

2024 SPRING

VIRTUAL POWERLIFTING MEET



RESULTS PRESENTATION

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MAY 11TH - MAY 19TH

2024 SPRING

VIRTUAL POWERLIFTING MEET



FREE ENTRY
ALL EXPERIENCE LEVELS
TONS OF PRIZES

PRESENTED BY  JUGGERNAUTAI





Introduction

The data, charts, and insights within this report are meant to be consumed like the Garage Gym Competition (GGC).

For education, motivation, and for fun.

- The data is self reported
- It is scrubbed for glaring inaccuracies and issues
- It is then compiled for this report

The GGC was never meant to be an official record keeping institution. But numbers are fun, so we dive on in. Enjoy!

Letter To Participants

It all began in 2018 with a weird idea. And now, we have consistently had over 500 athletes participate in every event since 2020. NEAT!

What is also cool is seeing how many people joined the 5 Year Club, and the 499/999lb Clubs this year. Consistency in the gym leading to growth and PRs? Weird!

I hit my first 1500lb total, running JuggernautAI for the first time as well. My daughter and wife both entered the 5 year club... And we had two of our long standing athletes FINALLY win prizes this year.

A lot of cool stuff happening.

What am I trying to say? Thanks to those who showed up for the 5th time, and thanks to those that showed up for your first time. To those that crushed PRs or fell short, and those that had some fun lifting... thanks for being on this ride with me. Let's keep it rolling!



Hey, its me! I did a thing when filming my attempts this year, you can [check it out on my YouTube Page.](#)





Data Dump

Vocabulary

Total: Squat + Bench + Deadlift = Total!

WILKS & DOTS: we take your weight, total, sex, and mash em together with some tricky math to try and compare lifters on an equal level across the board.

[Download The Spring Spreadsheet >](#)

If you are like me, you like fudging around with some excel spreadsheets. You can snag the entire Spring 2024 Final Results spreadsheet and dive into it. If you find anything cool, let me know!

PARTICIPANTS

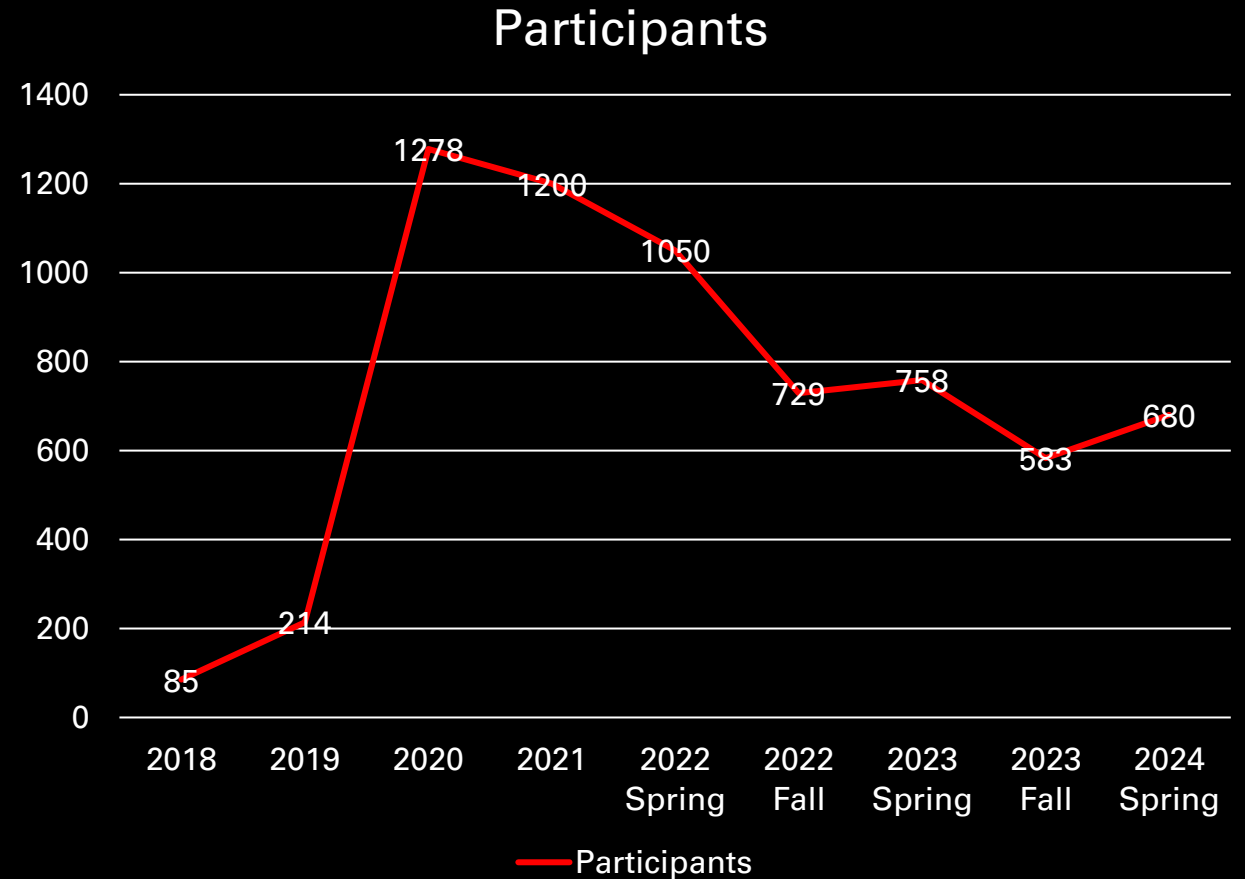
“IS THAT A GOOD NUMBER FOR PARTICIPANTS?”

A QUESTION I GET ASKED AFTER EVERY EVENT, WHICH I TYPICALLY REPLY “**SURE!**”

I DON'T KNOW IF WE WILL EVER TOP THE 2020 COVID YEAR OF 1278 PEOPLE IN A SINGLE EVENT, BUT IF I THINK ABOUT THE FACT THAT **WE HAVE HAD OVER 500 ATHLETES PARTICIPATE IN EVERY EVENT SINCE 2020**, I THINK THAT'S A PRETTY COOL THING.

