

## 50/50 Challenge & Cookout

Date: 9/27/09

Time: 10am-??

What: The 50/50 Challenge & Cookout.

Who: Anyone, current client or not, but you must demonstrate proficiency with kb before competing if I don't know you.

The Rules:

Using an appropriate weight (suggested - men 24k, women 12) complete the following as fast as possible with good form. The goal is 30 mins much faster than that (27 mins or less) you didn't go heavy enough. Longer than 45 mins & you went too heavy.

Each lift is to be completed on one side before moving to the other. Both sides must be complete before moving to the next lift.

You can rest whenever you wish.

**YOU MUST HAVE PRIOR KB EXPERIENCE. No EXCEPTIONS.** If I haven't seen you lift kbs you will be required to demonstrate proficiency in these lifts before you can enter the Challenge.

snatches 50 ea arm

dead clean 50 ea arm

front squat - racked bell 50 ea side

swings 50 ea arm

push press 50 ea arm

jerks (not long cycle, jerk only) 50 per arm

[Register Here for the 50/50](#)

Make sure you give us your tshirt size.

T-shirts

to all who complete the 50/50 regardless of time & gift certificates for the winners. (Fastest time relative to body-weight and kb size).

The Cookout is open to all, bring a dish please and if you want beer bring that too. We will not let anyone drive under the influence or allow underage drinking!