

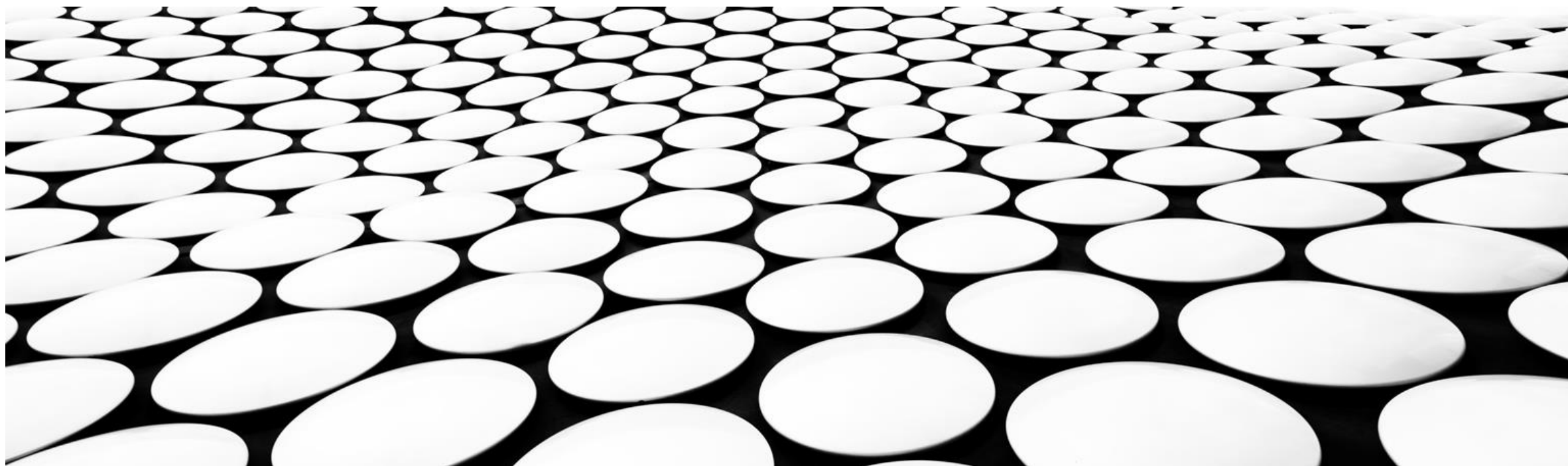
PRESENTED BY



JUGGERNAUTAI

SPRING 2022

RECAP



YEAR 5







This is year 5 of the GGC, and as always, the goal was to be a little better this year than last.

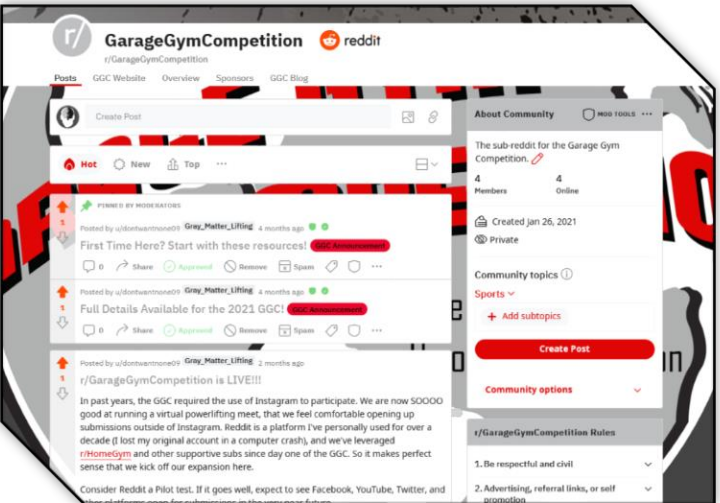
Based on participant feedback and growth plans, we did a few things:

- Expanded website content
- Launched r/GarageGymCompetition
- Launched the GGC Facebook page
- Planned for a Fall Event
- Launched GGC Emails

New content, communities, and events to expand the GGC community, increase engagement, and help welcome more people to the GGC... all year round!

