LADIES IN FITNESS TRAINING PRESENT

LiFTathon

WHEN
Saturday March 25th, 2017

WHERE
State Gym
Iowa State University, Ames, IA

EVENT DESCRIPTION
Participants will proceed through 5 events (squats, deadlifts, pull-ups, push-ups, sit-ups) attempting to do as many reps/perform the exercise for as long as possible to earn points. Each participant will perform each of the events once until they reach failure. If a participant chooses to cease doing an exercise or fails to complete a rep/continue an exercise they will wait the remainder of the time set aside for doing that exercise. There will be a 2-minute rest period between each exercise. The 2 male and female participants with the highest point total in each category (over/under) will receive prizes.

CATEGORIES
Males: Over/Under 200 pounds
Females: Over/Under 160 pounds

REGISTER HERE:
https://market-stuorg.sws.iastate.edu/165/product

100% of the proceeds will go towards the Muscular Dystrophy Association.

OPEN TO THE PUBLIC, MUST BE 18 YEARS OR OLDER

EARLY REGISTRATION
$15 from February 1st-28th. Guarantees you a LiFTathon t-shirt.

REGISTRATION
$20 beginning March 1st through the day of event. Participants without an ISU I.D. will be charged an additional $6.

TIMES
Check in will be from 8:30 AM-9:15 AM. Event time will be from 9:30 AM-12 PM

BENEFITING
Muscular Dystrophy Association
Additional donations can be made to:
https://secure2.convio.net/mda/site/Donation2?df_id=8478&mfc_preference=T&8478.donation=from1