



**Metroflex Strength Association**  
**@ THE BRANCH WARREN CLASSIC**  
**PRESENTS**  
**MAX REP CHALLENGE**

This event is a max rep challenge, Athletes will do as many reps as possible based on their body weight.

Details below, This event takes place at THE BRANCH WARREN CLASSIC 2019

Location:

NRG Park Center

1 NRG Park

Houston, Tx. 77054

**WEIGHT IN= SAT 8AM-9:00AM**

**ENTRY FEE:\$50**

**Teen and Military w/ ID \$40**

**NO REFUNDS OR CANCELATIONS FOR ANY REASON!!**

**Entry Deadline must be in before July 6<sup>th</sup> 2019**

**Late fee \$25 late entry not guaranteed a trophy**

**Time: Lifting begins SAT at 10:00 a.m.**

Divisions: 3

Teen open, Masters 40-50 50-60 60-70 and 70+

Men & Womens

## EVENTS

- DEADLIFT
- BENCH PRESS
- SQUAT
- SURPRISE EVENT

ALL EVENTS FOR MAX REPS

## **Events : 1.DEADLIFT**

**Mens Deadlift** = 2X Bodyweight for reps

**Womens Deadlift** = 1.5X Bodyweight for reps

## **2.SQUATS:**

**Mens Squat** = 1.5x Bodyweight for reps

**WomensSquat** = Bodyweight for reps

## **3.BENCH PRESS =**

**Mens Bench** = Bodyweight for reps

**Womens Bench** = .75% Bodyweight for reps

**4= SURPRISE EVENT TO BE ANNOUNCED!!**

**AWARDS: CASH PRIZES FOR 1<sup>ST</sup>,2<sup>ND</sup> AND 3<sup>RD</sup> PLACE**

**TOP 5 RECEIVE PRIZES AND TROPHIE**

## **RULES::::**

This is a RAW LIFTING EVENT. The only thing you can wear is a belt and wrist wraps. {NO STRAPS}

You are not required to wear a lifting suit or singlet. Wear what you want ..

Each lifter will get 1 attempt for max reps on squat, bench, and deadlift these lifts will be flights. Events in order as follows, SQUATS, BENCH, and DEADLIFT , SURPRISE lift will be last !!

The flights will be structured by your weight, All lifts will be judged ,Full lockout on every rep must happen in order to count as a rep. You will get one warning from the judge if you are not clean! Second warning will result in disqualification at whatever number you ended on. Rules will be explained at athletes meeting sat morn! Email Kimberly at [metroflexgymconroe@gmail.com](mailto:metroflexgymconroe@gmail.com) if you have any questions.

MSA METROFLEX STRENGTH ASSOCIATION Membership is required for all lifters!

Membership cards will be available at weight ins.

MSA membership fee is \$15

Metroflex gym members \$10

Teen and Military \$5

Spectator tickets are available at [www.metroflexevents.com](http://www.metroflexevents.com)

Tickets are \$25 includes Vendor Expo and all events 10 am to 4 pm

Sat July 6<sup>th</sup> 2019



# MSA BODY REP ENTRY

Where: NRG Center

1 NRG PARK

Houston,Tx.77054

Time Weigh-Ins and Rules 8 am to 9 am

Lifting starts at 10am !

- Name: \_\_\_\_\_
- Address: \_\_\_\_\_
- Phone: \_\_\_\_\_
- Emergency Contact: \_\_\_\_\_

Class:

Please check the class your competing in !

Entry Fee \$50 , Teen and Military w/ ID \$40 Don't forget you can purchase MSA membership at Contest

- Teen : \_\_\_\_\_
- Masters 40-50 \_\_\_\_\_
- Masters 50-60 \_\_\_\_\_
- Masters 60 -70 \_\_\_\_\_
- Masters 70+ \_\_\_\_\_
- Men \_\_\_\_\_
- Women \_\_\_\_\_

Make checks payable to Metroflex Gym Conroe

829 ½ South Frazier St #3

Conroe,Tx 77301 Phone 936-447-0265 Kimberly Owner Metroflex Conroe