Latest from the Blog

 <p>GGC Product Reviews -Details We are launching a new initiative called GGC Product Reviews. If you have won something over the years from the Garage Gym Competition, we want to hear your thoughts so you can help... READ MORE</p>	 <p>2021 Premier Sponsors The 2021 lineup for sponsors is HOT. Don't believe me? Every single one of our Premier Sponsors is bringing in a prize that would compete with the Grand Prize from 2020. Yeah, we... READ MORE</p>
 <p>2021 Top Tier Sponsors We have three Top Tier Sponsors for the 2021 Garage Gym Competition. These companies are bringing in prizes that are bigger and bigger than the GRAND PRIZE from 2020, so you know the... READ MORE</p>	 <p>2021 Grand Prize Sponsor - Fray Fitness You might not have heard of them... Yet! Fray Fitness has been serving the garage gym space since 2018, and has quickly grown to be one of the Top 5 retailers in the... READ MORE</p>
 <p>2021 Full Details Available May 15th to May 23rd, the 4th Annual Garage Gym Competition returns with over 30 sponsors, more than \$30,000 in prizes, and opportunities galore! The fourth year of the competition brings some minor... READ MORE</p>	 <p>Travis McKinney joins 2021 GGC Coaches This year we launched the first sponsored GGC Program, written by Ben Viagoner. Now we have introduced that by participating in the program, you get a shot at winning 1 of 10, eight... READ MORE</p>



SPONSORS

OVER \$30K IN PRIZES



SPONSORS

This was our first event with a Presenting Sponsor, and it was a big success.

Juggernaut Training and their excellent AI app helped us take our game to new heights. Great content, YouTube videos, Reels, and more... alongside the discount code GGC to save on the App, meant more GGC athletes were focused, primed, and ready for big lifts.

<https://garagegymcompetition.com/2022-dates-available-juggernautai-presenting-sponsor/>

Your New Coach Is Waiting

JUGGERNAUT AI

"It's like having a real coach right next to you..."
—JJR

4.9
Average Rating

SPONSORS

We also had our first Barbell Sponsor with Texas Power Bars. They helped us put together some Barbell Education around end caps, knurling, coatings, and specific bar types. Things that for even some of the more experienced athletes, can be very confusing.

TPB has been making quality bars since 1980. Low maintenance, aggressive knurl, ready for the biggest lifts... and 100% American Made.

<https://garagegymcompetition.com/texas-power-bars-is-the-official-barbell-sponsor-of-the-2022-garage-gym-competition/>

TEXAS SQUAT BAR//TEXAS BENCH BAR//TEXAS DEADLIFT BAR

1 OF EACH BAR UP FOR GRABS IN SPRING AND FALL

Barbell
The Official
Sponsor

@TEXASPOWERBARS @GARAGEGYMCOMPETITION

GARAGE GYM COMPETITION
Uniting the Community Through Competition

SPONSORS

Surplus Strength was our Family Sponsor, focused on the mission of including the ENTIRE family in the home gym.

We saw a HUGE number of child athletes this year in the GGC, so I would say the encouragement worked.

Surplus is 100% American Made, by a dude who lifts in his garage, with his family, as a personal trainer, and veteran. Find me a better business to support. I'll wait.

<https://garagegymcompetition.com/surplus-strength-is-the-2022-family-sponsor/>



The graphic features a central red circle with a white logo consisting of a stylized 'A' and 'S' intertwined. Below the logo, the text 'SURPLUS STRENGTH' is written in bold black letters. Underneath that, 'Family Sponsor' is written in large, white, glowing letters. At the bottom of the circle, '@SURPLUSSTRENGTH' is written in white. Below the circle, there are two columns of text: 'SPRING GGC' and 'FALL GGC', each followed by '2 UPS HIGH UNITS'. At the very bottom, there are two social media handles: '@GARAGEGYMCOMPETITION' and 'GARAGEGYMCOMPETITION.COM'. In the top right corner, there is a circular logo for 'GARAGE GYM COMPETITION' with the tagline 'Uniting the Community Through Competition' and a silhouette of a person lifting weights.

