



2021 Garage Gym Competition

Overview & Highlights

Uniting the Community

Through Competition

2021 Recap – Behind the Scenes

- ◆ The 2021 GGC Council was formed by Gray Matter Lifting, Garage Gym Lab, Garage Gym Experiment, Garage-Gyms.Com, alongside three community members... Brian Doyle, Chris Sohn, and Eric Kang.
- ◆ The council expanded sponsor outreach and total prize dollars, garnered the first official GGC program from Ben Waggoner, signed up 5 coaches to hand out coaching prizes, and handled a myriad of behind the scenes work to insure a bigger, better, smoother, and all around more successful GGC.
- ◆ A new and improved submission form was used this year to increase data collection, analysis, and formulate a better understanding of the participants in the GGC for sponsors, rules, and communications.
- ◆ COVID-19 was still an active factor in the competition, as states in the US were inconsistently managing restrictions, vaccine rollouts had began, and other countries were mostly still in some form of quarantine.



2021 Recap – The Sponsors

- ◆ 2021 had approximately the same number of sponsors as 2020, but had an almost \$20,000 increase in prize totals.
- ◆ Four total prize tiers: Grand Prize, Top Tier, Premier, and Entry. All prizes were handed out in the Open Raffle this year.
- ◆ The additional coaching prizes were handed out based on participation in the 2021 GGC program.
- ◆ FRAY Fitness lead the pack with their \$4,000 Gift Card, followed by Intek Strength, Prime Fitness, and Ghost Strong as the Top Tier sponsors.
- ◆ \$3,430 donated to Special Olympics

2021 SPONSORS

FRAY FITNESS

GHOST STRONG

INTEK STRENGTH

PRIME

GRIFFIN REP

PERFORMA SLEEP

FRINGE SPORT

RUGGED

GETRXO

IMPACT

PIONEER

CORE | Crush It

SANDDUNE STEPPER

EXPERT FITNESS SUPPLY

VEGA

GYM PIN

ABMA

OBSIDIAN AMMONIA

CERBERUS

GARAGE GYMS

FUSION

WALL CONTROL

MICRO GAINZ

HUSA

PLATE SNACKS

60+ PRIZES FROM 30+ SPONSORS
OVER \$30,000 IN TOTAL GIVEAWAYS
FULL PRIZE LIST ON THE WEBSITE

GARAGEGYMCOMPETITION.COM

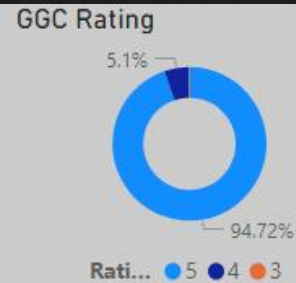
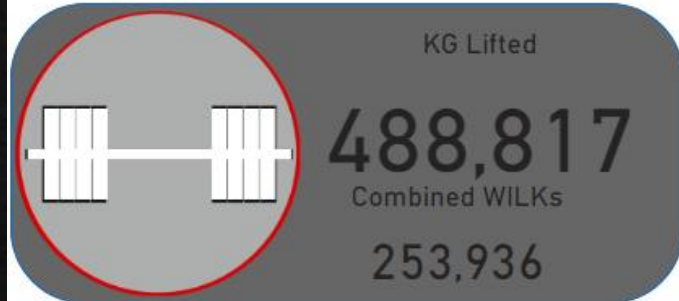
@GARAGEGYMCOMPETITION

2021 Recap – Lifting Highlights

- ◇ High level stats
 - ◇ @papabearrogers led the males with a 661 WILKS with a 894KG Total
 - ◇ @ironwolf03 led the females with a 642 WILKS with a 502KG Total
 - ◇ 2 additional athletes, @Mike.Watson and @Mr_squat_a_pony had 600+ WILKS scores
 - ◇ 50 athletes had a 500 WILKS score or higher
 - ◇ An over 12,000 lb increase in Totals for athletes returning from 2020
 - ◇ 18 countries and 33 states in the US, participated
 - ◇ 76 athletes under the age of 18
 - ◇ A cumulative total of over 1 Million Pounds was lifted

