



**THE
FITEPO[®]**
INDIA 2023

STRONGMAN

CLASSIC SHOWDOWN

COMPETITION LEVEL

NATIONAL LEVEL STRONGMAN CHAMPIONSHIP FOR MEN



WHEN AND WHERE !!



VENUE

Strongman Arena, Beside Hall 1,
Biswa Bangla Milan Mela Prangan

@



DATE & TIME

1ST DECEMBER 2023

1PM – 7PM



WHO CAN PARTICIPATE!

OPEN TO ALL

- NO AGE BAR
- NO HEIGHT BAR

Participation weight classes are:

BODYWEIGHT	UNDER	UNDER	UNDER	UNDER	UNDER
CATEGORIES	110 KG	100 KG	90 KG	80 KG	70 KG

Disclaimer:

1. All participants will have to fill out a disclaimer/indemnity form for the event organizers bearing all the risks.
2. People with medical conditions such as cardiac and pulmonary distresses are advised not to compete. If they do with or without declaring, that will be at their own risk and the organizer will not be responsible for any accidental mishaps.

REGISTRATION FEES

1. Pre-registration - INR 1000

(Before 28th Nov).

2. Spot registration - INR 1500

(Till 11 am of 1st Dec)

WHAT IS STRONGMAN CLASSIC SHOWDOWN?

The FitExpo's Strongman Classic Showdown in short is an epic Clash of Titans.

Be amazed by jaw-dropping feats in events like **Super Yoke, Hercules Hold, One Arm Dumbbell Press, Log Press, Duckwalk, and Farmers Walk**. These athletes are pushing their limits and testing their strength like never before!

So, save the date, rally your friends, and join us at the FitExpo's Strongman Classic Showdown! It's not just a competition; it's a celebration of extraordinary strength and determination. Get ready to witness history in the making!



KEY COMPONENTS OF STRONGMAN COMPETITION

EVENTS

SUPER YOKE

THE HERCULES HOLD

ONE ARM DUMBBELL PRESS

LOG PRESS

DUCK WALK & FARMER'S WALK (1 ROUND EACH)

**TROPHIES, CERTIFICATES AND CASH PRIZES
FOR 1ST, 2ND & 3RD PLACE WINNERS**

THE HERCULES HOLD

The search for the world's strongest man is done through strongman competitions held every year. One of the tests used in these competitions is the Hercules hold, a test which seemingly involves superhuman strength much like that of Greek demi-god, Hercules.

The Hercules hold is an event that involves grasping handles attached to pillars and pulling on these handles to prevent the pillars from falling to the ground. To incorporate the Hercules hold in classical fitness, gym equipment such as the cable crossover machine and dumbbells are used to modify the activity. Multiple muscle groups are involved in the performance of a Hercules hold, including the latissimus dorsi, rhomboids, biceps, core, and finger flexors, among others; These muscles work together to hold the pillars up.

During competitions, the Hercules hold is performed by positioning between two heavy objects, more often two pillars. The athlete then takes hold of the handles attached to the pillars and pulls on the weight of the pillars as their support is released after the go signal is given.

THE HERCULES HOLD



ONE ARM DUMBBELL PRESS

In the thrilling world of strongman competitions, where brute strength and power reign supreme, one event stands out as a true test of an athlete's might—the One-Arm Dumbbell Press. This event is not for the faint of heart, as it demands exceptional strength, balance, and technique.

The one-arm dumbbell press is a classic strongman event that showcases an athlete's raw upper body strength. Participants are required to lift a heavy dumbbell from shoulder height to a locked-out position overhead with just one arm. This lift is often performed for repetitions within a set time frame or as a part of a medley of strongman events.

The one-arm dumbbell press is a true testament to an athlete's upper body strength and control. Strongman competitors who master this event gain a competitive edge and showcase their dedication to the sport. With the right training, technique, and mindset, you can conquer the one-arm dumbbell press and elevate your performance in strongman competitions.

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ONE ARM DUMBBELL PRESS



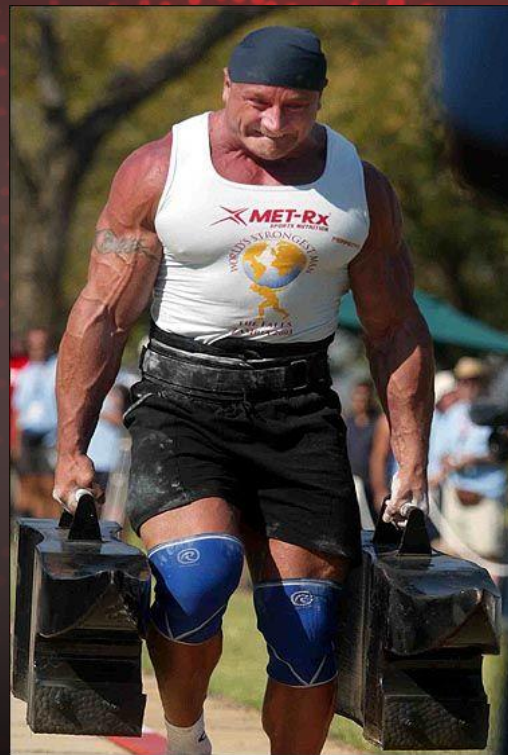
DUCK WALK & FARMER'S WALK

Strongman competitions are the ultimate test of strength, power, and endurance. Two events that frequently appear in these epic showdowns are the Duck Walk and Farmers Walk. These challenges require a unique blend of raw strength, stability, and mental toughness.