THE 2023 IPF WORLD CHAMPIONSHIPS HAS JUST OVER 400 ATHLETES COMPETE. **SO WE ARE DOING PRETTY GOOD.**

DID I MENTION WE HAVE AN EVENT **SCHEDULED FOR THE FALL?**



DONATIONS

SPECIAL OLYMPICS IS OUR OFFICIAL SPRING NON PROFIT. THIS BEGAN IN THE VERY FIRST YEAR, AND HAS CONTINUED EVERY YEAR SINCE.

WE'VE RAISED OVER \$9K FOR THE SPECIAL OLYMPICS SINCE 2018, NOT INCLUDING WHAT PEOPLE DONATE TO THEIR LOCAL ORGANIZATIONS.

THIS YEAR WITH THE 681 PARTICIPANTS, THE GGC DONATED \$681, WITH AN ADDITIONAL \$459 DONATED FROM ALL OF YOU!

WE'LL HAVE DETAILS ON A NEW NON-PROFIT FOR THE FALL THIS YEAR SOON.



2024 GARAGE GYM GIVING CAMPAIGN
SUPPORTING SPECIAL OLYMPICS NORTHERN CALIFORNIA

Special Olympics
Northern California

\$1,140
RAISED

9 Donations

[Make a Donation](#)

THE SPONSORS

Every year in January I reach out to sponsors, new and old, with the hopes that we can run this GGC thing again. The various expenses to run it, beyond the time it takes, adds up. So the sponsors kick in a fee to help me cover all the expenses, **as well as the prizes.**

So when I say, without them, this wouldn't be a thing... **I truly mean it.**

They gave away over \$22k in prizes for the Spring event alone.

If you have the opportunity to support them with your next gym purchase, we've got a page dedicated to discount codes and links for them.

You can save some money, buy something cool, and support the people keeping the GGC running, all at one time.

Need  I got you!

Discount Codes

JoeGray@GarageGymCompetition.com

2024 GARAGEGYMCOMPETITION.COM SPONSORS



JUGGERNAUTAI



LIVING FIT



STRENGTH WAREHOUSE USA

FREAK ATHLETE



Oak Club



PLATE SNACKS



COACHES

Free event... with prizes...
and free coaching services?

Yep! Thanks to our 14
coaches, we were able to
offer coaching feedback to
over 300 athletes!

Mr. Chad Wesley Smith
himself gave feedback to all
the JuggernautAI users as
well.

Josh handed out feedback to
the Under 18 Crowd.

And the rest of our coaches
handled athletes big and
small, experienced and
beginner, and everything in
between.

GGC Spring Coaches

Big Will	Jason Byrd
Chad Wesley Smith	Josh Maxwell
Christina Leonatti	Kyle Alexander
Danielle Hanneman	Manda Wolff
David Spitz	Mathieu AUCLERT
Eddie Baumgartner	Mike Hernandez
Everett Brill	Mike Shae
James Woods	Rob Cola
Samuel Funderburk	

2024 SPRING

VIRTUAL POWERLIFTING MEET

COACHES

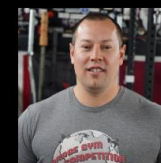
BE A BETTER LIFTER WITH OUR TIPS & TRICKS,
ARTICLES, COACHING REVIEWS, AND MORE!



JUGGERNAUTAI



CERBERUS



LIVE STREAM

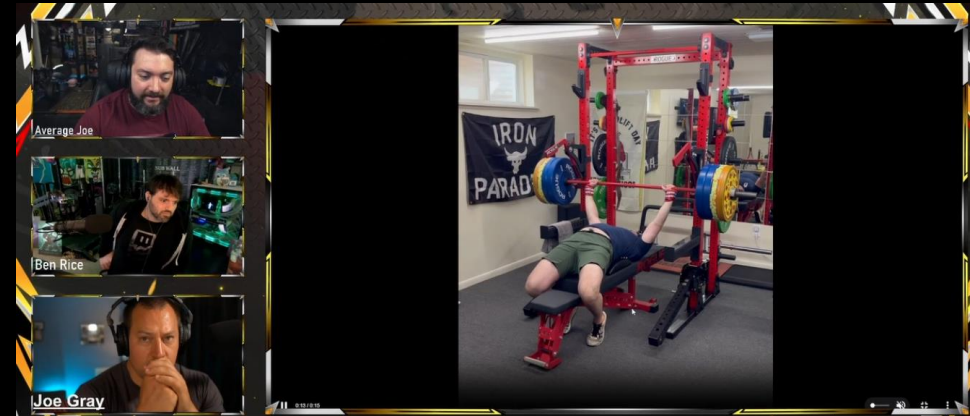
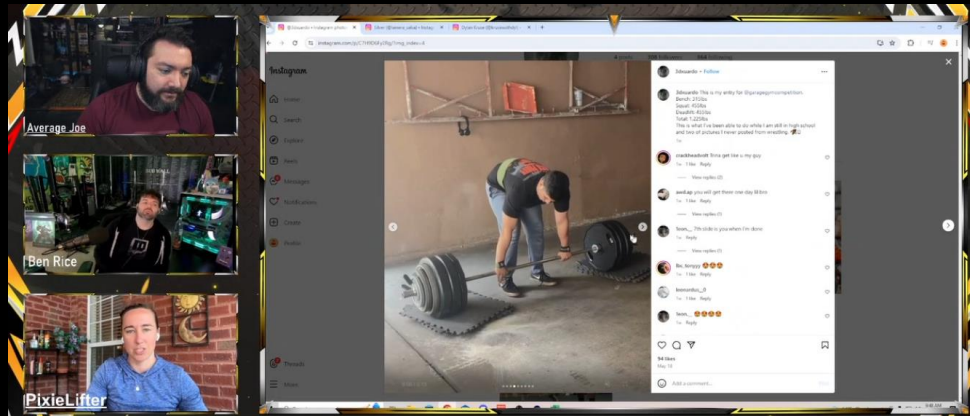
What would a virtual event be without some Live Stream fun?

AverageJoe's OC and **Ben Rice** host a full day of recap, chats, fun, and laughs over on Twitch.

Reviewing over 50 lifters, providing commentary and feedback, and chatting about everything from production value, to baguettes, HomeGymCon, who is Payton, and much more!

You can watch the entire thing on replay on YouTube, right here.

Watch It!





Demographics

Who are these 680 people?