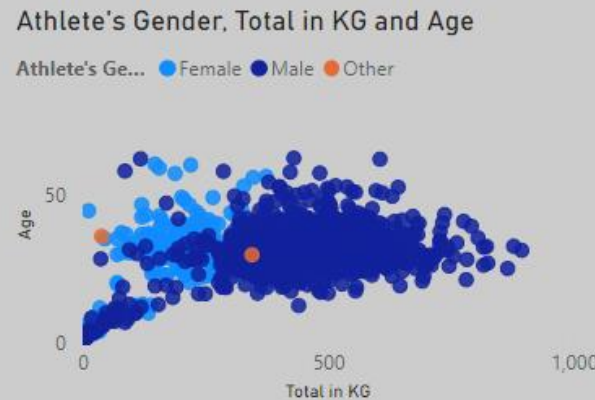
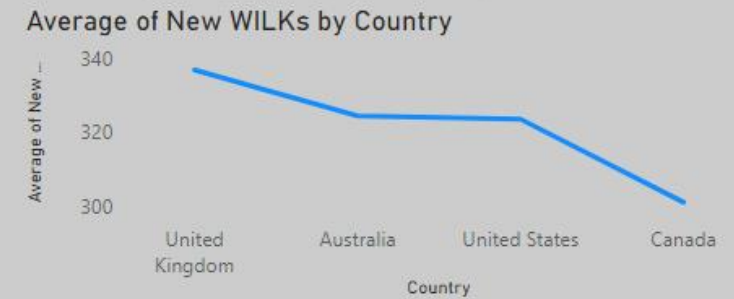
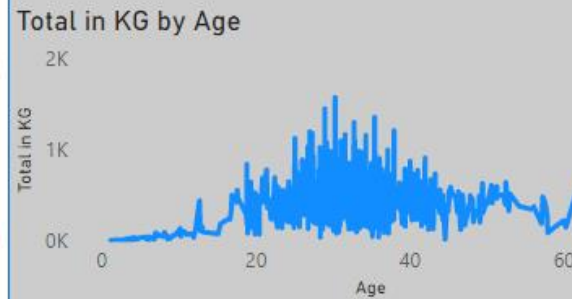
- WILKS is a coefficient used in powerlifting to meld bodyweight, gender, and weight lifted to see who the strongest lifter is
- We used the New WILKS, which was updated in 2020

