

LIFT	Rule	Blindt	LIFT	Rule	Blindt	LIFT	Rule	Blindt
(2H) Deadlift	A01	0.3856	Deadlift - Middle Fingers	C05	0.7128	Rim Lift (Reeves)	E33	0.7905
Squat	A02	0.4779	Deadlift - One Leg	C06	0.9142	Reverse Rim Lift	E34	1.0607
Bench Press - feet on floor	A03	0.7511	(1H) Deadlift with straight bar	C07	0.5222	REPS Roman Chair Situp	E35	N/A
(2H) Barbell Snatch	A04	1.1779	Deadlift - 2 Barbells	C08	0.4998	Turkish Getup (Oct 2010)	E36	2.1745
(2H) Barbell Clean and Jerk	A05	0.8992	2 Person Deadlift	C09	N/A	Power Row (Oct 2011)	E37	0.8555
			(2H) Hacklift	C10	0.4284	Domaal Squat	E38	3.1778
Barbell Clean and Press	B01	1.0000	(1H) Hacklift	C11	0.7473	(2H) Pinch Grip	F01	1.1174
Barbell Clean & Press Behind Neck	B02	1.1818	Straddle	C12	0.3859	(1H) Vertical Bar Lift	F02	0.6223
Barbell Snatch from Hang	B03	1.2643	(2H) Ciavattonne Deadlift	C13	0.5147	Travis Lift - including reps	F03	0.1863
Barbell Clean & Press on Knees	B04	1.2779	(1H) Ciavattonne Deadlift	C14	0.8980	TOTAL POUNDAGE IN 3HRS 9MINS	F04	N/A
Barbell Clean & Seated Press	B05	1.1516	Hacklift - Middle Fingers	C15	0.7627	Hip Lift	F05	0.1089
Barbell Clean & Seated Press Behind Neck	B06	1.2742	(2H) Thumbless Deadlift	C16	0.5979	Harness Lift	F06	0.0955
Barbell Clean & Press - Middle Fingers	B07	1.6680	Deadlift - Index Fingers	C17	1.1190	Backlift	F07	0.1028
Barbell Clean & Press - Rev Grip	B08	1.4717	Deadlift - Little Fingers	C18	1.4173	Hand & Thigh	F08	0.1682
Kelly Snatch	B09	2.9677	Deadlift - Ring Fingers	C19	1.0419	Weaver Stick Lifts (F)	F09.1	40.6387
Barbell Clean and Press - Alt Grip	B10	1.3518	Straddle - Index Fingers	C20	1.1063	Weaver Stick Lifts (R)	F09.2	20.9790
Barbell Snatch on Knees	B11	1.9689	Straddle - Little Fingers	C21	1.4409	Necklift	F10	0.3383
2 Person - Clean & Snatch	B12	N/A	Straddle - Middle Fingers	C22	0.8483	Teeth Lift	F11	0.9574
Zeigler Clean	B13	1.9119	Straddle - Ring Fingers	C23	1.4653	Trap Bar Deadlift	F12	0.3893
Barbell Clean & Jerk - Middle Fingers	B14	1.9253	Hacklift - Index Fingers	C24	1.2510	Deadlift with CAMBERED bar	F13	0.5675
Judd Barbell Clean and Jerk	B15	1.9753	Hacklift - Little Fingers	C25	1.6541	Index Finger Lift	F14.1	1.1768
REP Cleans with bodyweight	B16	N/A	Hacklift - Ring Fingers	C26	1.4690	Little Finger Lift	F14.2	1.5313
2 Person - 2 Hands Clean & Press	B17	N/A	REP Deadlift	C27	N/A	Middle Finger Lift	F14.3	0.9863
2 Person - 2 Hands Snatch	B18	N/A				Ring Finger Lift	F14.4	1.1184
2 Person - 2 Hands Clean & Jerk	B19	N/A	Front Squat	D01	0.5920	(1H) Fulton Deadlift	F15	1.1508
REP Snatches with bodyweight	B20	N/A	Squat - One Leg	D02	1.7095	(2H) Fulton Deadlift	F16	0.5855
REP Press with bodyweight	B21	N/A	Squat - Lunge	D03	0.8304	(1H) Pinch Grip	F17	2.0915
REP C&J with bodyweight	B22	N/A	Squat - Overhead	D04	0.9841	(1H) Pinch Grip - Clean & Press	F18	5.4637
REP Jerk with bodyweight	B23	N/A				(1H) Vertical Bar Lift - 2" Bar	F19	1.0897
(1H) Barbell Snatch	B24	1.5107	(2H) Zercher	E01	0.5058	(2H) Deadlift - 2" Bar	F20	0.4532
(1H) Barbell Clean and Jerk	B25	1.4492	(1H) Zercher	E02	0.7996	(2H) Barbell Snatch 2" bar	F21	1.4754