SURPLUS STRENGTH

Family Sponsor

@SURPLUSSTRENGTH

SPRING GGC
2 UPS HIGH UNITS

FALL GGC
2 UPS HIGH UNITS

@GARAGEGYMCOMPETITION GARAGEGYMCOMPETITION.COM

SPONSORS

A huge kick off this year, which has been in the works for 3 years now, is the Local GGC Meets. Where you open your door to family, friends, and local lifters, to hit some big lifts during the GGC.

Garage Gym Experiment, ever focused on increasing and improving the garage gym community, hopped on board as the Local Meet Sponsor, giving out cash money for supplies.

If you haven't checked out the GGE Podcast, get ready to nerd out on everything from interviews with community members, company owners, data discussions, and insights into the industry and more.

<https://garagegymcompetition.com/garage-gym-experiment-is-the-2022-local-meet-sponsor/>



THE BIGGEST SPONSOR YEAR YET

One thing is for certain, Sponsors love the GGC. Over \$30k in prizes in May alone, makes this another record year in support.

Our Grand Prize was handed out by Ghost Strong and Juggernaut... the biggest grand prize in GGC history.

Our Top Tier Sponsors handed out 21 prizes worth over \$10k. Freedom Fitness Equipment lead the way with their \$3000 Custom Gym Design.

Our Premier and Entry Sponsors dropped another ~\$15k in prizes, adding up to a total of 108 winners taking home something good at the end of the week.

<https://garagegymcompetition.com/category/2022-sponsors/>

2022 Spring Sponsors





LOCAL GGC MEETS

OPEN YOUR DOORS TO PRS!



LOCAL GGC MEETS

In year 1, Working-class Barbell hosted a meet at their garage for athletes to compete in the GGC. Every year they have taken it up a notch. In year 3, we wanted to offer services to help others do the same... but then COVID showed up.

Fast forward to 2022 and we launched the Local GGC Meet registration. Discount codes, flyer support, funds from Garage Gym Experiment... you name it!

It was BIG!

<https://garagegymcompetition.com/ggc-local-meets/>

2022 SPRING



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Local Meet Host IG	Count of Total in KGs	Total in KGs	Average of Total in KGs	New WILKs	DOTs
Swoleypotato	7	3866.9	552.4	2,895.37	2438.1
andienguyen	7	3088.1	441.2	2,648.37	2238.1
workingclassbeast	5	2134.7	426.9	1,742.70	1466.2
Sombragym	4	1608.0	402.0	1,196.84	1000.3
traphousedaddy	5	1998.5	399.7	1,369.84	-730.5
jessica.merth	5	1750.9	350.2	1,903.32	1593.8
kaspergaragegym	5	1716.8	343.4	1,484.55	1246.8
strongerthancomp	6	1967.0	327.8	1,965.83	1653.9
Fitness you can live with	5	1619.3	323.9	1,683.00	1378.1
Lowlevelgainz	4	1202.0	300.5	1,108.13	932.9
K2_Smooth	6	1481.0	246.8	1,191.03	1002.5
PSFHybrid	13	2922.9	224.8	680.55	-6918.0
TheDavschwartz	6	1210.5	201.8	960.91	936.7
	78	26566.6	340.6	20,830.43	8239.0

Note - Results based on those that completed the tracker AND made note of their Local Meet Host

Local Meet Showdown

- 184 lifters marked that they competed in a "Local Meet", combining for almost 74,000 KGs
- The Potato Power Event lead the way in Total, Avg Total, Cumulative WILKs & DOTs
- PSFHybrid had the largest meet, including multiple brand new lifters and children

ATHLETES

THAT MEANS YOU!



TOP ATHLETES

This year we have Weight It Out sponsoring the Top Athletes with some custom 2.5lb GGC laser engraved plates.

We handed them out to the top 3 Male and Female totals, as well as the top 3 Most Improved athletes.

