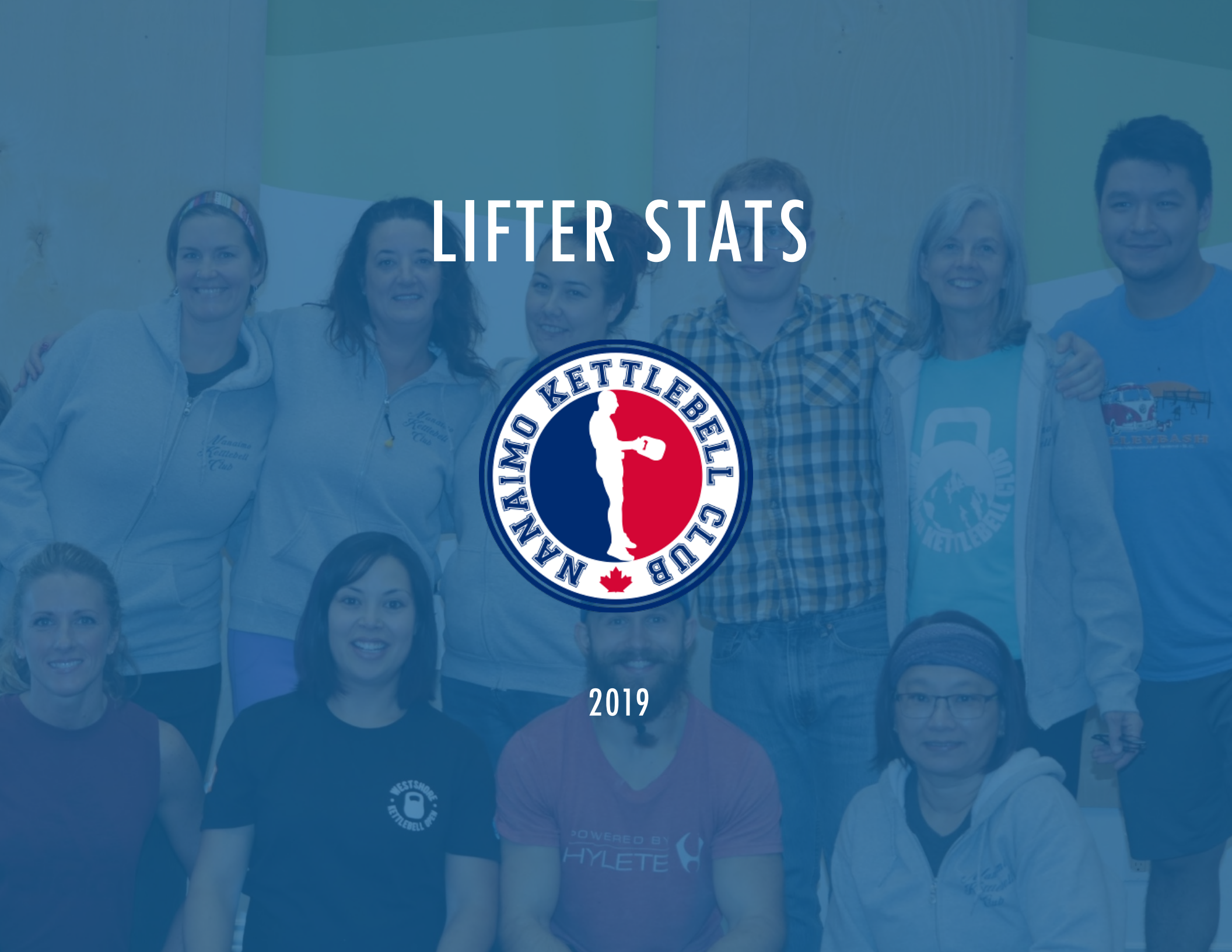


LIFTER STATS

2019

THE LIFTS

SNATCH

Amateur Goal Wt. =16kg(W), 24kg (M)

Mastery = 180-200 reps

JERK

Amateur Goal Wt. = 16kg (W), 24kg (M)

