

SteelTown Struggle

Strongman Type Events & IronFit Events

Cash Prizes (for morning and afternoon events)

Morning Strongman 10:00am 1. Tire Medley (timed), 2. Axil 2” Clean and press (Max reps timed), 3. Farmers Carry n Sand Bag, 4. Atlas Stones (pts. Timed), 5. Circus Dumbell Press Reps, 6. Grip Lift Square Bar

Afternoon IronFit 1:30pm 1. Medley Tire, Prowler, Kegs, Tire Jumps 2. 1. South Ave. Bridge Run, 6 Slider Plank Walks, 30 (15) Opposite Hand Pull ups, 30-Tire Burpees, Bridge Run 3. Air Squats, Hand Release pushups, Slams - 9minutes 4. Rig for distance

\$50 to compete \$60 day of event \$75 for both events. \$40 for IronFit (limited space)

Weight Classes, Male and Female, Compete in as many events as you like.

Sponsors: Competition Sponsors \$500, Individual Events \$200, Friend Sponsor \$100

@Ironman Warehouse 350 E. Federal St. Youngstown, OH 44503