<https://garagegymcompetition.com/spring-2022-top-athletes-most-improved-and-ggc-ambassador-announced/>

2022 SPRING



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#s in KG

Top 3 Athletes Receive
GGC Award
Courtesy of
Weight it Out

First Name	Athlete's Sex	Username	Body Weight	Total	Squat	Bench	Deadlift	2021 Total	YOY # Improvement	YOY % Improvement
Tony	Male	tonysgargano	104.3	487.6	165.6	124.7	197.3	251.7	235.9	94%
Kate	Female	Lyricalfitchick	66.7	199.6	61.2	54.4	83.9	130.0	69.6	54%
Friedrich	Male	f.schultze	110.0	485.0	175.0	125.0	185.0	335.0	150.0	45%
Andrew	Male	Andrewdlynch	99.0	360.0	125.0	95.0	140.0	256.3	103.7	40%
Nick	Male	numbercruncher91	94.3	376.5	131.5	120.2	124.7	283.5	93.0	33%
Hilary	Female	hjlesq	68.0	179.2	56.7	43.1	79.4	138.3	40.8	30%
Sean	Male	Seanbaileymath	134.3	610.1	224.5	179.2	206.4	471.7	138.3	29%
Ryan	Male	ryanpeugh16	74.8	430.9	158.8	106.6	165.6	340.2	90.7	27%
Brandon	Male	thewhitelotusbk	104.3	428.6	165.6	90.7	172.4	342.5	86.2	25%
Daniel	Male	garage_gym_dad_bod	72.6	474.0	152.0	115.7	206.4	381.0	93.0	24%

Most Improved YOY

- Must have competed in 2021 and 2022
- Must have performed all 3 lifts in 2021 and 2022
- Must be over 18 years of age

TOP ATHLETES

2022 SPRING



Presented by
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#s in KG

Top 3 Athletes Receive
GGC Award
Courtesy of
Weight it Out

First Name	Username	Body Weight	Total	Squat	Bench	Deadlift	New WILKs
Mark	deadliestlift	120.20	943.47	401.43	149.69	392.36	645.7405175
Estevan	Coach_stev_strength	131.54	862.73	342.46	214.10	306.17	575.4510474
AJ	AJRenshaw_liftheavy	181.44	852.75	319.78	224.53	308.44	530.6450199
Lee	dead.lee.lifter	109.77	837.50	300.00	207.50	330.00	589.5311214
Hunter	hstewart0224	104.33	802.86	283.50	192.78	326.59	577.0454712
Jason	traphousedaddy	136.08	793.79	288.03	181.44	324.32	525.6351538
Martin	m_g_b	128.37	786.98	288.03	167.83	331.12	529.0594745
Joshua	Highland_strongman	154.22	777.91	260.82	210.92	306.17	500.962917
Kyle	Mr_squat_a_pony	107.05	759.77	287.35	154.67	317.74	540.1826279
David	Facebook Submission	117.93	743.89	272.16	183.70	288.03	511.7189953

Top Male Totals

2022 SPRING



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#s in KG

Top 3 Athletes Receive
GGC Award
Courtesy of
Weight it Out

First Name	Username	Body Weight	Total	Squat	Bench	Deadlift	New WILKs
Samantha	quadslikemom	89.13090071	581.5054183	213.1884139	137.4384881	230.8785163	637.5621173
Dammira	lhraxm	120	460	155	90	215	469.6390504
Amanda	Bigbadwolff24	73.93555631	458.1282937	133.8097492	127.0058636	197.312681	538.9532387
Kristin	Brick_house_kris	63.5029318	442.2525608	170.0971388	88.45051215	183.7049099	560.9259032
Jinny	Schmidt.Strength	86.1825503	421.8409041	165.5612151	92.98643585	163.2932532	467.693058
Michelle	meeshell.lin	57	397.5	140	100	157.5	542.6877857
Ilyssa	_illyminati	70.30681735	396.8933238	138.3456729	77.1107029	181.436948	479.5075694
Elizabeth	Lifts_n_flips	62	393.5	155	83.5	155	508.6418688
Lenora	tinyswolle	89.35769689	390.9966229	136.9848957	92.98643585	161.0252914	428.6884127
Jennifer	swoley_ghostie	69.39963261	385.5535145	147.4175203	70.30681735	167.8291769	469.2325846

Top Female Totals

GGC AMBASSADOR

Weight It Out also sponsored a new initiative... the GGC Ambassador award.

