

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
			(1H) Hacklift	C11	0.7473	(2H) Pinch Grip	F01	1.1174
Barbell Clean and Press	B01	1.0000	Straddle	C12	0.3859	(1H) Vertical Bar Lift	F02	0.6223
Barbell Clean & Press Behind Neck	B02	1.1818	(2H) Ciavattone Deadlift	C13	0.5147	Travis Lift - including reps	F03	0.1863
Barbell Snatch from Hang	B03	1.2643	(1H) Ciavattone Deadlift	C14	0.8980	TOTAL POUNDAGE IN 3HRS 9MINS	F04	N/A
Barbell Clean & Press on Knees	B04	1.2779	Hacklift - Middle Fingers	C15	0.7627	Hip Lift	F05	0.1089
Barbell Clean & Seated Press	B05	1.1516	(2H) Thumbless Deadlift	C16	0.5979	Harness Lift	F06	0.0955
Barbell Clean & Seated Press Behind Neck	B06	1.2742	Deadlift - Index Fingers	C17	1.1190	Backlift	F07	0.1028
Barbell Clean & Press - Middle Fingers	B07	1.6680	Deadlift - Little Fingers	C18	1.4173	Hand & Thigh	F08	0.1682
Barbell Clean & Press - Rev Grip	B08	1.4717	Deadlift - Ring Fingers	C19	1.0419	Weaver Stick Lifts (F)	F09.1	40.6387
Kelly Snatch	B09	2.9677	Straddle - Index Fingers	C20	1.1063	Weaver Stick Lifts (R)	F09.2	20.9790
Barbell Clean and Press - Alt Grip	B10	1.3518	Straddle - Little Fingers	C21	1.4409	Necklift	F10	0.3383
Barbell Snatch on Knees	B11	1.9689	Straddle - Middle Fingers	C22	0.8483	Teeth Lift	F11	0.9574
2 Person - Clean & Snatch	B12	N/A	Straddle - Ring Fingers	C23	1.4653	Trap Bar Deadlift	F12	0.3893
Zeigler Clean	B13	1.9119	Hacklift - Index Fingers	C24	1.2510	Deadlift with CAMBERED bar	F13	0.5675
Barbell Clean & Jerk - Middle Fingers	B14	1.9253	Hacklift - Little Fingers	C25	1.6541	Index Finger Lift	F14.1	1.1768
Judd Barbell Clean and Jerk	B15	1.9753	Hacklift - Ring Fingers	C26	1.4690	Little Finger Lift	F14.2	1.5313
REP Cleans with bodyweight	B16	N/A	REP Deadlift	C27	N/A	Middle Finger Lift	F14.3	0.9863
2 Person - 2 Hands Clean & Press	B17	N/A				Ring Finger Lift	F14.4	1.1184
2 Person - 2 Hands Snatch	B18	N/A				(1H) Fulton Deadlift	F15	1.1508
2 Person - 2 Hands Clean & Jerk	B19	N/A	Front Squat	D01	0.5920	(2H) Fulton Deadlift	F16	0.5855
REP Snatches with bodyweight	B20	N/A	Squat - One Leg	D02	1.7095	(1H) Pinch Grip	F17	2.0915
REP Press with bodyweight	B21	N/A	Squat - Lunge	D03	0.8304	(1H) Pinch Grip - Clean & Press	F18	5.4637
REP C&J with bodyweight	B22	N/A	Squat - Overhead	D04	0.9841	(1H) Vertical Bar Lift - 2" Bar	F19	1.0897
REP Jerk with bodyweight	B23	N/A				(2H) Deadlift - 2" Bar	F20	0.4532
(1H) Barbell Snatch	B24	1.5107				(2H) Barbell Snatch 2" bar	F21	1.4754
(1H) Barbell Clean and Jerk	B25	1.4492	(2H) Zercher	E01	0.5058	(2H) Barbell Clean and Jerk 2" bar	F22	1.0726
