

Power of 10

Saturday, November 20, 2010 Results:

- 1) Bench press:** Competitors performed as many reps as possible of a percentage of their body weight.
Women under 40 years old winner: **Karina Nigmatullina**
Women over 40 years old winner: **Diana Mathis**
Men winner: **Richard Rivera**
Overall best score: **Karina Nigmatullina (61 reps!)**
- 2) Squat:** Competitors performed as many reps as possible of a percentage of their body weight.
Women under 40 years old winner: **Karina Nigmatullina**
Women over 40 years old winner: **Karen Cothran**
Men winner: **CJ Medina**
Overall best score: **Karina Nigmatullina (225 reps!)**
- 3) Push-ups:** Competitors performed as many reps as possible within one minute.
Women under 40 years old winner: **Karina Nigmatullina**
Women over 40 years old winner: **Karen Cothran**
Men winner: **Richard Rivera**
Overall best score: **Richard Rivera (90 reps!)**
- 4) Sit-ups:** Competitors performed as many reps as possible within one minute.
Women under 40 years old winner: **Karina Nigmatullina**
Women over 40 years old winner: **Diane Beyer**
Men winner: **Richard Rivera**
Overall best score: **Richard Rivera (50 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 under 40 years old winner: **Christen Avants**
Women over 40 years old winner: **Gina Grosser**
Men winner: **CJ Medina & Richard Rivera (tie)**
Overall best score: **Gina Grosser & Christen Avants (tie) (40 reps!)**
- 6) Box jumps/steps:** Competitors performed as many reps as possible within one minute.
Women under 40 years old winner: **Karina Nigmatullina**
Women over 40 years old winner: **Diane Beyer**
Men winner: **Richard Rivera**
Overall best score: **Karina Nigmatullina (64 reps!)**
- 7) Indo Row:** Competitors rowed 500 meters in fastest time possible.
Women under 40 years old winner: **Karina Nigmatullina**
Women over 40 years old winner: **Belinda Organ**
Men winner: **Allen Grosser**

Overall best score: **Allen Grosser (1:45!)**

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

Women under 40 years old winner: **Karina Nigmatullina**

Women over 40 years old winner: **Diane Beyer**

Men winner: **Allen Grosser**

Overall best score: **Karina Nigmatullina (3:40!)**

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

Women under 40 years old winner: **Karina Nigmatullina**

Women over 40 years old winner: **Diana Mathis**

Men winner: **Richard Rivera**

Overall best score: **Diana Mathis (60 reps!)**

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

Women under 40 years old winner: **Karina Nigmatullina**

Women over 40 years old winner: **Belinda Organ**

Men winner: **CJ Medina**

Overall best score: **Karina Nigmatullina (212 reps!)**

Overall winners:

Women under 40 years old winner: **Karina Nigmatullina**

Women over 40 years old winner: **Diane Beyer**

Men winner: **Richard Rivera**

Overall best score: **Karina Nigmatullina (11 pts. total in placings)**

Prizes:

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

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

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

Karina Nigmatullina is the overall winner! She wins 3 months of membership!