



**SEPTEMBER 30 @5PM
2 EVENTS
CASH PRIZES!!**

PARKERFIT GAMES



EVENT 1

OPEN:

20 pullups
20 shoulder to overhead 135/95
40 ball overs 70/50
200 m run

SCALED:

20 ring rows
20 shoulder to overhead 95/65
40 ball overs 50/30
200 m run

NOVICE:

20 ring rows
20 shoulder to overhead 45/35
40 ball overs 30/20
200 m run

EVENT 2

OPEN:

500m row
50ft kettlebell walking lunges 53/35
40 hand release push-ups

SCALED:

500m row
50ft kettlebell walking lunges 35/26
30 hand release push-ups

NOVICE:

500m row
50ft walking lunges
20 hand release push-ups

PARKERFIT STRONGMAN

Event 1: Truck Pull for time

Event 2: 3 attempts max weight log press

Event 3: 40 yard Farmers Carry for time

Event 4: 10 car deadlifts for time

Male and female competitors will perform the same tasks, but with different weights.

ALL PARTICIPANTS GET A SWAG BAG



**WHY COMPETE SEPT 30??
CASH PRIZES!!
1ST PLACE \$300
2ND PLACE \$150
3RD PLACE \$75
IN ALL DIVISIONS!**

**ALL COMPETING ATHLETES RECIEVE A SWAG BAG AND
A CHANCE TO WIN A PAIR OF TICKETS TO THE 2021
ROGUE INVITATIONAL IN AUSTIN, TX**

**REGISTER TODAY
LINKS FOUND THROUGH
INSTAGRAM @PARKERFITATHLETICS
LINKTREE**