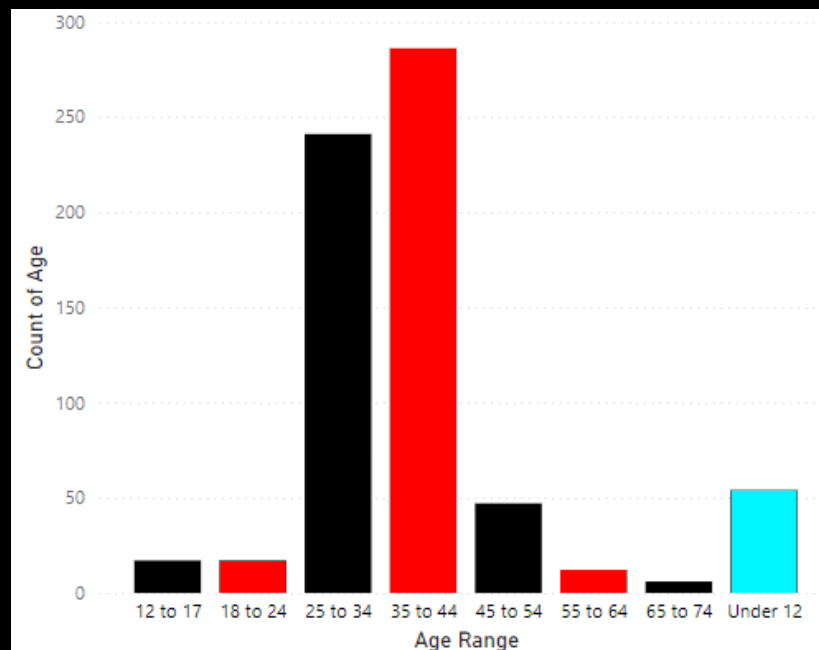
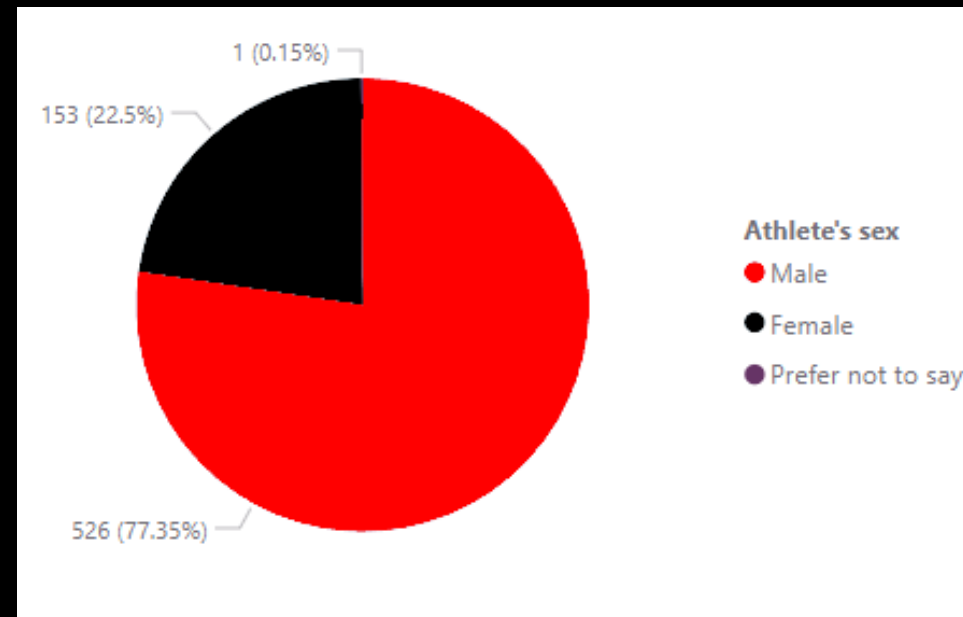
WHO DAT?

WE HAD 70 UNDER 18 ATHLETES, WITH 78% OF ATHLETES BEING IN THE 25 TO 44 RANGE... WHICH IS THE PEAK AGE FOR POWERLIFTING PERFORMANCE.

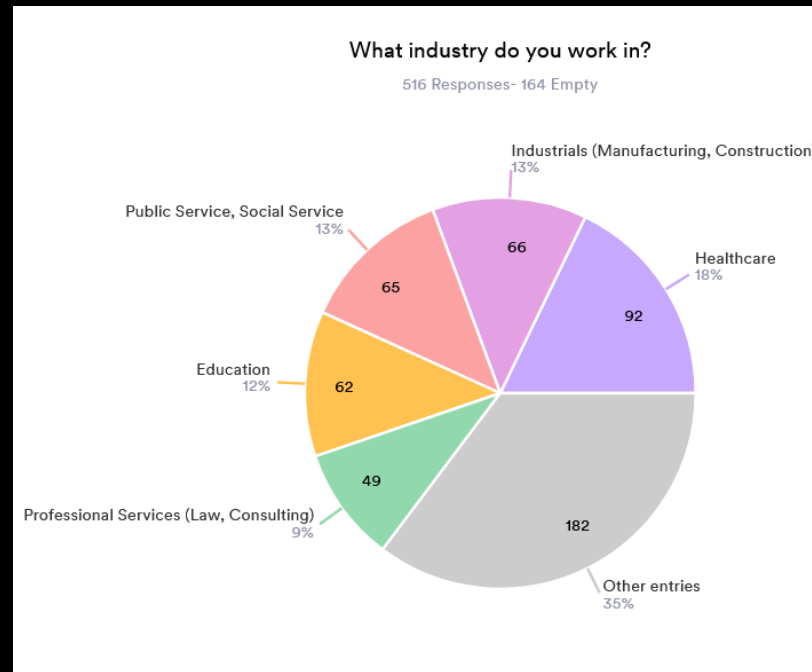
22% OF OUR ATHLETES WERE FEMALE, UP BY 2% FROM THE FALL!
LETS GO LADIES!!!!

ONLY 32% OF OUR ADULT ATHLETES ARE ABOVE 6FT TALL... WITH LESS THAN 1% BEING UNDER 5 FT TALL.

67% COME IN AT 5' 0" TO 5' 11".



WHATCHA DO?



What is your job title?	Count of What is your job title?
Teacher	24
Engineer	21
Pharmacist	8
Physical Therapist	8
Analyst	7
Project manager	7
Software Engineer	7
Accountant	5
Attorney	5
Consultant	5
Manager	5
Personal Trainer	5
Police Officer	5
Firefighter	4
Physician	4
Electrician	3
Engineering Manager	3
Mechanical Engineer	3
Nurse	3
Owner	3
Paramedic	3
Product Manager	3

Obviously it doesn't matter what you do, as you can be strong as a professional accountant, paramedic, attorney, or janitor. But these are interesting tidbits to digest. These look a LOT like the 2023 numbers, with Teachers being one of the most common Job Titles and Healthcare being the most common Industry.