Mastery = 100+ reps

LONGCYCLE

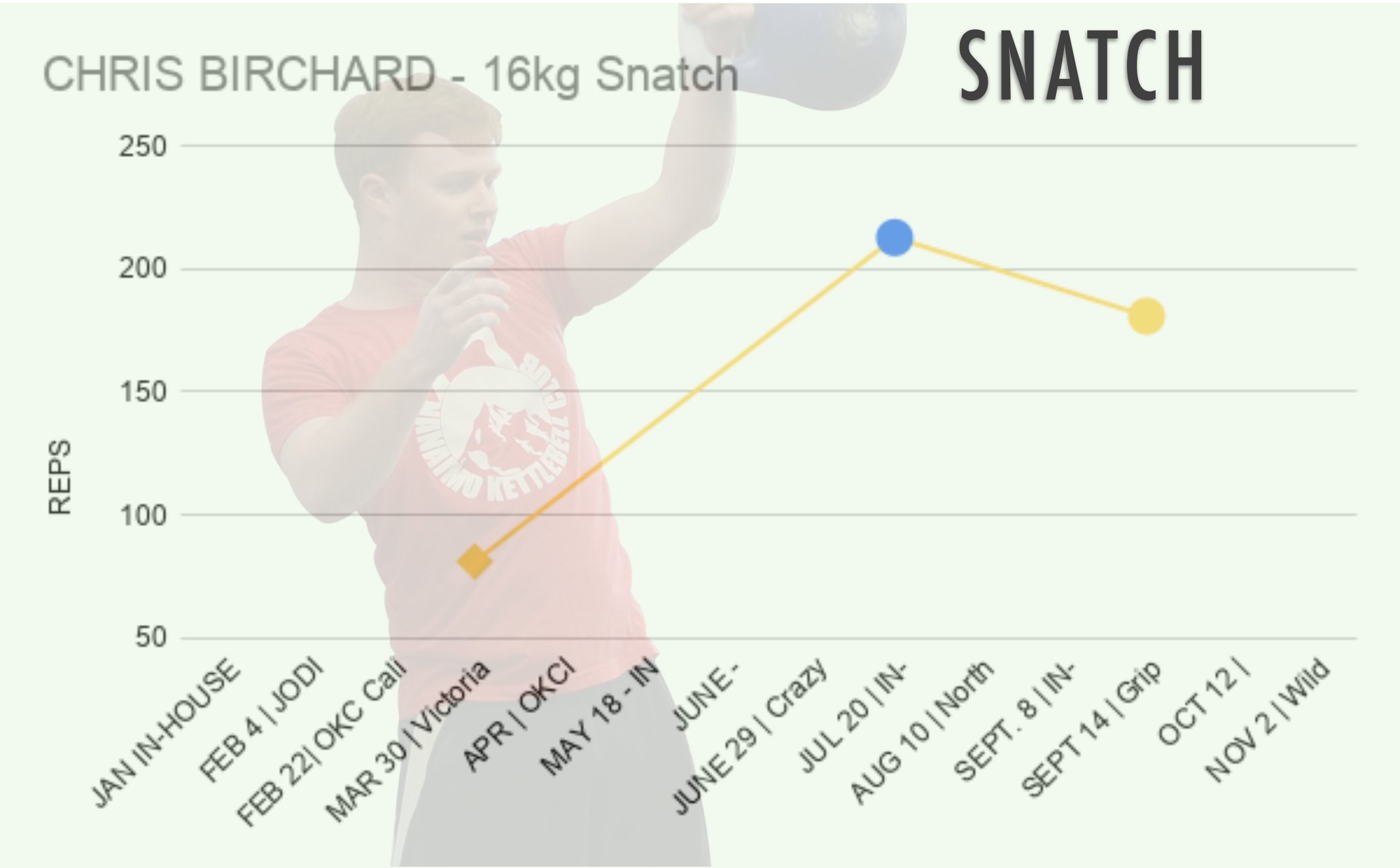
Amateur Goal Wt. = 16kg (W), 24kg (M)