The "GGC Ambassador" Award is going to be given out at every event this year (potentially going forward). It may have a different name each time, it may be given out for different reasons... but the general idea is that I get to pick someone who I believe has earned a little something extra for what they bring to the GGC.

Working Class Barbell was selected for the Spring GGC, due to their continued support and creation of the concept of the local meet. Their idea spawned almost 200 athletes this year getting together to lift and crush PRs.



HIGH LEVEL

There were 1050 athletes this year, with the highest percentage of returning athletes to date.

A cumulative 431k kilos was lifted...

We donated \$1,885 to Special Olympics...

We gave away over \$32k in prizes...

And almost everyone rated the GGC a solid 6 or 7 (out of 7)...

2022 SPRING



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2022 High Level Stats

- More people returned this year than last
- Almost double the prizes from 2021
- 97.47% of participants rated the GGC a 6 or 7!

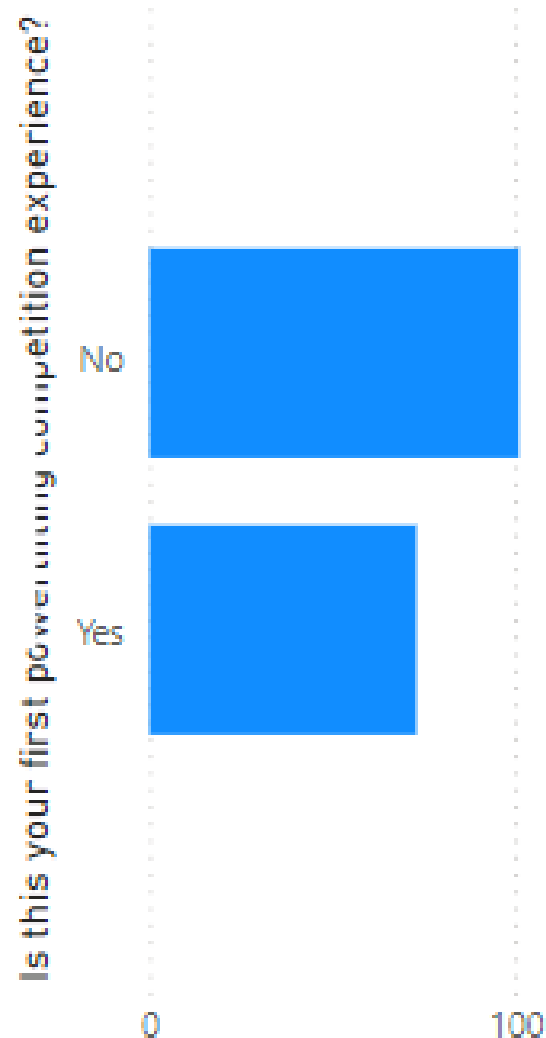
FEMALES

Women made up just shy of 20% of the total lifters.

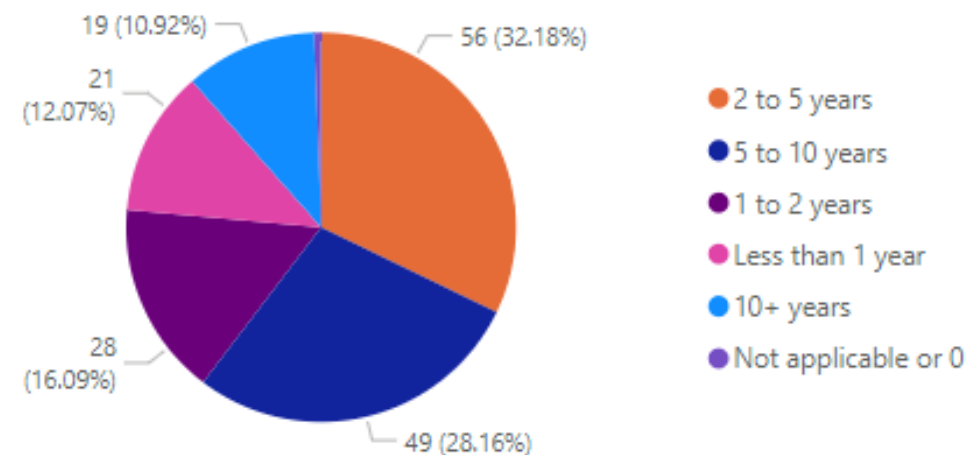
20 women won prizes (9.8%)