(1H) Bent Presses - Strict	B26	4.8922	(1H) Zercher	E02	0.7996	Barbell Clean & Push Press - 2" Bar	F23	1.1200
(1H) Pushes (SidePresses)	B27	2.3177	Rectangular Fix	E3	0.9869	Straddle - 2" Bar	F24	0.4967
Continental Clean	B28	0.7060	Barbell Curl - Strict	E04	1.7299	(2H) Hacklift - 2" Bar	F25	0.5572
Barbell Clean and Jerk Behind Neck	B29	0.9137	2 Person - Strict Curl	E05	N/A	(2H) Vertical Bar Lift - 2" bar	F26	0.5940
Continental Clean and Jerk	B30	0.8142	Barbell Cheat Curl	E06	1.0745	Barbell Clean and Press 2" bar	F27	1.2094
Barbell Clean & Push Press	B31	0.8898	2 Person - Cheat Curl	E07	N/A	REPS Backlift	F28	N/A
Jerk Front from Racks	B32	0.8199	2H Wrist Curl	E08.1	0.6951	REPS Hip Lift	F29	N/A
Jerk Behind from Racks	B33	0.7849	1H Wrist Curl	E08.2	1.2996	REPS Harness Lift	F30	N/A
French Press	B34	2.0681	Steinborn Lift	E09	0.6461	Shanks Lift	F31	0.3485
Bench Press - feet in air	B35	0.6880	Mansfield	E10	0.9249	Two Vertical Bars (1 in each hand) - 1" rods	F32	0.5718
Bench Press - Hands together	B36	0.9267	Pullover at Arms Length	E11	1.7781			
Bench Press - 1H	B37	2.2184	Pullover - bent arm	E12	1.7082	(1H) Dumbell Press	G01	2.0590
Bench Press - Alt grip	B38	0.7796	Hold out in front Raised	E13	2.9872	(2H) Dumbell Clean & Press	G02	1.1703
Bench Press - Reverse grip	B39	0.7822	Hold out in front Lowered	E14	3.2357	Dumbell Clean & Seated Press	G03	1.7453
Roman Chair Bench Press	B40	1.4582	Barbell and Dumbell Anyhow	E15	1.1055	(1H) Dumbell Snatch	G04	1.7656
Pullover & Press on Back	B41	0.7784	Abdominal Raise	E16	2.4521	(2H) Deadlift - Dumbells	G05	0.4707
Pullover & Press Wrestlers Bridge	B42	1.1517	REP ABDOMS	E17	N/A	(1H) Dumbell Clean and Jerk	G06	1.6297
Pullover & Push on Back	B43	0.6019	Roman Chair Abdominal Raise	E18	3.7322	(2H) Dumbell Snatch	G07	1.7591
(1H) Bent Press - Anyhow	B44	2.0766	Roman Chair Situp	E19	0.4253	(2H) Dumbell Clean and Jerk	G08	1.1851
Continental Clean to Belt	B45	0.5626	Roman Chair Extensions	E20	3.8865	(1H) Deadlift - Dumbells	G09	0.7387
Continental Snatch	B46	1.0195	Allen Lift	E21	5.1756	(1H) Fulton Dumbell Deadlift	G10	1.2491
Push Press from Racks	B47	0.9698	Good Morning	E22	0.7786	(1H) Dumbell Bent Press	G11	2.1029
Reflex Push Press	B48	1.2113	Bench Dip	E23	0.8372	(2H) Dumbells Anyhow	G12	1.0861
Reflex Clean & Jerk	B49	1.1014	Inman Mile	E24	0.8372	(1H) Deadlift - Dumbell Walk	G13	1.9008
Press Behind Neck From Racks	B50	1.3075	Leg Press - unsupported	E25	0.6585	Lateral Raise Standing	G14	2.6113
Seated Press Behind Neck From Racks	B51	1.5129	REP LEG PRESS	E26	N/A	Lateral Raise Lying	G15	2.1318
			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