

XPC FINALS/WORLDS ONLY (INCLUDING the Arnold Sports Festival®)

DAY 1: ELITE DAY – The lifter is required to have an XPC Elite Total. We only recognize Open Division (No Brackets).

DAY 2: PRO DAY – The lifter is required to have an XPC Pro Total. We only recognize Pro Division (No Brackets).

DAY 3: NOVICE DAY - This day is reserved for all OTHER DIVISIONS that do not fit into the two DIVISIONS (ELITE AND PRO) listed above. The NOVICE classification will include age brackets and is open to all. A Qualifier is not required.

XPC CLASSIFICATION AND DIVISIONS (NOT including the Arnold Sports Festival®)

NOTE: THIS IS FOR EVERY OTHER MEET EXCEPT THE XPC FINALS AND XPC WORLDS

PRO: Lifter is required to have an XPC Pro Total.

ELITE: Lifter is required to have an XPC Elite Total.

NOVICE: Any total under an XPC Elite Total is considered a NOVICE.

The XPC will recognize all age brackets (Teen, Sub-Master & Master) in all classifications and divisions.

Example: You can be a Pro Master with sleeves, or an Elite Multi-ply Master 3.