Removing children from the equation...Women averaged:

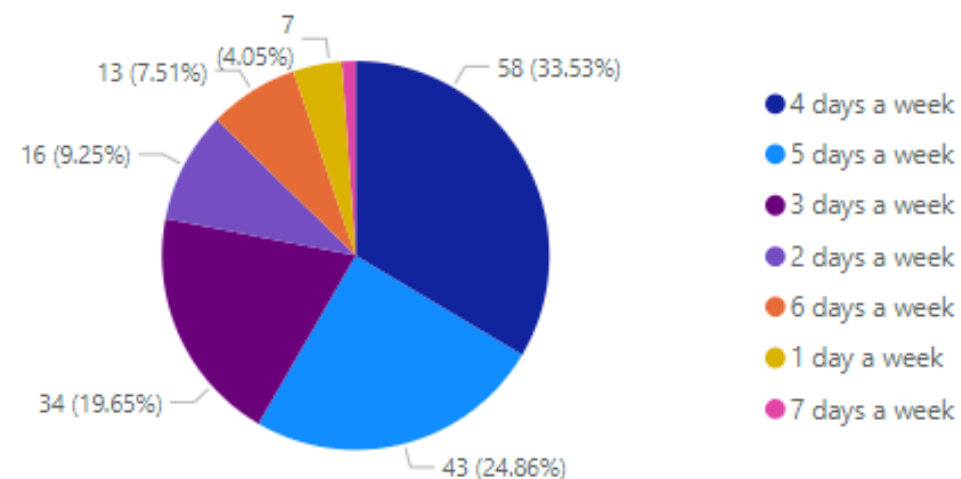
- 239kg Total
- 290 New WILKS score
- 186.8 DOTS score
- 83kg Squat
- 52.8kg Bench
- 103kg Deadlift



How Many Years Have You Lifted Weights?



How Many Days Do You Train in a Week?



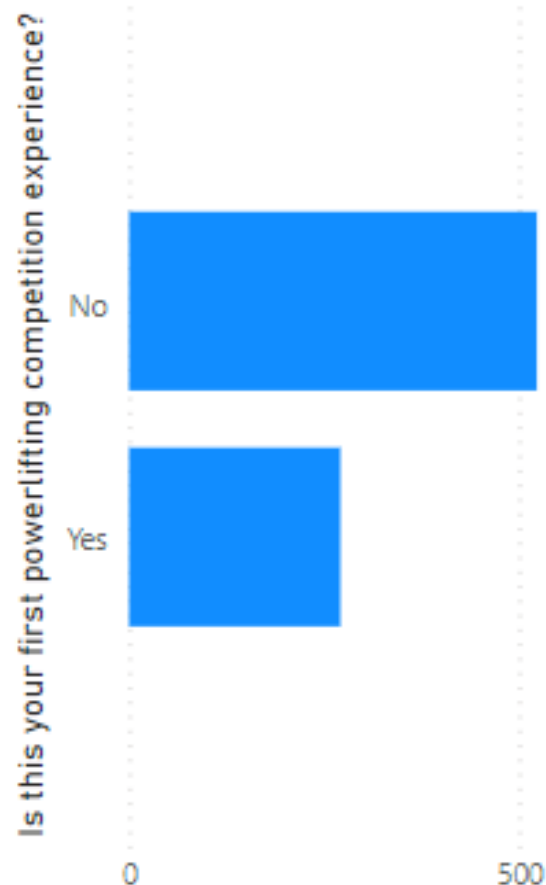
MALES

Men made up just over 80% of the total lifters.

