



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 2021

Location:

NRG Center

1 NRG PARKHOUSTON,

tX.77054

WEIGHT IN= SAT 8AM-9:00AM

ENTRY FEE:\$45.00

NO REFUNDS OR CANCELATIONS FOR ANY REASON!!

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

Divisions: 3

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

Men & Women

EVENTS

- DEADLIFT
- BENCH PRESS

ALL EVENTS FOR MAX REPS

Events : 1.DEADLIFT

Mens Deadlift = 2X Bodyweight for reps

Womens Deadlift = 1.5X Bodyweight for reps

3.BENCH PRESS =

Mens Bench = Bodyweight for reps

Womens Bench = .75 body weight for reps

AWARDS: CASH PRIZES FOR 1ST Place

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, bench, deadlift these lift will be flights. Events in order as follows, BENCH, and DEADLIFT

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 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

Spectator Tickets are available At door, Vendor Expo and all events 10 am to 4 pm

Sat JUNE 26TH



MSA BODY REP ENTRY

Where: NRG CENTER

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 in below

Entry Fee \$45 , 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 payment thru Venmo or Cash App \$45

VENMO- @kimberly-NorrisMinter CASH APP-\$MUSCLEQUEEN1

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