

The Equipment and Weight Guidelines For Each Division Are As Follows: -

7-9 year olds

Movements	Scaled		Rx	
	Girls	Boys	Girls	Boys
Power Cleans	2kg dumbbell x 2	2kg dumbbell x 2	3kg dumbbell x 2	3kg dumbbell x 2
Front squats	2kg dumbbell x 2	2kg dumbbell x 2	3kg dumbbell x 2	3kg dumbbell x 2
Thrusters	2kg dumbbell x 2	2kg dumbbell x 2	3kg dumbbell x 2	3kg dumbbell x 2
Goblet Squat	3kg dumbbell	3kg dumbbell	4kg dumbbell	4kg dumbbell
Kettlebell Deadlift	8kg kettlebell	8kg kettlebell	12kg kettlebell	12kg kettlebell
Shoulder to Overhead	2kg dumbbell x 2	2kg dumbbell x 2	3kg dumbbell x 2	3kg dumbbell x 2
Kettlebell Swing	4kg kettlebell or dumbbell Russian	4kg kettlebell or dumbbell Russian	6kg kettlebell or dumbbell Russian	6kg kettlebell or dumbbell Russian
Devils Press	3kg dumbbell x 1	3kg dumbbell x 1	3kg dumbbell x 2	3kg dumbbell x 2
Box jumps	20" step up	20" step up	20" step up	20" step up
Ring Row	yes	yes	yes	yes
Push ups	Knees to ab mat	Knees to ab mat	Knees to ab mat	Knees to ab mat
Farmers Carry	4kg dumbbell x 2	4kg dumbbell x 2	4kg dumbbell x 2	4kg dumbbell x 2
Skipping	Skipping	Skipping	Skipping	Skipping
Row	yes	yes	yes	yes

10 -12 year olds

Movements	Scaled		Rx	
	Girls	Boys	Girls	Boys
Power Cleans	8kg bar	8kg bar	15kg bar	15kg bar
Front squats	8kg bar	8kg bar	15kg bar	15kg bar
Thrusters	8kg bar	8kg bar	15kg bar	15kg bar
Deadlift	18kg bar (8kg bar with 2 x 5kg plates)	18kg bar (8kg bar with 2 x 5kg plates)	18kg bar (8kg bar with 2 x 5kg plates)	18kg bar (8kg bar with 2 x 5kg plates)
Shoulder to Overhead	8kg bar	8kg bar	15kg bar	15kg bar
Kettlebell Swing	8kg Russian	8kg Russian	8kg American	12kg American
Devils Press	5kg dumbbell x 1	5kg dumbbell x 1	5kg dumbbell x 2	5kg dumbbell x 2
Box jumps	20" (can step up)	20" (can step up)	20"	20"
Pull Ups	Jumping Pull Ups	Jumping Pull Ups	yes	yes
Toes to Bar	Knee Raises	Knee Raises	Yes	yes
Push ups	Hand Release on knees to ab mat	Hand Release on knees to ab mat	Hand Release on toes to ab mat	Hand Release on toes to ab mat
Farmers Carry	8kg kettlebell x 2	8kg kettlebell x 2	10kg dumbbell x 2	10kg dumbbell x 2
Skipping	Skipping	Skipping	Double Unders (or 3 x singles)	Double Unders (or 3 x singles)
Row	yes	yes	yes	yes

13 -15 year olds

Movements	Scaled		Rx	
	Girls	Boys	Girls	Boys
Power Cleans	15kg bar	20kg bar	20kg bar	30kg bar
Front squats	15kg bar	20kg bar	20kg bar	30kg bar
Thrusters	15kg bar	20kg bar	20kg bar	25kg bar
Deadlift	25kg bar	30kg bar	30kg bar	35kg bar
Shoulder to Overhead	15kg bar	20kg bar	20kg bar	25kg bar
Kettlebell Swing	8kg American	12kg American	12kg American	16kg American
Devils Press	8kg dumbbell x 1	10kg dumbbell x 1	8kg dumbbell x 2	10kg dumbbell x 2
Box jumps	20" (can step up)	24" (can step up)	20"	24"
Chest to Bar	Jumping Chest to Bar	Jumping Chest to Bar	Chest to Bar	Chest to Bar
Toes to Bar	Knee Raises	Knee Raises	Yes	yes
Push ups	Hand Release on toes	Hand Release on toes		
Hand Stand Push ups			One Abmat	One Abmat
Farmers Carry	8kg kettlebell x 2	12kg kettlebell x 2	12kg kettlebell x 2	16kg kettlebell x 2
Skipping	Skipping	Skipping	Double Unders	Double Unders
Row	yes	yes	yes	yes