

LIFT	Rule	Blindt	LIFT	Rule	Blindt	LIFT	Rule	Blindt
Deadlift	A01	0.3837	(2H) Ciavattone Deadlift	C13	0.5003	Weaver Stick Lifts (R)	F09.2	19.0122
Squat	A02	0.4633	(1H) Ciavattone Deadlift	C14	0.8583	Necklift	F10	0.3271
Bench Press	A03	0.7123	Hacklift - Middle Fingers	C15	0.6653	Teeth Lift	F11	1.0054
Snatch	A04	1.1612	(2H) Thumbless Deadlift	C16	0.5737	Trap Bar Deadlift	F12	0.3651
Clean and Jerk	A05	0.9077	Deadlift - Index Fingers	C17	0.9990	Deadlift with CAMBERED bar	F13	0.5675
			Deadlift - Little Fingers	C18	1.3908	Index Finger Lift	F14	0.5675
1 Hands Clean and Press	B01	1.0000	Deadlift - Ring Fingers	C19	0.9502	Little Finger Lift	F14	0.5675
Clean and Press Behind Neck	B02	1.1710	Straddle - Index Fingers	C20	1.0943	Middle Finger Lift	F14	0.5675
1 Hands Snatch from the Hang	B03	1.2706	Straddle - Little Fingers	C21	1.3515	Ring Finger Lift	F14	0.5675
Clean and Press on Knees	B04	1.2668	Straddle - Middle Fingers	C22	0.8029	(1H) Fulton Deadlift	F15	1.0079
Seated Press	B05	1.1548	Straddle - Ring Fingers	C23	1.1737	(2H) Fulton Deadlift	F16	0.5835
Seated Press Behind Neck	B06	1.2822	Hacklift - Index Fingers	C24	1.2280	(1H) Pinch Grip	F17	1.9150
Middle Fingers Clean and Press	B07	1.5555	Hacklift - Little Fingers	C25	1.6848	(1H) Pinch Grip - Clean & Press	F18	4.0142
1 Hands Reverse Clean and Press	B08	1.4378	Hacklift - Ring Fingers	C26	1.5750	(1H) Vertical Bar Lift - 2" Rod	F19	0.9761
Kelly Snatch	B09	3.0188	REP Deadlift - bodyweight	C27	N/A	(2H) Deadlift - 2" Bar	F20	0.4438
Alternate Grip Clean and Press	B10	1.2703				(2H) Barbell Snatch 2" bar	F21	1.4353
Snatch on Knees	B11	1.9056	Front Squat	D01	0.5774	(2H) Barbell Clean and Jerk 2" bar	F22	1.0567
1 Person Clean and Snatch	B12	N/A	Squat - One Leg	D02	1.7067	Barbell Clean & Push Press - 2" Bar	F23	1.1221
Zeigler Clean	B13	1.8992	Squat - Lunge	D03	0.7433	(2H)Straddle - 2" Bar	F24	0.4783
Miller Clean and Jerk (middle fingers)	B14	1.8453	Squat - Overhead	D04	0.9971	(2H) Hacklift - 2" Bar	F25	0.5353
Judd Clean and Jerk	B15	2.0239				(2H) Vertical Bar Lift - 2" rods	F26	0.5966
Repetition Cleans with Bodyweight	B16	N/A	(2H) Zercher	E01	0.5059	Barbell Clean and Press 2" bar	F27	1.1948
1 Person, 2 Hands Team Press	B17	N/A	(1H) Zercher	E02	0.7522	REPS Backlift	F28	N/A
1 Person Team Snatch	B18	N/A	Rectangular Fix	E03	1.7367	REPS Hip Lift	F29	N/A
1 Person Clean and Jerk	B19	N/A	Barbell Curl - Strict	E04	1.7236	REPS Harness Lift	F30	N/A
Repetition Snatches - Bodyweight	B20	N/A	2 Person - Strict Curl	E05		Shanks Lift	F31	0.3285
Repetition Presses - Bodyweight	B21	N/A	Barbell Cheat Curl	E06	1.0435	(2H) Vertical Bar Lift - 1" rod	F32	0.4830
Repetition Clean and Jerks - Bodyweight	B22	N/A	2 Person - Cheat Curl	E07	N/A	Duck Walk	F33	0.7454
Repetition Jerks - Bodyweight	B23	N/A	2H Wrist Curl	E08.1	0.6726			
One Hand Snatch	B24	1.5171	1H Wrist Curl	E08.2	1.7329	(1H) Dumbbell Press	G01	2.0897
One Hand Clean and Jerk	B25	1.3681	Steinborn Lift	E09	0.6457	(2H) Dumbbell Clean & Press	G02	1.1646
One Hand Bent Press - Strict	B26	3.0180	Mansfield	E10	0.9314	Dumbbell Clean & Seated Press	G03	1.5837
One Armed Push (side press)	B27	2.3275	Pullover at Arms Length	E11	1.8001	(1H) Dumbbell Snatch	G04	1.7431
Continental Clean	B28	0.7090	Pullover - bent arm	E12	1.4769	(2H) Deadlift - Dumbbells	G05	0.4412
