



The PowerSports Challenge is a competition to find Canberra's Strongest, most powerful, conditioned Athlete/Sportsperson.

All registration fees will be donated to ACT Eden Monaro Cancer Support Group.

10:00am – Sign-In

10:30am – Vertical leap

The vertical leap is the ultimate test of explosive leg strength and power to weight



11:30am – Prowler Push Pull

Prowlers are all about strength endurance how long can a person maintain their strong



12:30pm – Banded Run

This seems like a test for wimps but its all about increasing levels of resistance



01:30pm – Nathan Jones Exhibition

The current Australia Powerlifting 110Kg Champion



02:30pm – Log lift

Log lifts from ground to over head challenge every muscle



03:30pm – Yoke Walk

how quickly can you move your bodyweight down a 20 meter path



04:30PM – Finish/Prizes!

Prizes

- Supplement Packages
- Club Membership
- Bragging Rights

Details

- \$10 Donation
- 31st January
- 5/14 Kembla St Fyshwick

To Register go to www.powersportsclub.com.au/challenge