

THE HALLOSEUM

STRENGTH & CONDITIONING STRONGMAN COMPETITION

EVENT 1 "PUMPKIN JACK"

7 MINUTE WINDOW

AXLE BAR 1RM CLEAN & JERK

EVENT 2 "FRANKENSTEIN'S MONSTER"

FOR TIME

LOAD 100LB/75LB KEG ON PLATFORM
LOAD 150LB HUSAFELL /100LB SANDBAG ON PLATFORM
LOAD 200LB/150LB ATLAS STONE ON PLATFORM
10 METER FARMERS CARRY 450LB/310LB

TIME CAP: 3:00 MINUTES

EVENT 3 "WICKED WEREWOLF"

FOR TIME

MALE : 6 - 45LBS PLATES
FEMALE 4 - 45LBS PLATES

30 AIR SQUATS
50 YARD RUN
50 YARD SLED PUSH
TAKE 1 - 45LB PLATE OFF
30 A-JUMPS ON PLATE
50 YARD SLED PUSH
TAKE 1-45LB PLATE OFF
30 AIR SQUATS
50 YARD SLED PULL
TAKE 1 - 45LB PLATE OFF
30 A-JUMPS ON PLATE
50 YARD SLED PULL
50 YARD RUN

TIME CAP: 12:00 MINUTES

EVENT 4 "BRIDE OF FRANKENSTEIN"

6 MINUTE AMRAP

20/15 CALORIE ECHO BIKE
25 DUAL KETTLEBELL HANG CLEAN & JERK (53/35LB)
REMAINING TIME MAX REP BURPEE BOX JUMP OVERS