Overall High Level Stats

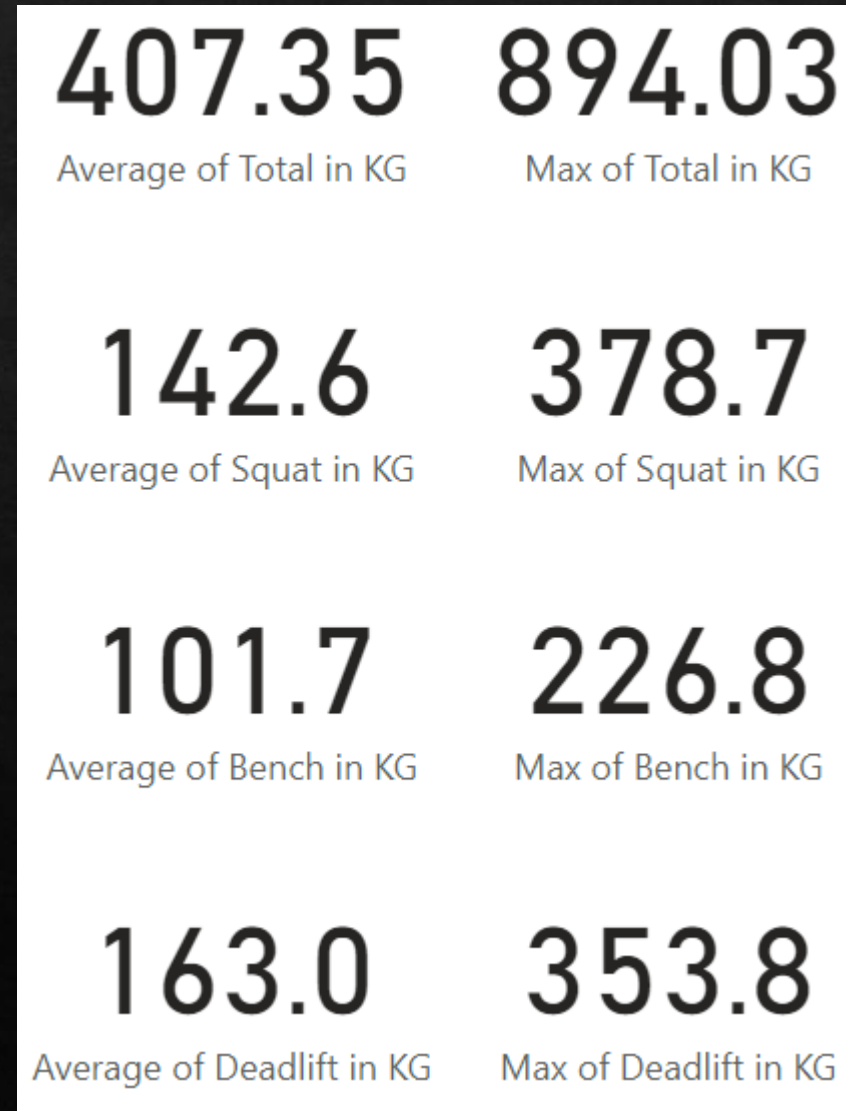
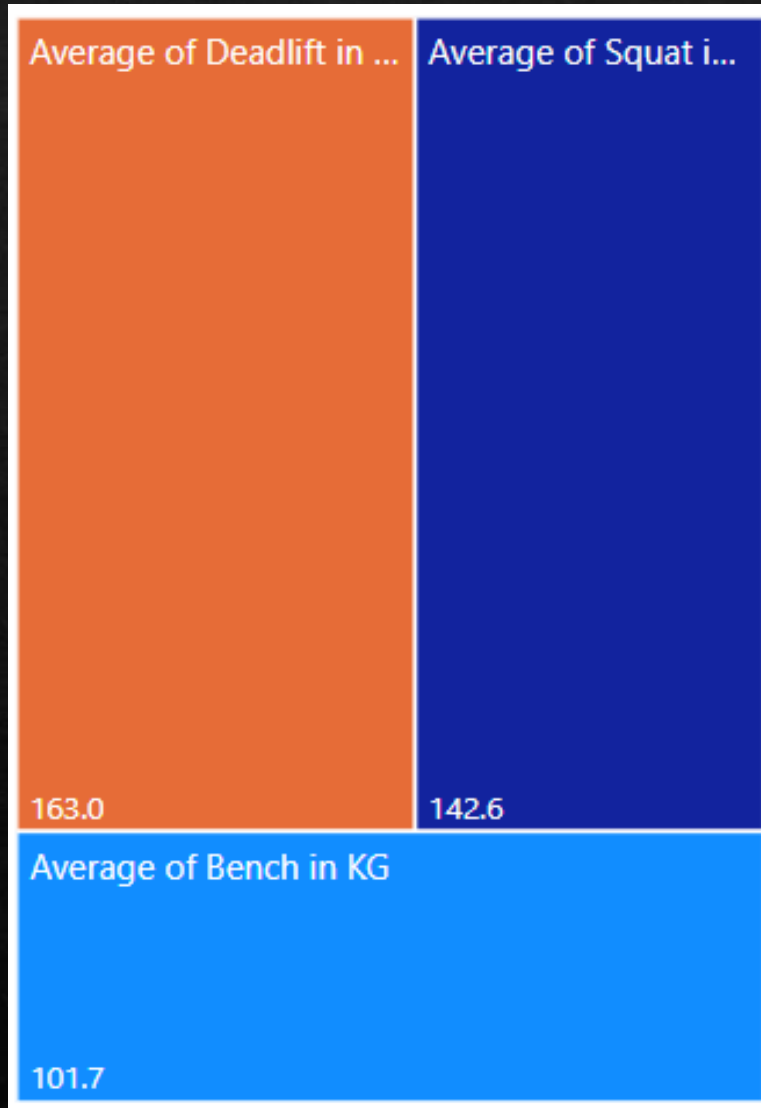


First Name	Count of First Name
David	20
Chris	15
Daniel	15
Tyler	15
Alex	14
Andrew	14
Matthew	14
Total	107

First Name	Count of First Name
Erin	5
Danielle	4
Jennifer	4
Amy	3
Heather	3
Jamie	3
Jessica	3
Kara	3
Kristin	3
Lindsay	3
Megan	3
Samantha	3



