

*SunUte Fitness Presents:*

# REPS WARS

## **Bench Press and Deadlift Rep Challenge**

**Lifters will complete as many reps as possible on each lift in 1 minute.**

**Lifters can enter 1 or both lifts (Bench Press and Deadlift).**

**Cost: \$20/Participant**  
**(Southern Ute Tribal Members Free)**

**Grand Prizes for the**  
**Outstanding Male and Female Lifter**  
**(Sponsored by Sky Ute Casino Resort)**

**Saturday June 17th, 2023 @ SunUte Community Center.**

**- Weigh-ins: 7am-9am      - Rules Meeting: 9:45am      - Lifting: 10am**

### **Men's Divisions**

- 175lbs & Under (LW)**
- 176lbs-210lbs (MW)**
- 211-245lbs (HW)**
- 246lbs+ (Open)**

### **Women's Divisions**

- 130lbs & Under (LW)**
- 131lbs-155lbs (MW)**
- 156lbs-179lbs (HW)**
- 180lbs+ (Open)**

### **Seniors Divisions (55yrs +)**

- Men's Senior: Open Weight**
- Women's Senior: Open Weight**

**Preregister at the SunUte Front Desk starting May 1st, 2023.**

**Or, sign up the morning of the event during weigh-ins.**

| <u>Weight Classes/Divisions</u>                          | <u>Bench Weight</u> | <u>Deadlift Weight</u> |
|--|---------------------|------------------------|
| Men's 175lbs & Under (LW)<br>Women's 130lbs & Under (LW) | 175lbs<br>65lbs     | 265lbs<br>135lbs       |
| Men's 176-210lbs (MW)<br>Women's 131-155lbs (MW)         | 205lbs<br>85lbs     | 305lbs<br>155lbs       |
| Men's 211-245lbs (HW)<br>Women's 156-179lbs (HW)         | 235lbs<br>105lbs    | 345lbs<br>175lbs       |
| Men's 246lbs+ (Open)<br>Women's 180lbs+ (Open)           | 250lbs<br>125lbs    | 365lbs<br>195lbs       |
| Men's Senior<br>Women's Senior                           | 175lbs<br>65lbs     | 265lbs<br>135lbs       |

*Thank you to sponsor Sky Ute Casino Resort!*

For questions or more information, please contact:

Fitness Trainer- Will Hacker at (970)563-2658 or whacker@southernute-nsn.gov