Clean and Jerk Behind Neck	B29	0.9184	Hold out in front Raised	E13	3.0072	(1H) Dumbbell Clean and Jerk	G06	1.5299
Continental Clean and Jerk	B30	0.7697	Hold out in front Lowered	E14	3.0359	(2H) Dumbbell Snatch	G07	1.6755
Clean and Push Press	B31	0.8871	Barbell and Dumbbell Anyhow	E15	1.3101	(2H) Dumbbell Clean and Jerk	G08	1.1545
Jerk from Racks	B32	0.7851	Abdominal Raise	E16	2.3308	(1H) Deadlift - Dumbbells	G09	0.6917
Jerk Behind Neck from Rack	B33	0.7878	REP Abdoms	E17	N/A	(1H) Fulton Dumbbell Deadlift	G10	1.0502
French Press	B34	2.0216	Roman Chair Abdominal Raise	E18	3.7340	(1H) Dumbbell Bent Press	G11	2.1521
Bench Press - Feet in Air	B35	0.6852	Roman Chair Situp	E19	0.4178	(2H) Dumbbells Anyhow	G12	1.2463
Hands Together Bench Press	B36	0.8899	Roman Chair Extensions	E20	3.8685	(1H) Deadlift - Dumbbell Walk	G13	1.9006
One Hand Bench Press	B37	2.1257	Allen Lift	E21	4.9655	Lateral Raise Standing	G14	2.5844
Alternate Grip Bench Press	B38	0.7638	Good Morning	E22	0.7831	Lateral Raise Lying	G15	2.0567
Reverse Grip Bench Press	B39	0.7711	Bench Dip	E23	0.7254	(1H) Dumbell Swing	G16	1.4929
Roman Chair Bench Press	B40	1.4327	Inman Mile	E24	N/A	(2H) Dumbell Swing	G17	1.2627
Pullover and Press on Floor	B41	0.7802	Leg Press - unsupported	E25	0.6571	Crucifix	G18	1.8220
Wrestlers Bridge Pullover and Press	B42	1.3775	REP Leg Press	E26	N/A	(1H) Dumbell Cheat Curl	G19	1.8231
Pullover and Push Press with Bridge	B43	0.5681	Leg Press - self loaded	E27	0.9120	(2H) Fulton Dumbell Deadlift	G20	0.7703
Bent Press (Anyhow to shoulders)	B44	2.0134	Shoulder Drop	E28	1.2839	(1H) Strict Dumbell Curl	G21	3.5944
Continental onto Belt	B45	0.5609	Arthur Lift	E29	0.9865			
Continental Snatch	B46	1.0138	½ Gardner	E30	1.4688	Anderson Press	H01	1.1277
Push Press from Racks	B47	0.9667	Full Gardner	E31	2.1080	Anderson Squat	H02	0.4310
The Reflex Clean and Push Press	B48	1.1352	Barbell Curl - Reverse	E32	1.5317	Apollons Lift	H03	1.6843
The Reflex Clean and Jerk	B49	1.0843	Rim Lift (Reeves)	E33	0.6698	Bavarian Deadlift	H04	0.4260
Press Behind Neck from Rack	B50	1.2562	Reverse Rim Lift	E34	0.9680	Cyr Press	H05	2.2816
Seated Press Behind Neck from Rack	B51	1.4374	REPS Roman Chair Situp	E35	N/A	Dinnie lift	H06	0.3348
			Turkish Getup (Oct 2010)	E36	1.9377	Dumbbell to Shoulder	H07	1.0438
Two Person Hacklift	C01	N/A	Power Row (Oct 2011)	E37	0.8242	Goerner Stroll	H08	
Two Person Straddle Deadlift	C02	N/A	Domaal Squat	E38	2.5869	Hachensmidt Floor Press	H09	0.6213
Stiff Leg Deadlift	C03	0.4961				Habecker Lift	H10	0.7533
One Hand Thumb less Deadlift	C04	1.0064	(2H) Pinch Grip	F01	0.9997	Kennedy Lift	H11	0.4884
Middle Fingers Deadlift	C05	0.6594	(1H) Vertical Bar Lift 1" rod	F02	0.6102	Lurich Lift	H12	0.7360
One Leg Deadlift	C06	0.8975	Travis Lift - including reps	F03	0.1657	Peoples Deadlift	H13	0.3869
One Hand Deadlift	C07	0.5092	TOTAL POUNDAGE IN 3HRS 9M	F04	N/A	Saxon Deadlift	H14	1.6158
Two Barbell Deadlift	C08	0.4282	Hip Lift	F05	0.0819	Saxon Snatch	H15	2.8180
Two Person Team Deadlift	C09	N/A	Harness Lift	F06	0.0901	Thors Hammer	H16	7.1619
Hacklift	C10	0.3928	Backlift	F07	0.0968	Inch Dumbbell 1Arm Deadlift	H17	1.5138
One Hand Hacklift	C11	0.7083	Hand & Thigh	F08	0.1558	Inch Dumbbell Press	H18	
Straddle Deadlift (Jefferson)	C12	0.3638	Weaver Stick Lifts (F)	F09.1	34.1730	Patterson Deadlift	H19	