The Strongman Duck Walk and Farmers Walk events demand a combination of strength, balance, and mental fortitude. Athletes who conquer these challenges demonstrate exceptional power and determination. With the right training, technique, and mind set, you can dominate these iconic Strongman events and stand out in the world of strength sports. So, embrace the challenge, train relentlessly, and carry your way to victory in the world of Strongman. Competitors who master these events showcase their prowess in carrying and moving heavy loads, leaving spectators in awe of their extraordinary abilities.

Incorporating these events into a strongman competition not only entertains the audience but also challenges the athletes to push their physical and mental limits. Whether you're a participant or a spectator, these events are a testament to the incredible feats the human body can achieve through rigorous training and unyielding dedication to strength sports.

DUCK WALK & FARMER'S WALK



SUPER YOKE

In the world of strongman competitions, few events are as demanding and awe-inspiring as the Super Yoke. This event challenges athletes to lift and carry an immense, weighted frame on their shoulders, pushing their limits of strength, endurance, and mental fortitude.

The Strongman Super Yoke is a test of an athlete's ability to carry an incredibly heavy load over a set distance as quickly as possible. The centrepiece of this event is the yoke—a massive frame with crossbars onto which weight plates are loaded. Athletes hoist the yoke onto their shoulders and then embark on a challenging journey, often covering distances of 50 feet or more.

The Strongman Super Yoke event is a true testament to an athlete's strength, determination, and resilience. Competing in this event requires not only physical prowess but also mental fortitude to endure the gruelling challenge of carrying massive weights. Athletes who conquer the Super Yoke showcase their extraordinary abilities and dedication to the sport of strongman.

SUPER YOKE



LOG PRESS

In the realm of strongman competitions, few events embody the sheer might and spectacle quite like the Log Press. Athletes step up to the challenge of hoisting a massive, cylindrical log overhead with unbridled strength and technique.

The Strongman Log Press event is a true test of an athlete's upper body strength, core stability, and technique. The centrepiece of this event is the log—an oversized, cylindrical metal or wooden implement that competitors must press overhead. Athletes are often required to lift the log for multiple repetitions within a set time frame or as part of a medley of strongman events.

The Strongman Log Press is a showcase of strength, technique, and resilience. Competitors who master this event stand among the giants of strongman, embodying the essence of strength sports. Lifting the log overhead is a spectacle that captivates audiences and leaves a lasting impression of human strength and determination.

So, embrace the challenge, train diligently, and press your way to success in the world of Strongman. The Log Press event epitomizes the extraordinary feats the human body can achieve through relentless dedication to strength training.

LOG PRESS



RULES AND REGULATIONS

- Registration fees are non-transferrable & non-refundable. In case of surrendering the registration on the day of event OR no show OR disqualification, no refunds will be given.
- All decisions taken by the judges panel are final. Organizers are not liable for any judgment.
- Participants' weight measurements taken on 1st December at the Venue, are final.
- Any athlete undergoing legal or criminal charges on any ground shall not be allowed to participate.
- Social behavior and decency of supporting crowd of a particular athlete inside venue shall be the responsibility of that athlete.
- Participants are required to present their valid ID proof.
- The organizer shall have the right to retain and use the stage photographs of the athletes.
- Every weight class must have at least 5 participants. In the event if there are less than 5 athletes in a group, such group will be merged with preceding group.

RULES AND REGULATIONS

- The participants should reach the venue in proper time, in case of any delay at the event will not be entertained.
- Only competing athletes are allowed inside the arena.
- In case of emergencies, medical facilities will be provided to athletes.
- No professional photography or videography is allowed inside the venue without prior permission from the organizers. They reserve the right to prohibit live streaming/blogging.
- **FORCE MAJEURE-** In case of any event, which includes but is not limited to, a declaration of war, a disease epidemic, imposition of lockdown and curfews, any riots, a cyclonic storm, an earthquake, or any other natural disaster due to “Act of God” , the date of the event may be revised and/ or the competition may be cancelled, and in any situation, the registration fee shall not be refunded.

- ✓ Athletes registering to participate must present Proof of ID pertaining to Indian Nationality and citizenship.
- ✓ Foreign nationals can only register on-spot, upon presenting their valid ID (original for checking & soft copy to be submitted to the organizers)
- ✓ The Organizers reserve the right to modify the registration fees & structure of the competition, with prior notice to competitors.
- ✓ No refund in case of cancellation / submission of registration by athlete.
- ✓ Organizers reserve the right to disqualify competing athletes in case of misbehavior/ misdemeanor
- ✓ Online Payment can be done for registration via NEFT / UPI.
- ✓ Cash payment for registration can be done only to authorized representatives.
- ✓ Payment for on-spot registration will be accepted only via Cash (at the authorized registration desk of FITEXPO STRONGMAN CLASSIC SHOWDOWN inside the venue only)
- ✓ Athlete entry to the venue is included in the online registration fee.



**SEE YOU AT
THE FITEXPO INDIA 2023
STRONGMAN CLASSIC
SHOWDOWN**

For registration, contact - 8240323459 / 6290585245 / 9836314669