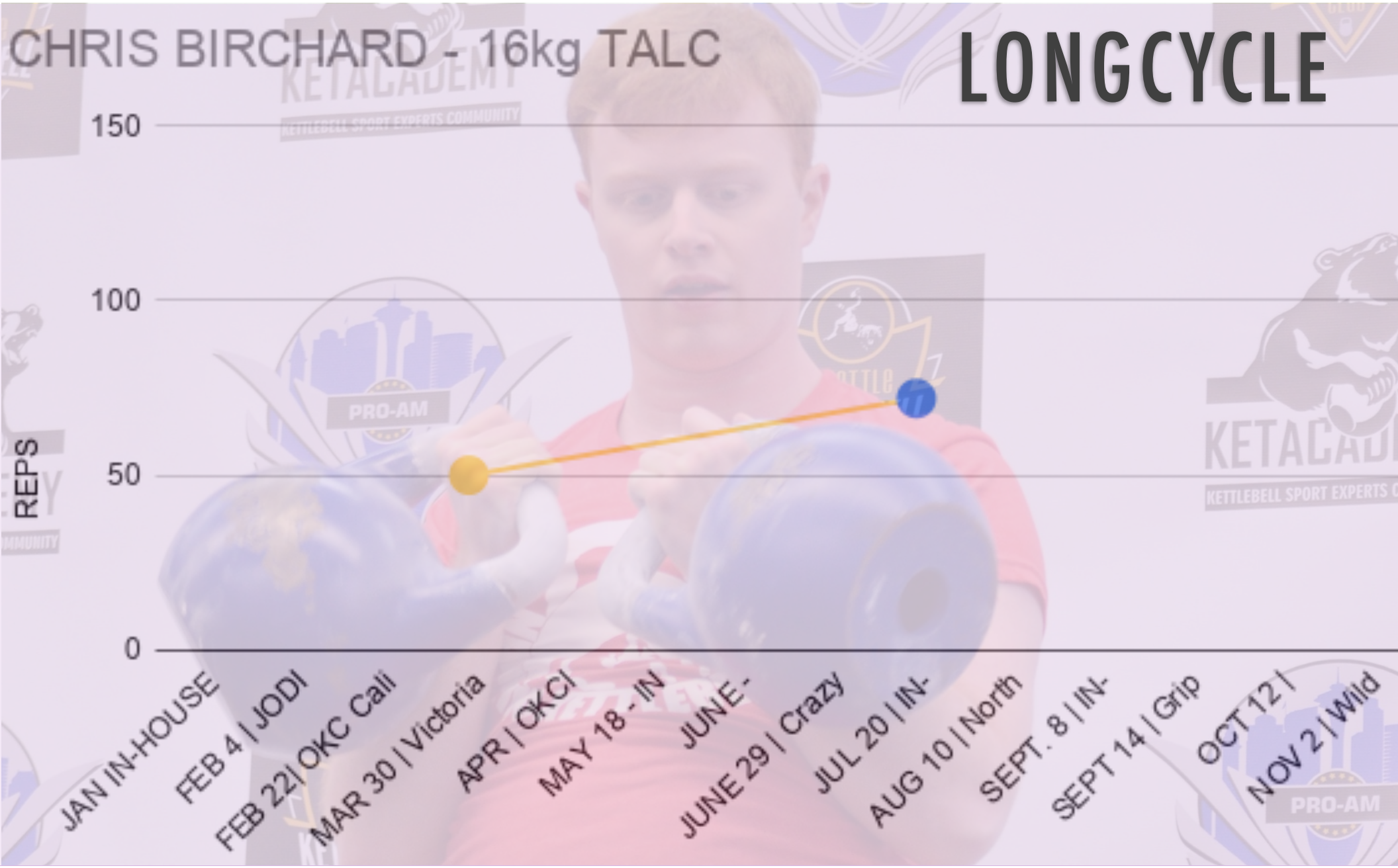
Mastery = 80-100 reps

ATTITUDE | APTITUDE | ALTITUDE

Lifting correctly is not an attainable goal, it is a process with no end. Good technique is difficult to learn and easily forgotten. You'll find yourself fixing one flaw only to find another cropping up. This is the nature of the sport. With this knowledge in hand, it is only those unafraid to fail who will rise to the top. You *will* make mistakes but you must work to correct them, intent on making modest improvements over time until you have reached your goal.

SNATCH


CHRIS BIRCHARD - 16kg Snatch
250
200
150
100
50
REPS
JAN IN-HOUSE
FEB 4 | JODI
FEB 22| OKC Cali
MAR 30 | Victoria
APR | OKCI
MAY 18 - IN
JUNE -
JUNE 29 | Crazy
JUL 20 | IN-
AUG 10 | North
SEPT. 8 | IN-
SEPT 14 | Grip
OCT 12 |
NOV 2 | Wild


CHRIS BIRCHARD - 16kg TALC
LONGCYCLE
150
100
50
0
REPS
JAN IN-HOUSE
FEB 4 | JODI
FEB 22| OKC Cali
MAR 30 | Victoria
APR | OKCI
MAY 18 - IN
JUNE -
JUNE 29 | CraZY
JUL 20 | IN-
AUG 10 | North
SEPT. 8 | IN-
SEPT 14 | Grip
OCT 12 |
NOV 2 | Wild

YOUR BEST LIFTS OF 2019

SNATCH	JERK	TALC	OALC
12kg x 213		12kg x 72	
16kg x 181		16kg x 50	
18kg x 81			

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