

# SIN CITY VI –HKPK Strongman Challenge

## Jesse Marunde Memorial Contest

\*Nick and Callie are excited to host a strongman show at their new gym location Hard Kore Park Kore Las Vegas. Open Gym is available for athletes who want to test equipment, or for anyone interested in training strongman.

All Events are 60 seconds and about 60 feet unlimited drops

<b>Men's</b>	<b>&lt;231</b>	<b>Light</b>	<b>Masters</b>	<b>&gt;231</b>	<b>Heavy</b>
Farmers		265	265		325
Tire Dead Lift		475	475		550
Stone over bar 48in		310	310		354
Arm over Arm		Hummer	Hummer		Hummer
Log/axle/db reps		220/240/Thomas inch reps		260/290/180 monster dumbbell	
			180/220/120db		

### Women's Open

Farmers 150lbs

Yoke 300lbs

Log Clean and press for reps 100 lbs.

Dead lift for reps 200 lbs.

Stone over bar 175 lbs. 48in