There are a few "Issues" with this data btw. You can see in the Job Title section, we have Engineer as number 2, with Mechanical Engineer and Engineering Manager a bit further down the list. In theory, you could combine all Engineers into one and get a more accurate number. But there are just so many variances of job titles, it becomes difficult to "bundle" correctly. So take this with a big heaping handful of salt and call it interesting.

WHERE YA AT?

73 NON-US ATHLETES COMPETED, A WHOPPING 10% OF THE TOTAL. AUSTRALIA, CANADA, AND UNITED KINGDOM LEADING THE WAY.

THE US HAD 46 STATES AND 1 TERRITORY (DC) REPRESENTED. ONLY STATES MISSING?

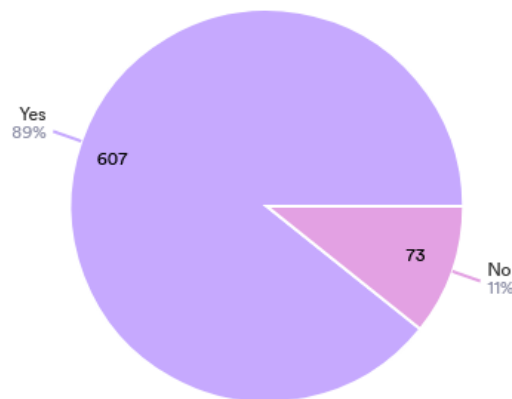
NEW MEXICO, NORTH DAKOTA, VERMONT, AND WYOMING.

75% OF SUBMISSIONS CAME FROM INSTAGRAM, CONFIRMING THAT INSTAGRAM IS STILL THE "FITNESS" SOCIAL MEDIA PLATFORM OF CHOICE.

AND 75% OF US LIFT IN OUR GARAGE OR BASEMENT.

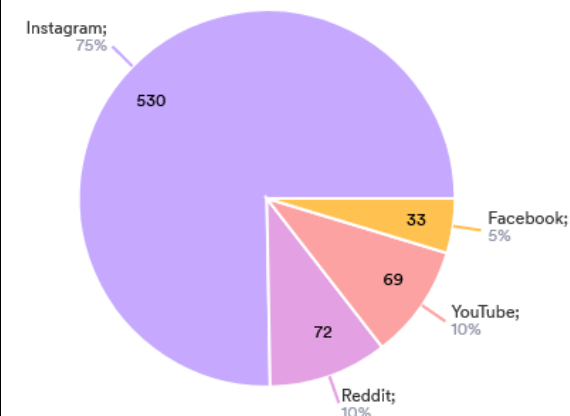
Is the athlete in the United States?

680 Responses



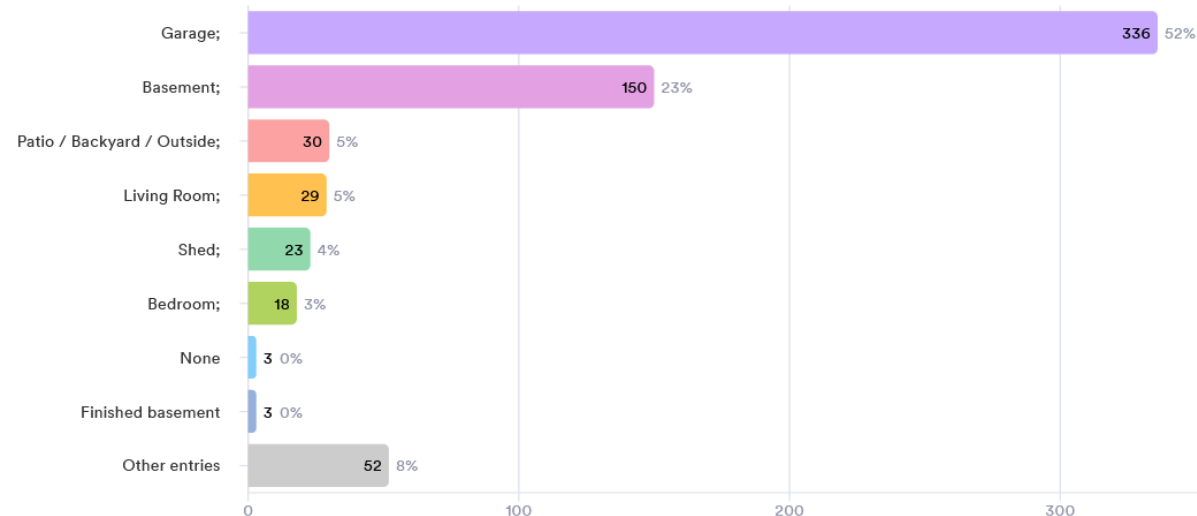
Where did you submit the lifting videos?

704 Responses



What part of your house do you lift in?

644 Responses- 87 Empty









Lifting Data

What we really care about.

Pounds

	Combined	Average	
	201,847	Female 186	Male 357
	146,842	123	263
	237,585	230	415
	586,273	540	1034
	DOTS	227	292
	WILKS	273	347

LIGHT WEIGHT!

Our average adult male is part of the [999lb club](#) and our average female is part of the [499lb club](#)!

Compared to the Fall of 2023... **our Male numbers across the board went up** with bigger squats, benches, deadlifts, and totals... With a big 22lb total increase!

But our ladies averages went down, with a 34lb total drop.

Maybe ladies started their summer shred campaigns earlier than the dudes?



AIN'T NOTHIN BUT A PEANUT

We collectively lifted **527,645,700**
PEANUTS.

