



B·A·D

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Bodywize Strongest Athlete Competition

Presented by

The B.A.D Crew

Come and compete against fellow athletes and fitness enthusiasts. Great prizes for top 3 athletes in each weight class.

(Classes will be capped at 6-8 competitors)

PLACE: Bodywize Athletic Development
4518 Renaissance Parkway
Warrensville Hts, OH. 44128

DATE: Saturday September 29, 2012

TIME: 12:00

Classes:

Men: 21 and under or 22 and up

Women: 21 and under or 22 and up

Events: *Note, all events are timed. Best time wins event and is based on a point system

Push & Press Meadly

Men: 15 push ups (chest must touch floor and hands come off the ground at bottom position) log press 1 rep (Class 1 120#, Class 2 140#) 1 arm DB or KB press with Fat Grips 1 rep (Class 1 40# DB or 20kg KB Class 2 50# DB or 24kg KB)

Women: 10 push ups; Axle press (Class 1 50# Class 2 70#) 1 arm DB or KB press 1 rep (Class 1 20# DB or 12kg KB Class 2 30# DB or 16kg KB)

Tire Flip & Farmer walks

3 flips for all classes, then farmer carries on agility course for 70 feet (woman classes 300 tire , mens classes 400 tire)

Women: farmer carries Class 1 24kg kettlebell. Class 2 28kg kettlebells

Men: farmer carries Class 1 38kg kettlebells Class 2 40 kg kettlebells,

Power wheel walks & Prowler push

Power wheel walk for 40 ft and prowler push for 70 feet (Prowler weight for Women Class 1 140# Class 2 170#: Men Class 1 210# Class 2 240#)

Running relay

jumprope for 100 reps, run 25 yards, 10 plyo jumps to tire or box, run 45 yards

Pull ups, Sled pull & Sandbag load

5 pull ups for all mens classes (women do 5 modified pull ups) (Arms must lock out at bottom position)

Load 3 sand bags to platform, Pull sled with 50' rope (woman's sled Class 1 125# Class 2 150# Men's Class 1 175# Class 2 255#)

All events and weights may be subject to change prior to event. You will be notified day of event of any changes.