

FREE

L I F T M A S

LIFTING PARTY

DRILL HALL

DECEMBER 16 • 4 PM



D-ball Over Bar for Reps

Lifter will pick the D-ball from the ground and load it over the bar. Lifter will repeat this as many time as posable within 60sec. No tacky will be allowed. Woman's bar height: 42in Men's bar height: 48in. Weights are TBD.



Rising Weight Yoke

Each round the weight on the yoke gets heavier and heavier. Lifter picks up the Yoke and carries it down a 100 foot course, once the lifter crosses the line they will drop the yoke and flip and carry the yoke back 50 feet. To finish, the yoke will have to be completely past the cones. Lifter must complete the course in 60sec. Lifter is awarded the highest weight successfully carried through the entire course.



Single Arm Dumbbell Clean and Press for Reps

Lifter can use 2 arms to clean the weight up and only one arm to press the weight. Lifter will wait for the down command and drop the weight on the Pad. Weights will be a rising weight. Males will start with the 90lb large monster Dumbbell, if unable to lift, they can use the smaller dumbbell starting at 55lbs. Females will start with the 55lb smaller dumbbell, if unable to lift, they can use a normal dumbbell of their choice under 55lbs. Lifters can NOT wear hand straps or grip assistance.

**REGISTER AT
DRILL HALL.**



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