

*Carl has accepted an invite to and is training for the*

**2007 FitExpo**

**All American Pro Strongman**

**Challenge**

**Pasadena, California**

**February 16th - 18th, 2007**

The **All American Pro Strongman Challenge** will determine the athletes to compete in the 2007 World's Strongest Man Super Series. The top six athletes will receive All American Honors and guaranteed an invite to one of the Grand Prix stops on the 2007 WSM Super Series which is one step from qualifying for the 2007 Met-Rx World's Strongest Man.

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## **Competition Rules**

The following disciplines are example of feats of strength that will be contested....

### **Friday 3:00 PM**

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#### **Farmers Walk**

The athletes, competing in pairs, will each attempt to lift and carry two cylinders with handles up and back a 20-meter course. Single pick-up. The weight of each of the two objects will be 152.5kg/335 pounds. Single ply power suit allowed. No grip aids other than chalk allowed. Furthest or fastest time to complete course wins. Time limit is 60 seconds.

#### **Super Yoke Carry**

The athletes, competing in pairs, will each attempt to lift and carry a 400kg/880lb yoke on their shoulders for 20 meter/66 feet. One set down allowed. No sliding of implement allowed, second touchdown will result in measurement. Furthest or fastest time to complete course wins. The athlete will have 60 seconds time limit to complete course.

#### **Truck Pull (Tentative)**

The athlete will attempt to pull a 20-30,000 pound truck the fastest over an 80-100 foot course using Ironmind® harness and rope. The athlete will have 60 seconds time limit to complete course. No weighted vest allowed.

## Saturday 4:00 PM

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### Log Press

The athletes, competing in pairs, will each attempt to lift a 300lb steel log from the ground shoulders, then press/jerk it to overhead for as many reps as possible. Athlete may clean or continental the Log to shoulders one or more time, each Press or Jerk of the Log to locked arms overhead, feet in line and "head trough", and await referee's signal before returning to shoulders. The athlete will have 60 seconds to complete as many overhead lifts as possible.

### Dead Lift Medley

The athlete will attempt to dead lift various implements (Giant Fishing Pole~600lb, Axle~650lb, barbell~705lb, barrels w/side handles~800lb). Fastest to complete the most lifts wins. The athlete will have 60 seconds time limit to complete all lifts. No straps allowed. Lift implements in any order. Splits timed on lock-out of each completed dead lift. Weights must be returned to floor/platform "under control". Dropping the weights will result in "no lift".

### Power Medley

The athlete will attempt to drag a 600lb anchor chain, lift and load a 300 pound sand bag, lift and load a 350 pound Keg onto a 51" platform/3<sup>rd</sup> Step, and then lift and carry a 500 pound weight stack up a set of three POWER stairs. Fastest time wins. The athlete will have 75 seconds time limit to complete course. Splits will be taken on completion of each "leg" and each step of the power stairs.

## Sunday 12:00 NOON

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### Farmer's Carry Medley

The athlete will attempt to lift and carry various (pairs of) implements in his bare hands each for a set distance (a pair of 350lb suit cases, a pair of 385lb FW cylinders, and a 900lb frame). Furthest or fastest time to complete course wins. Multiple set-downs allowed. The athlete will have 60 seconds time limit to complete course. Each implement must entirely cross the line before moving on to the next one, and the finish line. Splits timed on each completed carry.

### Overhead Lifting Medley

The athlete will attempt to (1) press or jerk overhead with one arm a Giant Dumbbell (3" handle~181lb). The non-lifting arm must not be in contact with the Dumbbell at the commencement of the overhead lift or touch the Dumbbell at any time during the press or jerk. The athlete may clean the dumbbell to the shoulder using both arms, re-adjust the dumbbell at the shoulder with two arms, and may bring the dumbbell to the platform under control with two arms; (2) lift a 300 lb field stone overhead; (3) clean and press/jerk a 330lb log overhead with two arms; and (4) clean and press/jerk a 330lb axle with wheels overhead. Implements may be lifted in any order, and splits will be timed at completion of each lift as determined by referee's signal. Referee may disallow an otherwise good lift if the implement is thrown or otherwise abused. Fastest to complete the most lifts wins. The athlete will have 90 seconds time limit to complete all lifts.

### Stones of Strength

The athlete will attempt to lift and load 9 stones weighing from 225 pounds to 450 pounds onto platforms of various heights. Fastest time to load the most stones wins. The athlete will have 90 seconds time limit to complete all stones. Splits timed on 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Stone.

*Note: No grip aids other than magnesium/chalk in any Disciplines other than the Stones of Strength wherein tacky is allowed.*

*Disciplines contested subject to change without notice.*