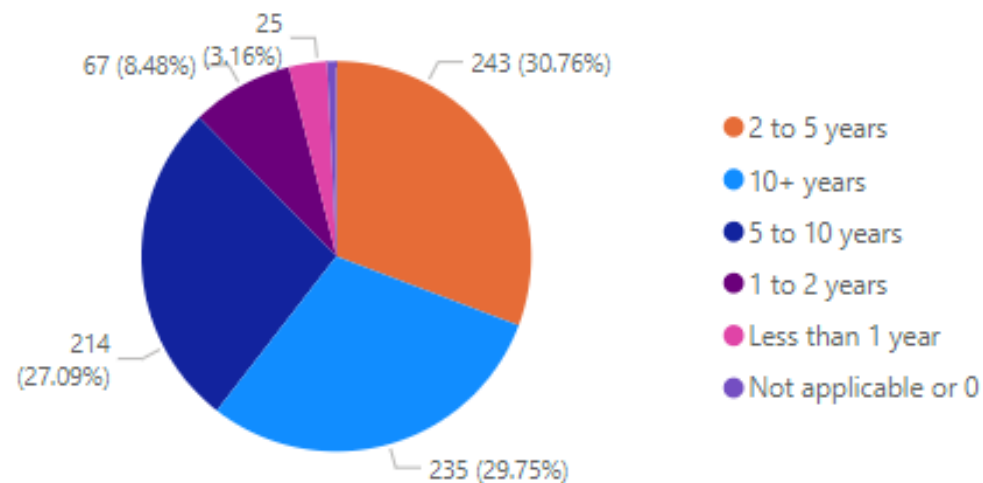
88 men won prizes (10.4%)

Removing children from the equation...Women averaged:

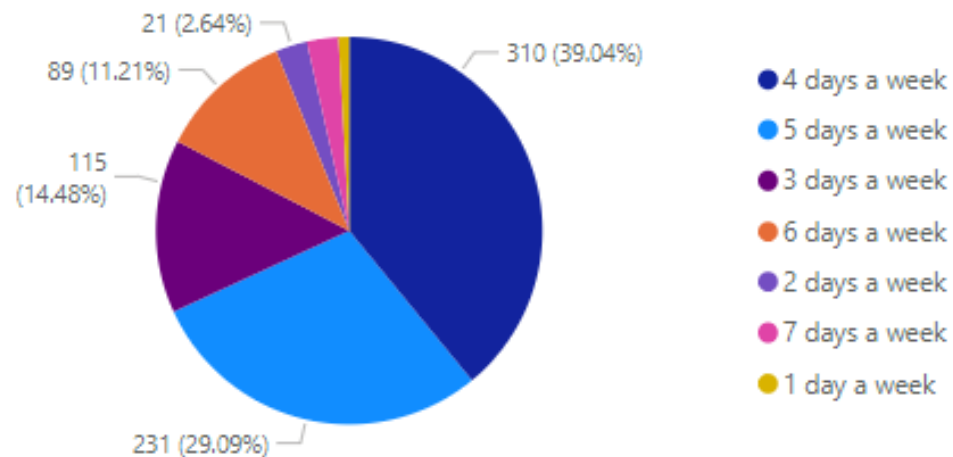
- 477kg Total
- 358.9 New WILKS score
- 293.8 DOTS score
- 166.4kg Squat
- 120.3kg Bench
- 190.7kg Deadlift



How Many Years Have You Lifted Weights?