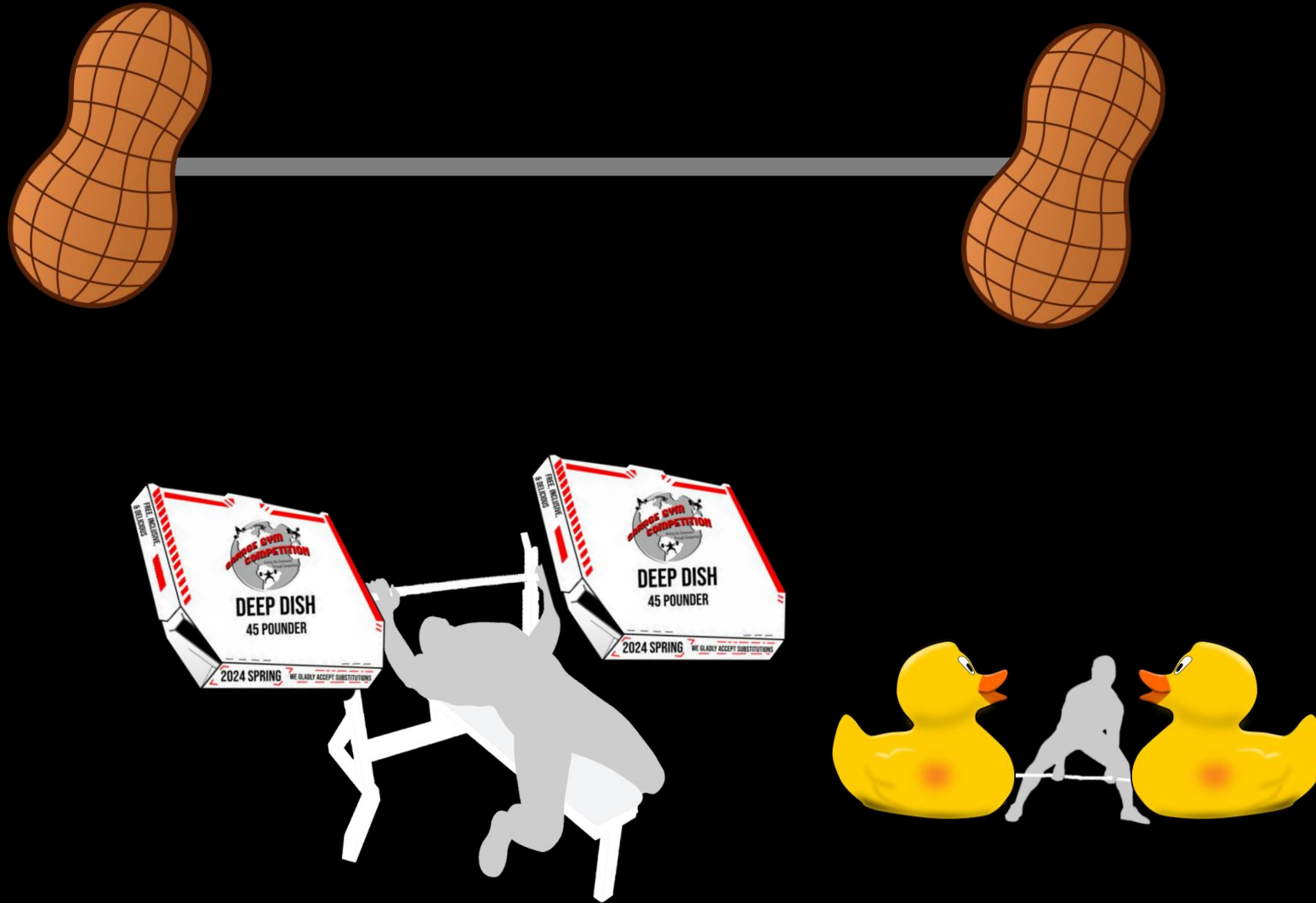
Our men benched an average of **66**
Deep Dish Pizzas.

Our Under 12 Year Olds Deadlifted on
average **25 Ducks.**

Our teachers Squatted a total of **272**
Student Desks.

Our male JuggernautAI users lifted a
combined 131 Chad Wesley Smiths.

Our female JuggernautAI users lifted a
combined 12 Marissa Inda's!



JUGGERNAUTAI

There are a thousand ways to get strong. And by no means do you have to pay money for access to programs, coaching, or anything else.

But it continues to look like, on average, people who hop on board a paid program, are stronger than those who don't. This has been consistent every single event we have measured it.

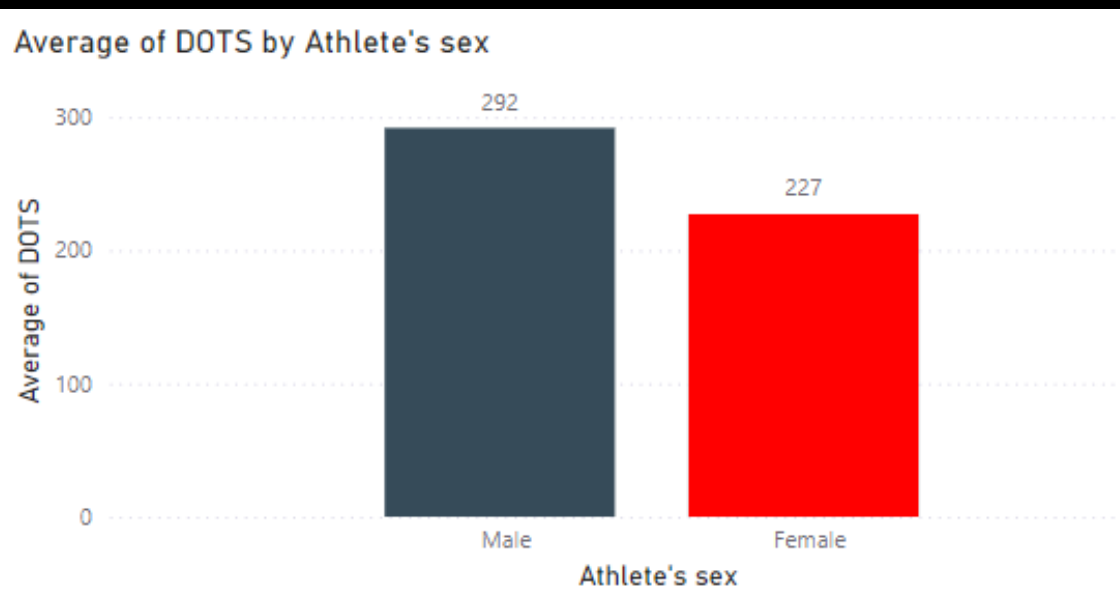
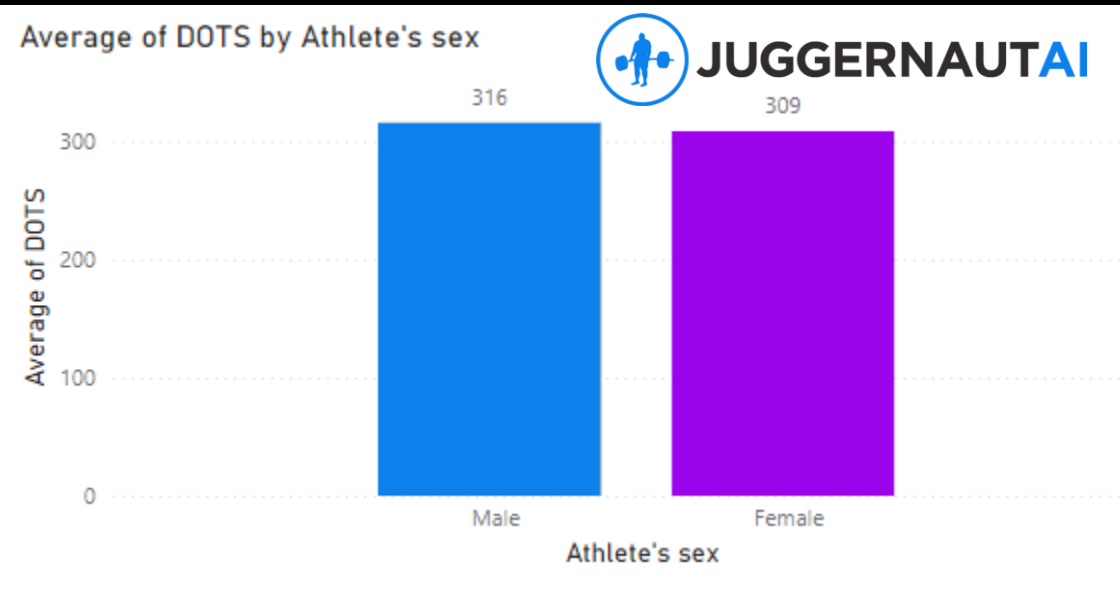
We might be a little biased, since JuggernautAI has been the GGC Presenting Sponsor for the past several years, but the numbers don't lie. Men and women BOTH are stronger on JuggernautAI, than those that aren't.

