

WHEA Grip World Championships 2026

Saxon Bar 3" (Gods of Grip)

- Max lift to lockout
- Raising bar with 5 kg increments
- 4 attempts, skip as many weights as wanted
- 60 sec time to execute the lift, once the lift fails it's over

Hub (Ironmind)

- Max lift to lockout (with Ironmind rules for the grip)
- Raising bar with 2,5 kg increments
- 4 attempts, skip as many weights as wanted
- 60 sec time to execute the lift, once the lift fails it's over

Little Big Horn (Ironmind)

- Max lift to lockout
- Raising bar with 5 kg increments
- 4 attempts, skip as many weights as wanted
- 60 sec time to execute the lift, once the lift fails it's over

Inch Dumbbell Medley (Strenght Shop)

- 7 dumbbells with 60 mm handle (20-32-40-48-58-64-71-78 kg)
- The dumbbells must be lifted in weight order from lighter to heavier
- Lifters hand must raise over knees and the dumbbell must be in fairly straight line
- Fastes time for all 7 lifts or number of lifted dumbbells in 90 sec time limit
- Same weights for all categories

Farmers hold – 2" thick non-rolling handles (Gods of Grip)

- Farmer handles in both hands (hanging separately), hold agains time
- Time starts when the weights leave the ground and ends when the weights hit the ground
- Weights for ladies: U65 50 kg/hand – U75 60 kg/hand – Open 70 kg/hand
- Weights for men: U85 90 kg/hand – U100 100 kg/hand – Open 110 kg/hand
- The weights are preliminary and may be subject to change at the competitor meeting