		240,0				
POWERLIFTING Press Banca (kg)	53	---	75,0	75,0	---	---	---	---
	59	75,0						
	66	138,0	105,0	137,5				95,0
	74	177,5	112,5	130,0	177,5	175,0	160,0	
	83	255,0	115,0	180,0	255,0	175,0	150,0	
	93	255,0		162,5	255,0	160,0	160,0	
	105	220,0			200,0	100,0	100,0	
	120	200,0		140,0	190,0			
	+120	200,0		150,0				
POWERLIFTING Peso Muerto (kg)	53	---	112,5	112,5	---	---	---	---
	59	112,5						
	66	235,0	190,0	220,0				150,0
	74	275,0	225,0	275,0	255,0	255,0	230,0	
	83	271,0	230,0	271,0	250,0	240,0	240,0	
	93	290,0		290,0	250,0	250,0	250,0	
	105	300,5			255,0	190,0	190,0	
	120	330,0	265,0	270,0	260,0			
	+120	340,0		305,0				
POWERLIFTING Total (kg)	53	---	267,5	267,5	---	---	---	---
	59	267,5						
	66	562,5	475,0	562,5				385,0
	74	695,0	570,0	590,0	695,0	695,0	600,0	
	83	720,0	502,5	678,0	710,0	597,5	580,0	
	93	760,0		702,5	755,0	590,0	590,0	
	105	835,5			695,0	440,0	440,0	
	120	795,0		640,0	715,0			
	+120	910,0		650,0				
Mov. Único Press Banca (kg)	53	---	75,0	75,0	---	---	---	---
	59	195,0	90,0	90,0				
	66	215,0	105,0	137,5	155,5	130,0		
	74	177,5	112,5	130,0	177,5	175,0	160,0	
	83	260,0	125,0	180,0	255,0	175,0	150,0	
	93	260,0		162,5	260,0	160,0	160,0	
	105	220,0		180,0	215,5	185,0	180,0	
	120	210,0	115,0	140,0	190,0	230,0		
	+120	200,0		150,0	190,0	140,0	140,0	
Mov. Único Peso Muerto (kg)	53	---	112,5	112,5	---	---	---	---
	59	190,0		190,0				
	66	235,0	190,0	220,0				
	74	280,0	225,0	280,0	242,5	232,5	230,0	
	83	271,0	230,0	271,0	245,0	245,0	245,0	
	93	291,0		291,0	257,5	250,0	250,0	
	105	300,5	236,0	280,0	260,0	205,0	205,0	
	120	330,0	265,0	270,0	260,0			
	+120	312,5		270,0			200,0	

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	43	---			---	---	---	---
		47	100,0			97,5			
		52	102,5	40,0	40,0	92,5	90,0		
		57	120,0			120,0			
		63	150,0		112,5	150,0			
		69							
		72	145,0		110,0	145,0	60,0		
		76	110,0			110,0	110,0		
		84	155,0						
		+84							
POWERLIFTING	Press Banca (kg)	43	---			---	---	---	---
		47	67,5			47,5			
		52	85,0	45,0	45,0	65,0	65,0		
		57	75,0			75,0			
		63	76,0		75,5	87,5			
		69							
		72			52,5	40,0	40,0		
		76	50,0			50,0	76,0		
		84	95,0						
		+84							
POWERLIFTING	Peso Muerto (kg)	43	---			---	---	---	---
		47	105,0			97,5			
		52	110,0	80,0	80,0	110,0	110,0		
		57	120,0			120,0			
		63	170,0		150,0	170,0			
		69							
		72	160,0		107,5	160,0	100,0		
		76	120,0			120,0	130,0		
		84	180,0						
		+84							
POWERLIFTING	Total (kg)	43	---			---	---	---	---
		47	267,5			242,5			
		52	285,0	165,0	165,0	265,0	265,0		
		57	315,0			315,0			
		63	407,5		338,0	407,5			
		69							
		72	382,5		270,0	382,5	200,0		
		76	280,0			280,0	313,5		
		84	425,0						
		+84							
Mov. Único	Press Banca (kg)	43	---			---	---	---	---
		47	67,5			47,5			
		52	85,0	45,0	45,0	65,0	65,0		
		57	75,0	40,0	40,0	75,0			
		63	100,0		75,5	100,0			
		69							
		72	40,0		52,5	40,0	40,0		
		76	70,0			70,0	76,0		
		84	95,0						
		+84	52,5						
Mov. Único	Peso Muerto (kg)	43	---			---	---	---	---
		47	105,0			97,5			
		52	110,0	80,0	80,0	110,0	110,0		
		57	120,0	75,0	75,0	120,0			
		63	150,0		150,0				
		69							
		72	170,0		107,5	170,0	170,0		
		76	135,0			135,0	135,0		
		84	180,0						
		+84							