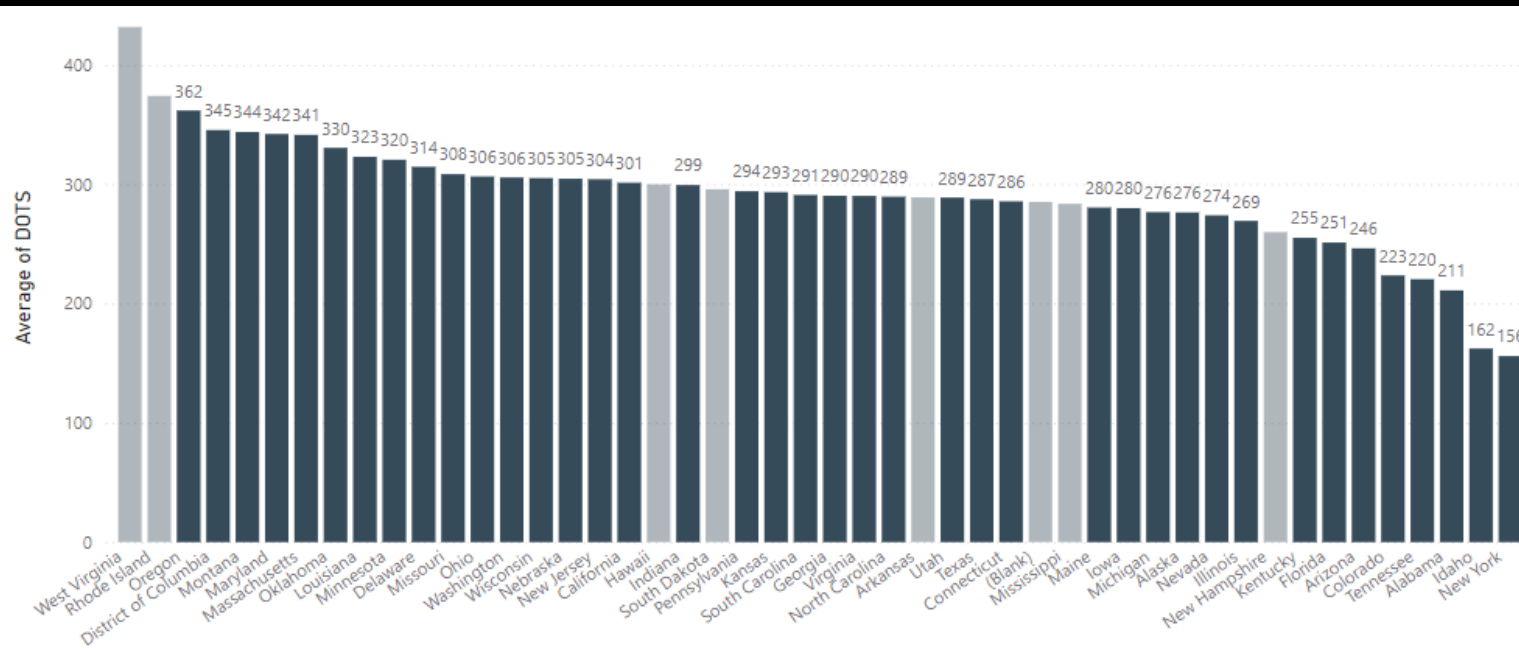
DOTS takes into account multiple factors like age, weight, and gender, so these are essentially 1 to 1 comparisons.

I ran JuggernautAI for my first time this year and as I mentioned, PR'd 2 of my 3 lifts with a big Total PR. Round 2 I'll have some additional experience by my side and be ready to crush the Fall.

Juggernaut offers a Two Week Free Trial, and we have code GGC that will save you on your monthly subscription as well as help the GGC out.

