

WEIGHTLIFTING

Saturday, October 31, 2020

Entry Deadline: October 17, 2020

Kaizen Performance
1811 Industrial Blvd. #108
Norman, OK

Event Check In: 9:00 am

Event Begins: 10:00 am

FORMAT

Men, Women

EVENTS

Bench Press

Perform correct maneuvers of 5 reps at your maximum weight.

Leg Press

Perform correct maneuvers of 5 reps at your maximum weight.

20 Yard Sled Push (timed)

Men 90 lbs.; Women 45 lbs.

Sled is pushed 20 yards as quickly as possible.

STATE DIRECTOR

Garrison Niemice

www.kaizenperformance.net

garrison@kaizenperformance.net

303-854-7631

**Weight Lifting is not a National Senior Games
Event**