

UFC GYM / ULTIMATE FITNESS CHALLENGE

WEIGHT CLASSES

Women's Weight Classes

Weight	Class	Deadlift	Push Press	KBPS
<125	Atomweight	135	70	12 kg (2)
125-140	Strawweight	155	80	12 kg (2)
141-155	Flyweight	175	90	16 kg (2)
156-170	Bantamweight	195	100	16 kg (2)
>170	Featherweight	205	110	16 kg (2)

Men's Weight Classes

Weight	Class	Deadlift	Push Press	KBPS
<135	Featherweight	155	115	20 kg (2)
136-160	Lightweight	185	125	20 kg (2)
161-185	Welterweight	215	135	20 kg (2)
186-205	Middleweight	245	145	24 kg (2)
206-225	Light Heavyweight	275	155	24 kg (2)
>226	Heavyweight	305	165	24 kg (2)

ROUND 1

1/4 Mile Run



5 Deadlifts



25 Slam Balls



ROUND 2

400m Row



5 Push Press



10 Candlestick Burpees



ROUND 3

200 Jump Rope Skips



10 Front Rack KB Squats



25 Double KB Swings