[Read More About JuggernautAI](#)



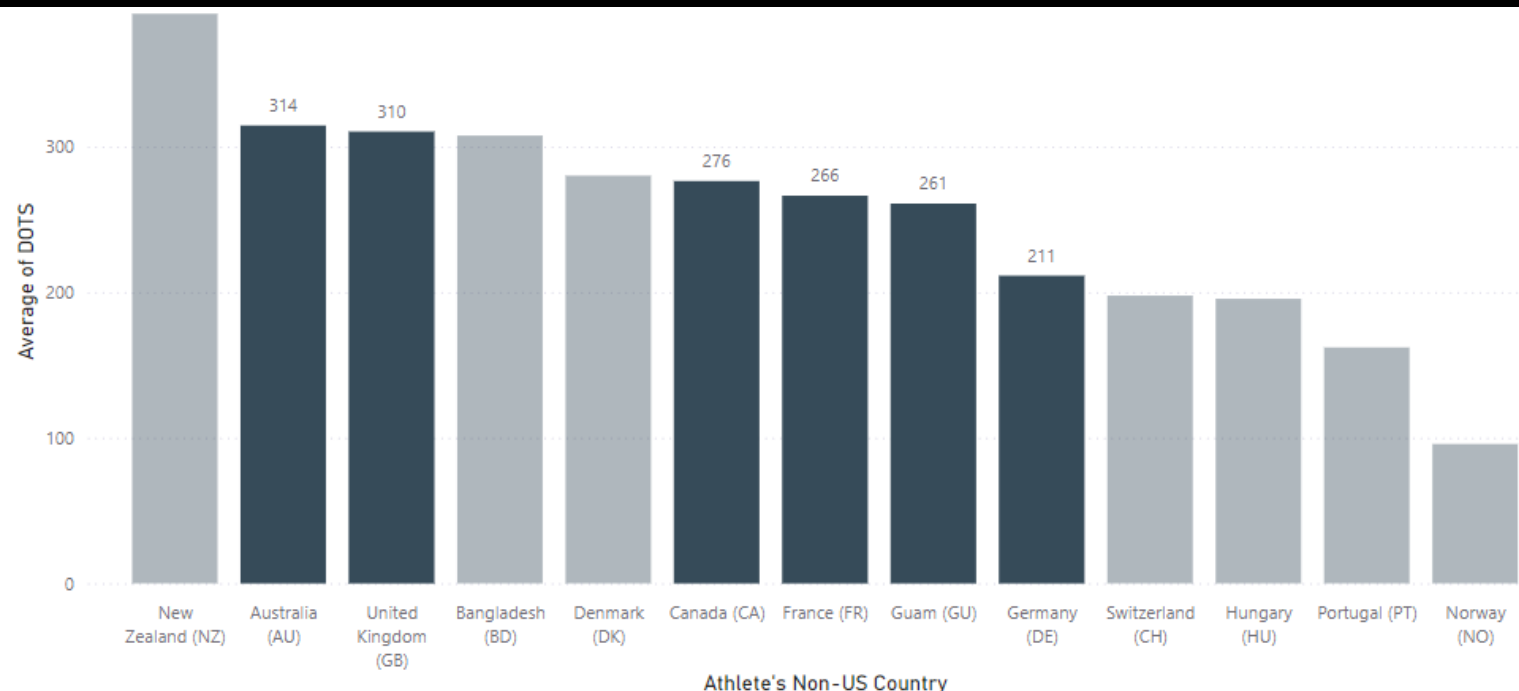


Strongest Place

The **US Males** outlifted the **Non-US Males** by a total of 7 DOTS, but the **Non-US Females** outlifted the **US Females** by 1 DOTS.

Only 6 Non-US Countries had more than 1 athlete compete, with **Australia** being the strongest on average.

West Virginia and Rhode Island were the strongest states, but only had 1 athlete. **Oregon, Washington DC, and Montana** took the podium with more than 1 submission.





Cool Kids Club

If you are in, you are IN!!!



Athlete	Years Completed	Events Completed
gray_matter_lifting	7	9
bamis51	7	9
thedriverkaya	7	9
quadzillacdn	7	8
notstrong_justfat	6	8
Minneswoletagaragegym	6	8
Clinton4255	6	8
tsh148pl	6	8
Aggressively_average_greg	6	8
Matt89johnson	6	8
shoreway_barbell_club	6	8
notstrong_justfat	6	8

The 5 Year Club

There are three people who have competed in every single GGC, and one of those is me.

My man QuadZilla has competed at least once every year...

And then we've got 8 other people marked down for 6 years and 8 events.

We not have 71 - 5 Year Club members, all of whom have now been added to the [Cool Kids Club list](#) and are receiving their official stickers very soon.

If anyone believes they should be on this list...
[shoot me an email.](#)

List only includes athletes that competed in the Spring 2024 event
Does not include MiniGGCs.



499 LB
CLUB



999 LB
CLUB



499 & 999lb Clubs

We now have a whopping 785 members of the 999lb club (men), and 219 members of the 499lb club (women).

For those new to the club terminology, the typical milestones for a male lifter is a 1000lb total, and women is 500lb total. These aren't winning any powerlifting meets, but they put you in a category of lifters who have pursued strength far beyond the typical human being.

As such, we have these clubs to celebrate our athletes that have reached these milestones. But with our own spin of 499 and 999.

[Check out the page here](#), and [check out the list here](#).



MALES

Cumulative Totals are in KGs – List only includes athletes that competed in the Spring 2024 event

Athlete	Cumulative Total	Years Competed	Events Completed
papabearrogers	5939.0	5	7
Mr_squat_a_pony	5872.7	5	7
gray_matter_lifting	5766.9	7	9
notstrong_justfat	5093.4	6	8
Dead.lee.lifter	5011.5	5	6
bamis51	4956.7	7	9
DEADLIESTLIFT	4903.4	4	6
Minneswoletagaragegym	4709.6	6	8
henryartz	4626.7	5	7
Tonyperry21	4524.4	5	7

FEMALES

Athlete	Cumulative Total	Years Competed	Events Completed
bigbadwolff24	3062.1	5	7
emilymsith	2421.3	5	7
dana.m.tobin	2267.9	5	7
Eri_kah_eff	2237.7	4	6
megan_powerlifts	2156.6	5	7
rbwalker15	2097.3	5	7
dtliftsweights	2069.5	4	6
michelle_being_michelle	2007.0	3	5
Michelle (YouTube)	1970.0	3	5
Big_c_smallz	1917.2	5	7

Highest Cumulative Totals - KGs

It finally happened... I lost first place for cumulative total in the GGC. I've competed in 2 more events than both Travis and Kyle (#1 and #2), and yet they out lift me by a wide margin.

Sneaking up the leaderboard is Mark aka DEADLIESTLIFT, and HartMizell, both with only 6 events but a Top 10 spot.

Manda aka bigbadwolff24 holds her top spot for the ladies, as the women's top 10 looks A LOT like the previous two events.

As the years go by, these lists will likely not change much.