(1H) Bent Presses - Strict	B26	4.8922	Rectangular Fix	E3	0.9869	(2H) Barbell Clean and Jerk 2" bar	F22	1.0726
(1H) Pushes (SidePresses)	B27	2.3177	Barbell Curl - Strict	E04	1.7299	Barbell Clean & Push Press - 2" Bar	F23	1.1200
Continental Clean	B28	0.7060	2 Person - Strict Curl	E05	N/A	Straddle - 2" Bar	F24	0.4967
Barbell Clean and Jerk Behind Neck	B29	0.9137	Barbell Cheat Curl	E06	1.0745	(2H) Hacklift - 2" Bar	F25	0.5572
Continental Clean and Jerk	B30	0.8142	2 Person - Cheat Curl	E07	N/A	(2H) Vertical Bar Lift - 2" bar	F26	0.5940
Barbell Clean & Push Press	B31	0.8898	2H Wrist Curl	E08.1	0.6951	Barbell Clean and Press 2" bar	F27	1.2094
Jerk Front from Racks	B32	0.8199	1H Wrist Curl	E08.2	1.2996	REPS Backlift	F28	N/A
Jerk Behind from Racks	B33	0.7849	Steinborn Lift	E09	0.6461	REPS Hip Lift	F29	N/A
French Press	B34	2.0681	Mansfield	E10	0.9249	REPS Harness Lift	F30	N/A
Bench Press - feet in air	B35	0.6880	Pullover at Arms Length	E11	1.7781	Shanks Lift	F31	0.3848
Bench Press - Hands together	B36	0.9267	Pullover - bent arm	E12	1.7082	(1H) Dumbell Press	G01	2.0590
Bench Press - 1H	B37	2.2184	Hold out in front Raised	E13	2.9872	(2H) Dumbell Clean & Press	G02	1.1703
Bench Press - Alt grip	B38	0.7796	Hold out in front Lowered	E14	3.2357	Dumbell Clean & Seated Press	G03	1.7453
Bench Press - Reverse grip	B39	0.7822	Barbell and Dumbell Anyhow	E15	1.1055	(1H) Dumbell Snatch	G04	1.7656
Roman Chair Bench Press	B40	1.4582	Abdominal Raise	E16	2.4521	(2H) Deadlift - Dumbbells	G05	0.4707
Pullover & Press on Back	B41	0.7784	REP ABDOMS	E17	N/A	(1H) Dumbell Clean and Jerk	G06	1.6297
Pullover & Press Wrestlers Bridge	B42	1.1517	Roman Chair Abdominal Raise	E18	3.7322	(2H) Dumbell Snatch	G07	1.7591
Pullover & Push on Back	B43	0.6019	Roman Chair Situp	E19	0.4253	(2H) Dumbell Clean and Jerk	G08	1.1851
(1H) Bent Press - Anyhow	B44	2.0766	Roman Chair Extensions	E20	3.8865	(1H) Deadlift - Dumbbells	G09	0.7387
Continental Clean to Belt	B45	0.5626	Allen Lift	E21	5.1756	(1H) Fulton Dumbell Deadlift	G10	1.2491
Continental Snatch	B46	1.0195	Good Morning	E22	0.7786	(1H) Dumbell Bent Press	G11	2.1029
Push Press from Racks	B47	0.9698	Bench Dip	E23	0.8372	(2H) Dumbbells Anyhow	G12	1.0861
Reflex Push Press	B48	1.2113	Inman Mile	E24	0.8372	(1H) Deadlift - Dumbell Walk	G13	1.9008
Reflex Clean & Jerk	B49	1.1014	Leg Press - unsupported	E25	0.6585	Lateral Raise Standing	G14	2.6113
Press Behind Neck From Racks	B50	1.3075	REP LEG PRESS	E26	N/A	Lateral Raise Lying	G15	2.1318
Seated Press Behind Neck From Racks	B51	1.5129	Leg Press - self loaded	E27	1.0257	(1H) Dumbell Swing	G16	1.4890
			Shoulder Drop	E28	1.8281	(2H) Dumbell Swing	G17	1.2695
2 Person Hacklift	C01	N/A	Arthur Lift	E29	0.9869	Crucifix	G18	1.9341
2 Person Straddle	C02	N/A	½ Gardner	E30	1.4649	(1H) Dumbell Cheat Curl	G19	1.8480
Deadlift - Stiff Legged	C03	0.5254	Full Gardner	E31	2.2382	(2H) Fulton Dumbell Deadlift	G20	0.8185
(1H) Thumbless Deadlift	C04	1.0339	Barbell Curl - Reverse	E32	1.6276	(1H) Strict Dumbell Curl	G21	3.4388