Overall High Level Stats - 2



Top Athletes



TOTALS

FEMALE

KYLIE GARAGE GAINS - 510KG

IRONWOLF03 - 502KG

BIGBADWOLFF24 - 499KG

NAX.ELI - 494KG

KRISTIN_1775 - 447KG

MALE

MIKE.WATSON - 822KG

DEAD.LEE.LIFTER - 816KG

TKINNEYV - 816KG

AJRENSHAW_LIFTHEAVY - 805KG

AWESOMEJT - 775KG



NEW WILKS

FEMALE

IRONWOLF03 - 642

BIGBADWOLFF24 - 576

KRISTIN_1775 - 556

NAX.ELI - 544

MOTHERFNGIRLPOWER - 518

MALE

MIKE.WATSON - 617

WAYNECOFFEY183 - 594

TKINNEYV - 591

THE_HAWAIIAN_HURRICANE - 586

DEAD.LEE.LIFTER - 576



MOST IMPROVED

FEMALE

CHELSILEE_0711 - 129%

TRISTAANNETTE - 36%

MILD.CHILD - 26%

CLARISSE_DARQUES - 24%

LIFTS_ALOT_LYNN - 22%

MALE

TONYPERRY21 - 75%

JASPERGRANT32 - 64%

LORENZOISAGOAT - 56%

WILLF.98 - 56%

VADERMANION_LIFTS - 49%

Female

Highest Squat

Highest Totals

Instagram Name	First Name	Total in KG
kylie_garage_gains	Kylie	510.29
ironwolf03	Tasha	502.13
Bigbadwolff24	Manda	498.95
Nax.eli	Natxielii	494.42
kristin_1775	Kristin	446.79
Peacockchic	Monique	421.84
mbar510	Maryanna	417.30
alysyacandito	Alyssa	412.77
caylatheconquerer	Cayla	410.50
missjenguin	Jennifer	408.00

Instagram Name	First Name	Squat in KG
kylie_garage_gains	Kylie	210.9
Nax.eli	Natxielii	206.4
ironwolf03	Tasha	170.1
kristin_1775	Kristin	170.1
missjenguin	Jennifer	170.0
mbar510	Maryanna	161.0
Peacockchic	Monique	161.0
caylatheconquerer	Cayla	158.8
eri_kah_eff	Erika	158.8
alysyacandito	Alyssa	156.5

307.30

Average of New WILKS

247.09

Average of Total in KG

88.7

Average of Squat in KG

53.9

Average of Bench in KG

104.5

Average of Deadlift in KG

Highest WILKS

Instagram Name	First Name	New WILKS
ironwolf03	Tasha	642.81
Bigbadwolff24	Manda	576.84
kristin_1775	Kristin	556.85
Nax.eli	Natxielii	544.02
Motherfngirlpower	Kristin	518.64
alysyacandito	Alyssa	510.22
mbar510	Maryanna	475.00
curls4donuts	Mafe	472.81
missjenguin	Jennifer	471.69
__samreyes	Samantha	468.03
eri_kah_eff	Erika	462.57

Highest Bench

Instagram Name	First Name	Bench in KG
Bigbadwolff24	Manda	127.0
ironwolf03	Tasha	114.3
Nax.eli	Natxielii	104.3
kylie_garage_gains	Kylie	102.1
Tristaannette	Trista	97.5
Motherfngirlpower	Kristin	94.1
cassiew33	Cassie	93.0
caylatheconquerer	Cayla	93.0
kristin_1775	Kristin	93.0
mbar510	Maryanna	90.7

Highest Deadlift

Instagram Name	First Name	Deadlift in KG
ironwolf03	Tasha	217.7
Bigbadwolff24	Manda	215.5
kylie_garage_gains	Kylie	197.3
kristin_1775	Kristin	183.7
Nax.eli	Natxielii	183.7
Peacockchic	Monique	174.6
lifts_alot_lynn	Maegan	170.1
rcarlsini	Roberta	168.5
alysyacandito	Alyssa	167.8
elkin8r	Lauren	167.8

Male

Highest Squat

Highest Totals

Instagram Name	First Name	Total in KG
Papabearrogers	Travis	894.03
iiiFoster	Trey	877.70
Mr_squat_a_pony	Kyle	865.45
bigred6868	Brett	825.00
Mike.wats0n	Mike	822.50
dead.lee.lifter	Lee	816.47
Tkinneyv	Travis	816.47
Ajrenshaw_liftheavy	AJ	805.13
Vitro8313	Salvatore	791.52
deadliestlift	Mark	782.45

