

Armhävningar Senior & Junior

Grad	Man	Kvinna
1 kup	80	70
2 kup	70	60
3 kup	60	50
4 kup	50	40
5 kup	40	30
6 kup	30	25
7 kup	25	20
8 kup	20	15
9 kup	15	10
10 kup	10	10

Armhävningar Kadett & Minior

Grad	Kille	Tjej
1 kup 2	60	60
1 kup	60	60
2 kup 2	50	50
2 kup	50	50
3 kup 2	40	40
3 kup	40	40
4 kup 2	35	35
4 kup	35	35
5 kup 2	30	30
5 kup	30	30
6 kup 2	25	25
6 kup	25	25
7 kup 2	20	20
7 kup	20	20
8 kup 2	15	15
8 kup	15	15
9 kup 2	15	15
9 kup	10	10
10 kup 2	10	10
10 kup	10	10