See You In The Fall!!! >



That is a WRAP!

Thank you for checking out the 2024 Spring Garage Gym Competition Results Presentation! This was a ton of fun to put together. Follow along on Instagram as I'll share some one-off insights. Got a request? [Hit me with an email](#) and let's make it happen!

A quick shout-out to all the athletes who participated and let me use their stats and names and stuff for funny things.

And one final THANK YOU to our sponsors. Seriously, [check out this page](#) with discount codes and awesomeness!

2024 Spring Prize Winners

Where did you submit?	Username	Sponsor	Prize
Instagram	noplandanny	Ascension Performance	Tub of Performance Hydration
Instagram	coachcarp76	Ascension Performance	Tub of Performance Hydration
Instagram	a_hudson	Barbell Rescue	"cleaning kit"...brush, oil, and microfiber towel (w/ BR logo)
Reddit	u/jtncarter	Barbell Rescue	"cleaning kit"...brush, oil, and microfiber towel (w/ BR logo)
Instagram	adam.gabb	Bells of Steel	custom "soft goods" prize pack
Instagram	TheHawkNest7	Bells of Steel	custom "soft goods" prize pack
Instagram	lumberjacklands	Bells of Steel	custom "soft goods" prize pack
Instagram	WeightandAppreciate	Bells of Steel	custom "soft goods" prize pack
Instagram	2gymrodents	Bells of Steel	custom "soft goods" prize pack
Instagram	Fittcoachmindy	Bells of Steel	custom "soft goods" prize pack
Instagram	sarahschneid17	Bells of Steel	custom "soft goods" prize pack
Reddit	PossibilityMission45	Bells of Steel	custom "soft goods" prize pack
Facebook	Thomas.falk15	Bells of Steel	custom "soft goods" prize pack
Instagram	rascalsbackyardstrength	Bells of Steel	custom "soft goods" prize pack
Instagram	avee.lifts	Cerberus Strength USA	Dual-Ply Sandbag V3
Instagram	Kerry.shepherd.41	Cerberus Strength USA	Cerberus Shirt
Instagram	Dad_lifting	Cerberus Strength USA	Dual-Ply Sandbag V3
YouTube	James	Cerberus Strength USA	Cerberus Shirt
Instagram	Honeycutt73hotmail.com	Cerberus Strength USA	Pair of Dinnie Stone Handles
Instagram	jossee_817	Crandall Fitness	\$250 gift cards per event
Instagram	Sheets_strength	Crandall Fitness	\$250 gift cards per event
Instagram	Felizabeth829	Crandall Fitness	\$250 gift cards per event
Instagram	themightygoss	Crandall Fitness	\$250 gift cards per event
YouTube	Chad	Freak Athlete	Nordic Hyper GHD w/ Leg Developer
Instagram	johnb_lifting_log	Garage Gym Lab	No Parking signs
Reddit	u/baldandtatted	Garage Gym Lab	No Parking signs
Instagram	rbwalker15	Garage Gym Lab	No Parking signs
Instagram	Matt89johnson	GORX	\$100 PayPal Transfer



2024 Spring Prize Winners

Where did you submit ?	Username	Sponsor	Prize
Instagram;	MrTalbot	Garage Gyms	Banner / shirt
Instagram;	corgi_lifts	Garage Gyms	Banner / shirt
Instagram;	Toney_montana1	Garage Gyms	Banner / shirt
YouTube;	Jesse	Garage Gyms	Banner / shirt
Instagram;	mr.ryanlifts	Garage Gyms	Banner / shirt
Instagram;	thedriverkaya	GymPin	Belt Squat Prize Pack
Instagram;	Donutsoverdeadlifts	GymPin	Cable Attachment Prize Pack
Instagram;	jesus.investor.lifts	HomeGrown Lifting	190lb Bumper Plate Set
YouTube;	Phil	HomeGrown Lifting	190lb Bumper Plate Set
Instagram;	galaxy.barbell	HomeGrown Lifting	190lb Bumper Plate Set
Instagram;	Zwalk21	JuggernautAI	Juggernaut Prize Pack
Instagram;	Brendanputek	Living.Fit	\$250 Gift Card
Instagram;	caitlin.kurjian	Living.Fit	\$250 Gift Card
Instagram;	stone_free777	Living.Fit	\$500 Gift Card
Instagram;	Aggressively_average_greg	Micro Gainz	Micro Gainz 10 Plate Micro Plate set
Instagram;	Garage_gym_dad_bod	Micro Gainz	4 Pack 1.25 Dumbbell Micro Plate set
Instagram;	Kim1589	Mutant Metals	35mm Rack/Jammer handles
Instagram;	sirbrdrfd	Oak Club	Jay-M and Pair of MAGPIN 3
Reddit;	sirvitamixalot	Pioneer	1 Custom Pioneer Belt (no exotic leather)
Instagram;	Benji_wiz	Pioneer	1 Custom Pioneer Belt (no exotic leather)
Instagram;	barefootbyrd	Plate Snacks	\$300 Custom Gift Card that includes consult, discussion/design, etc.
Instagram;	Indazone777	Plate Snacks	\$100 gift card
Reddit;	Hobbygod	Plate Snacks	\$100 gift card
Instagram;	Lorenzobarnes78	Primal Armor	1 Barbell from new collection



Where did you submit ?	Username	Sponsor	Prize
Instagram;	Clawtron	Prime Fitness USA	Mystery Prize - Bar of Choice, Solos of Choice
Instagram;	spikeymikeyokay	Prime Fitness USA	Mystery Prize - Rack, Bench, Cable Handles
YouTube;	https://youtu.be/Qs64PYjDr4c?s i=H8_9J5Lcz1Slz4kt	Strength Warehouse USA	\$500 gift cards per event
Instagram;	galaxy.barbell	Strength Warehouse USA	\$500 gift cards per event
Instagram;	Mottpete	Strength Warehouse USA	\$500 gift cards per event
Instagram;	myfit_idahome	Strength Warehouse USA	\$500 gift cards per event
Instagram;	bayouboy_jaredalleman	The Papa Bear Strong Foundation	PapaBear Gear
Instagram;	doctabustacruz	The Papa Bear Strong Foundation	PapaBear Gear
Instagram;	Mrslaramie	Wall Control	\$200 Gift Card + Swag
Instagram;	TrainerBigMike	Weight It Out	Pair of Bumpers

2024 Spring Prize Winners