Instagram Name	First Name	Squat in KG
iiiFoster	Trey	378.7
Mr_squat_a_pony	Kyle	338.8
Papabearrogers	Travis	335.7
bigred6868	Brett	320.0
Ajrenshaw_liftheavy	AJ	317.5
I_whistler	Isaac	295.7
gclafin1	Garry	288.0
skwatbenchdeadlift	Joseph	287.5
Vitro8313	Salvatore	285.8
Micaiahbranch	Micaiah	285.3

366.43

Average of New WILKS

477.60

Average of Total in KG

166.8

Average of Squat in KG

121.2

Average of Bench in KG

189.6

Average of Deadlift in KG

Highest WILKS

Instagram Name	First Name	New WILKS
Papabearrogers	Travis	661.57
Mike.wats0n	Mike	617.43
Mr_squat_a_pony	Kyle	611.19
phambri	Brian	597.92
waynecoffey183	Wayne	594.56
Tkinneyv	Travis	591.39
Vitro8313	Salvatore	588.44
The_hawaiian_hurricane	Jacob	586.51
dead.lee.lifter	Lee	576.59
Micaiahbranch	Micaiah	570.28

Highest Bench

Instagram Name	First Name	Bench in KG
papa_fozzy	James	226.8
Homegrownstrength	Bobby	220.0
Papabearrogers	Travis	218.2
iiiFoster	Trey	215.5
cmparker76	Chad	209.6
Ajrenshaw_liftheavy	AJ	206.4
bigred6868	Brett	205.0
dead.lee.lifter	Lee	204.1
Mike.wats0n	Mike	202.5
tim_lifts	Tim	200.0

Highest Deadlift

Instagram Name	First Name	Deadlift in KG
deadliestlift	Mark	353.8
Mr_squat_a_pony	Kyle	351.1
Tkinneyv	Travis	342.5
Papabearrogers	Travis	340.2
Mike.wats0n	Mike	340.0
dead.lee.lifter	Lee	328.9
AwesomeJT	Jason	317.5
dave_a_stallard	David	306.2
Hstewart0224	Hunter	306.2
tomsimp.son	Tom	306.2

Under 18

Highest Totals

Instagram Name	First Name	Total in KG
carter_claflin	Carter	555.65
simon.falta	Šimon	500.00
Lift_sbd	CJ	485.34
Reidbardenlifts	Reid	480.81
simardgerald	Hugo	439.98
Jake lifts2021	Jacob	424.11
kehlerecolon	Kehler	356.07
spuds998	Bilal	250.00
nick_tran01	Nicholas	235.87
guccigains	Randy	183.70

Highest Squat

Instagram Name	First Name	Squat in KG
carter_claflin	Carter	206.4
Reidbardenlifts	Reid	188.2
simon.falta	Šimon	182.5
Lift_sbd	CJ	142.9
simardgerald	Hugo	140.6
Jake lifts2021	Jacob	138.3
kehlerecolon	Kehler	111.1
guccigains	Randy	102.1
spuds998	Bilal	90.0
nick_tran01	Nicholas	88.5

238.17

Average of New WILKS

255.48

Average of Total in KG

88.3

Average of Squat in KG

68.0

Average of Bench in KG

99.2

Average of Deadlift in KG

Highest WILKS

Instagram Name	First Name	New WILKS
Reidbardenlifts	Reid	420.28
carter_claflin	Carter	419.23
simon.falta	Šimon	418.51
Jake lifts2021	Jacob	377.89
Lift_sbd	CJ	357.53
simardgerald	Hugo	341.24
kehlerecolon	Kehler	314.20
nick_tran01	Nicholas	249.26
Bamis51	Kaitlyn	247.87
Iron_plate45	Izzie	238.33

Highest Bench

Instagram Name	First Name	Bench in KG
Lift_sbd	CJ	145.1
carter_claflin	Carter	124.7
simardgerald	Hugo	117.9
simon.falta	Šimon	115.0
Jake lifts2021	Jacob	108.9
Reidbardenlifts	Reid	102.1
kehlerecolon	Kehler	93.0
guccigains	Randy	81.6
guccigains	Eduardo	74.8
spuds998	Bilal	70.0

