

# Power of 10

## Saturday, December 12, 2009 Results:

**1) Bench press:** Competitors performed as many reps as possible of a percentage of their body weight.

Women 14- 25 years old winner: Jamie Ramirez

Women 26-49 years old winner: Vicki Benson

Women 50 & over winner: Diana Mathis

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Cory Daniel

Men 50 & over winner: Jerry West

Overall best score: Vicki Benson (60 reps!)

**2) Squat:** Competitors performed as many reps as possible of a percentage of their body weight.

Women 14- 25 years old winner: Karina Nigmatullina, Jamie Ramirez, & Shelbie Murry (tie)

Women 26-49 years old winner: Chris Nelson

Women 50 & over winner: Camille Green

Men 14-25 years old winner: Fabian Castillo

Men 26-49 years old winner: Zach Benson

Men 50 & over winner: Jerry West & John Cerceo (tie)

Overall best score: Camille Green (205 reps!)

**3) Push-ups:** Competitors performed as many reps as possible within one minute.

Women 14- 25 years old winner: Shelbie Murry

Women 26-49 years old winner: Vicki Benson

Women 50 & over winner: Lynn Stonestreet

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Zach Benson

Men 50 & over winner: Jerry West

Overall best score: Steven Zepeda (89 reps!)

**4) Sit-ups:** Competitors performed as many reps as possible within one minute.

Women 14- 25 years old winner: Shelbie Murry

Women 26-49 years old winner: Crystal Eubanks

Women 50 & over winner: Camille Green

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Zach Benson

Men 50 & over winner: Jerry West

Overall best score: Steven Zepeda (60 reps!)

**5) Chin-ups:** Competitors performed as many reps as possible. All women used the designated assisted machine, using assistance according to their body weight (weight rounded to the nearest 10 lbs.). Men performed unassisted chin-ups.

Women 14- 25 years old winner: Shelbie Murry

Women 26-49 years old winner: Christen Avants

Women 50 & over winner: Camille Green

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Zach Benson

Men 50 & over winner: Jerry West

Overall best score: Shelbie Murry (50 reps!)

**6) Box jumps/steps:** Competitors performed as many reps as possible within one minute.

Women 14- 25 years old winner: Karina Nigmatullina& Shelbie Murry (tie)

Women 26-49 years old winner: Vicki Benson

Women 50 & over winner: Diana Mathis

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Zach Benson

Men 50 & over winner: Jerry West

Overall best score: Zach Benson (64 reps!)

**7) Indo Row:** Competitors rowed the greatest distance possible within 2 minutes.

Women 14- 25 years old winner: Karina Nigmatullina

Women 26-49 years old winner: Chris Nelson

Women 50 & over winner: Camille Green

Men 14-25 years old winner: Fabian Castillo

Men 26-49 years old winner: Cory Daniel

Men 50 & over winner: Jerry West

Overall best score: Cory Daniel (655 meters!)

**8) Treadmill:** Competitors ran one half of a mile for the fastest time possible.

Women 14- 25 years old winner: Jamie Ramirez

Women 26-49 years old winner: Crystal Eubanks

Women 50 & over winner: Camille Green

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Cory Daniel

Men 50 & over winner: John Cerceo

Overall best score: Cory Daniel (2:49!)

**9) Clean & press:** Competitors performed as many reps as possible of a percentage of their body weight.

Women 14- 25 years old winner: Jamie Ramirez

Women 26-49 years old winner: Christen Avants, Crystal Eubanks, & Vicki Benson(tie)

Women 50 & over winner: Diana Mathis & Camille Green (tie)

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Cory Daniel

Men 50 & over winner: Jerry West

Overall best score: Steven Zepeda (65 reps!)

**10) Bicep curls:** Competitors performed as many reps as possible of a percentage of their body weight.

Women 14- 25 years old winner: Karina Nigmatullina

Women 26-49 years old winner: Christen Avants

Women 50 & over winner: Camille Green

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Cory Daniel

Men 50 & over winner: John Cerceo

Overall best score: Karina Nigmatullina (170 reps!)

### **Overall winners:**

Women 14- 25 years old winner: Shelbie Murry

Women 26-49 years old winner: Vicki Benson

Women 50 & over winner: Camille Green

Men 14-25 years old winner: Steven Zepeda

Men 26-49 years old winner: Cory Daniel & Zach Benson

Men 50 & over winner: Jerry West

## **Prizes:**

**Claim your prize at the front desk or with Julie or Kimball.**

**You may also designate for portions to go to the Candis Sexton fund.**

Winners of each individual event win a FFL tank or t-shirt.

17 winners!

Overall winners of each age/gender group each win \$40 gym credit, which can be used toward smoothies, supplements, training, tanning, membership, etc.

Steven Zepeda is the overall winner! He wins 3 months of membership!

