

2019 McCall Throwdown Load List

Movement	Male	Female
Deadlift	275	175
Clean and Jerk	185	125
Snatch	135	95
Kettlebells	53	35
Dumbbells	50	35
Wall Ball	20	14
Box Jumps	24	20
Pull ups	Yes	Yes
Chest to Bar	At least 1 male	At least 1 female
Handstand push ups	Yes - Kipping	Yes - Kipping
Pistols	At least 1 male	At least 1 female
Muscle ups	At least 1 team member	At least 1 team member
Handstand walking	At least 1 team member	At least 1 team member
Odd Objects	Yes	Yes



This is a guideline of heaviest weight lifted in a workout - we would obviously not do high reps at a heavy weight.

The Clean and Jerk will still be max weight lifted per athlete.

The gymnastic movements will be focused to not exclude teams and allow for strengths and weakness to be maximized in a team environment to make the best score for the workout as prescribed.