Highest Deadlift

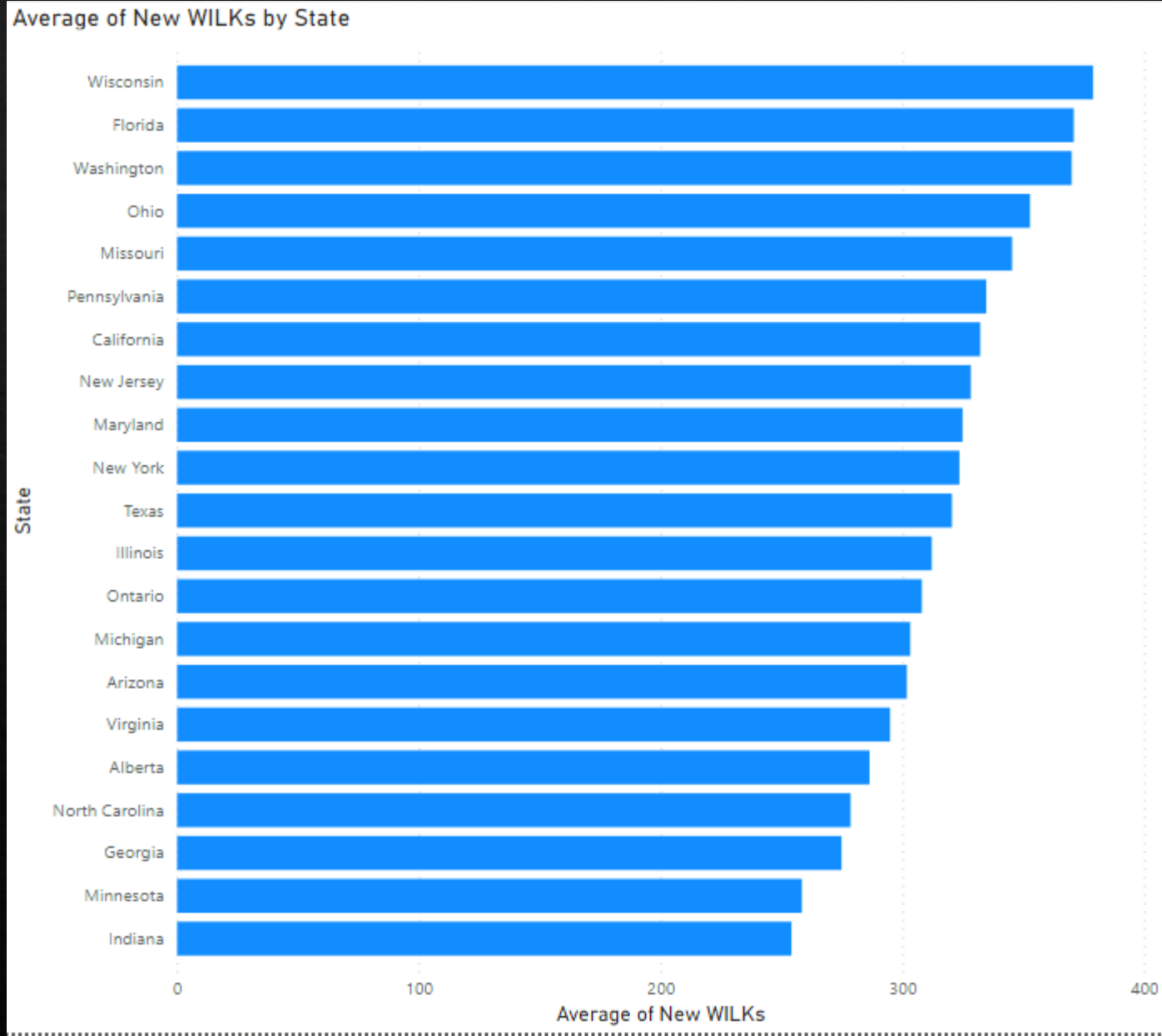
Instagram Name	First Name	Deadlift in KG
carter_claflin	Carter	224.5
simon.falta	Šimon	202.5
Lift_sbd	CJ	197.3
Reidbardenlifts	Reid	190.5
simardgerald	Hugo	181.4
Jake lifts2021	Jacob	176.9
kehlerecolon	Kehler	152.0
spuds998	Bilal	90.0
nick_tran01	Nicholas	83.9
stvbarbellclub	Hunter	74.8

Location Specific



Size represents participant count

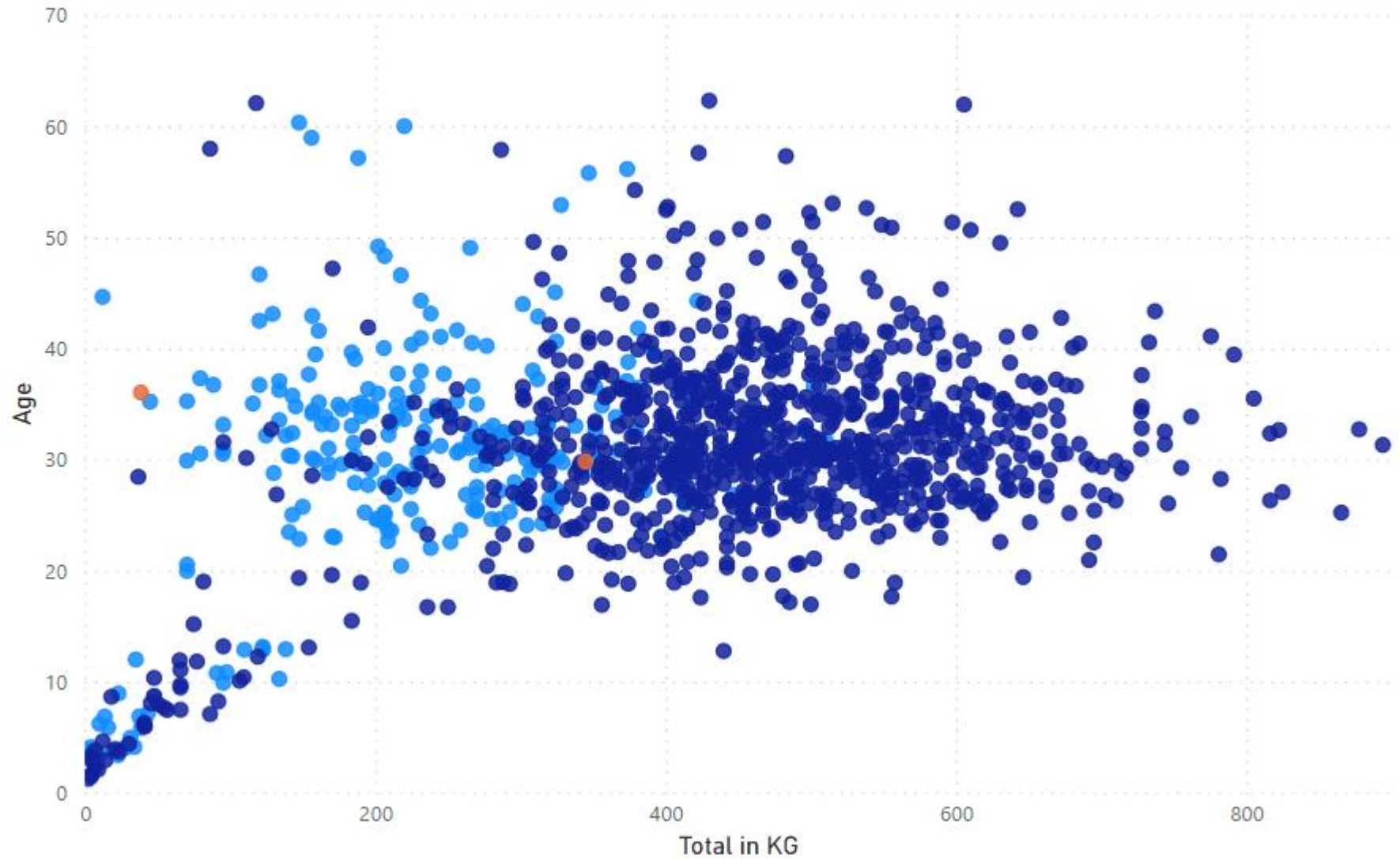
Location Specific



Other

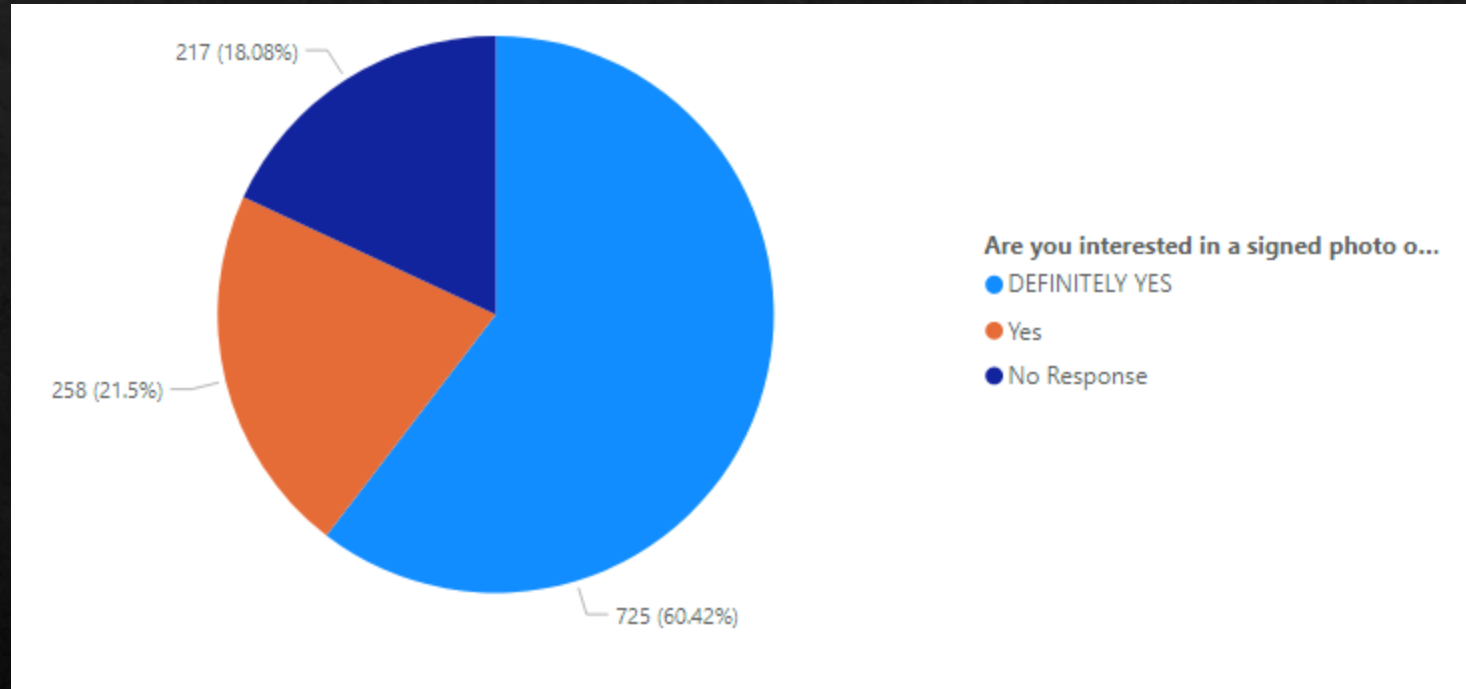
Athlete's Gender, Total in KG and Age

Athlete's Gender ● Female ● Male ● Other



Other

Are you interested in a signed photo of Gray_Matter_Lifting in a GGC Speedo?



I love all of you... But you know who I love the most

Feedback

- ◇ Through data, feedback submission, DMs, comments, and more, we have a list of a few improvement areas to focus on for 2022
 - Cleaner website, FAQs, and layout of the rules
 - Expand beyond Instagram
 - More advertising
 - Set-up of local GGC meets
 - More frequent competitions (not just one a year)
 - Door prizes leading up to the competition
 - Additional Athlete Resources
 - Submission Form adjustments (mostly behind the scenes data improvements)

More

- ◆ Full results are available here: <https://garagegymcompetition.com/2021-results/>
- ◆ Check out some additional data work from @jimr1603 here: <https://openor.blog/2021/06/06/garagegym/>
- ◆ You can find a bunch of random, insightful, and funny data points in these posts:
 - ◆ <https://www.instagram.com/p/CP-8oWkgSUj/>
 - ◆ <https://www.instagram.com/p/CQGpbMlr8U4/>
 - ◆ <https://www.instagram.com/p/CQJPFbSgf0l/>
 - ◆ <https://www.instagram.com/p/CQL0FL-ASpZ/>
 - ◆ <https://www.instagram.com/p/CQOYzPTg-Er/>
 - ◆ <https://www.instagram.com/p/CQQ9torAkG1/>
 - ◆ <https://www.instagram.com/p/CQYsKOKAfw9/>
 - ◆ <https://www.instagram.com/p/CQbRRMOATQ/>

Have something to add? Let us know and we'll add it!