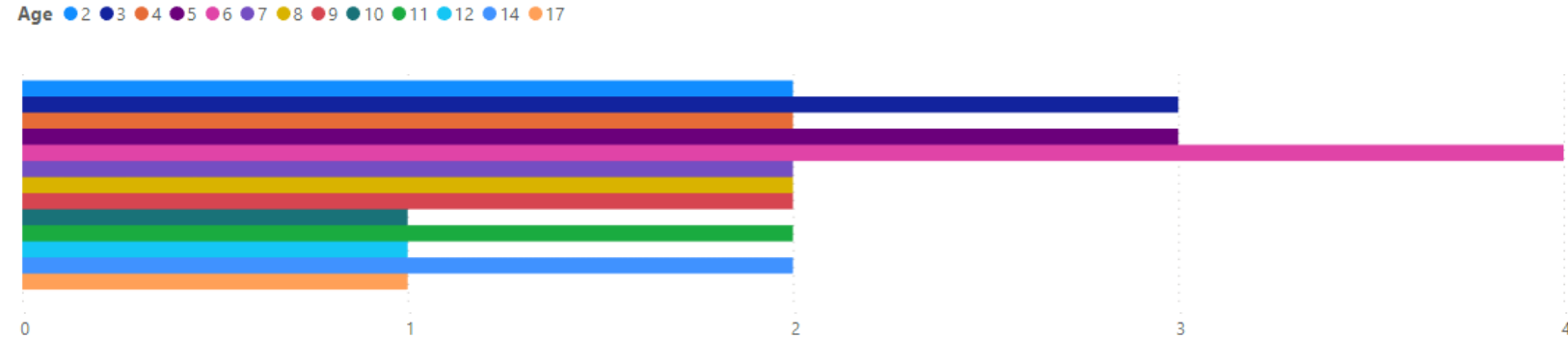
How Many Days Do You Train in a Week?



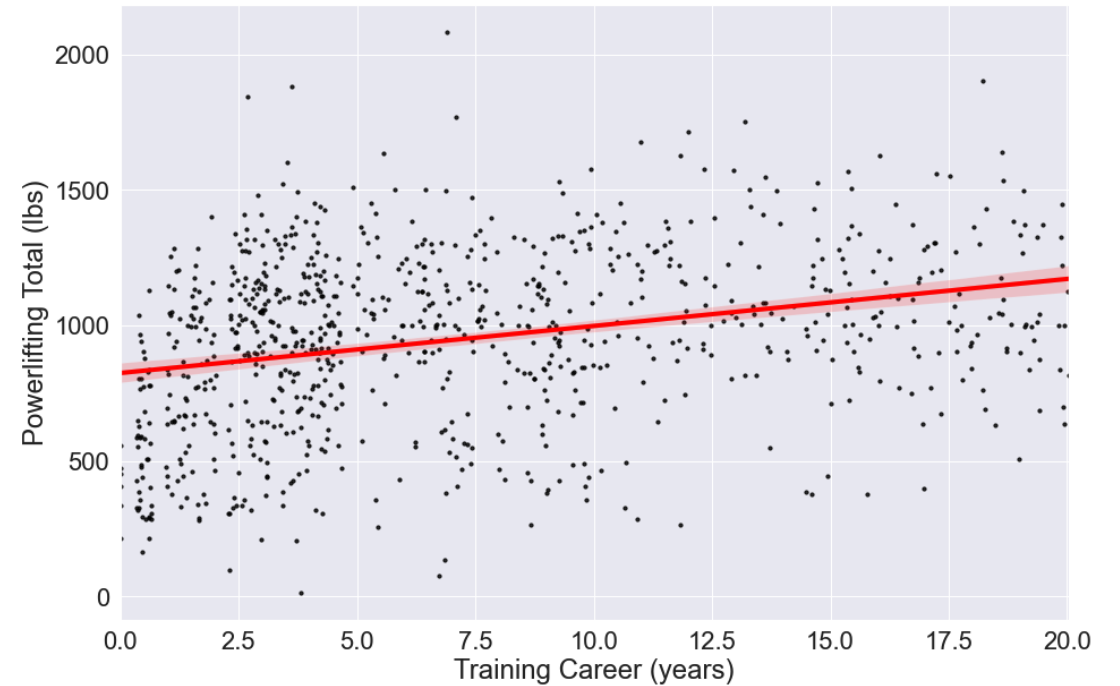
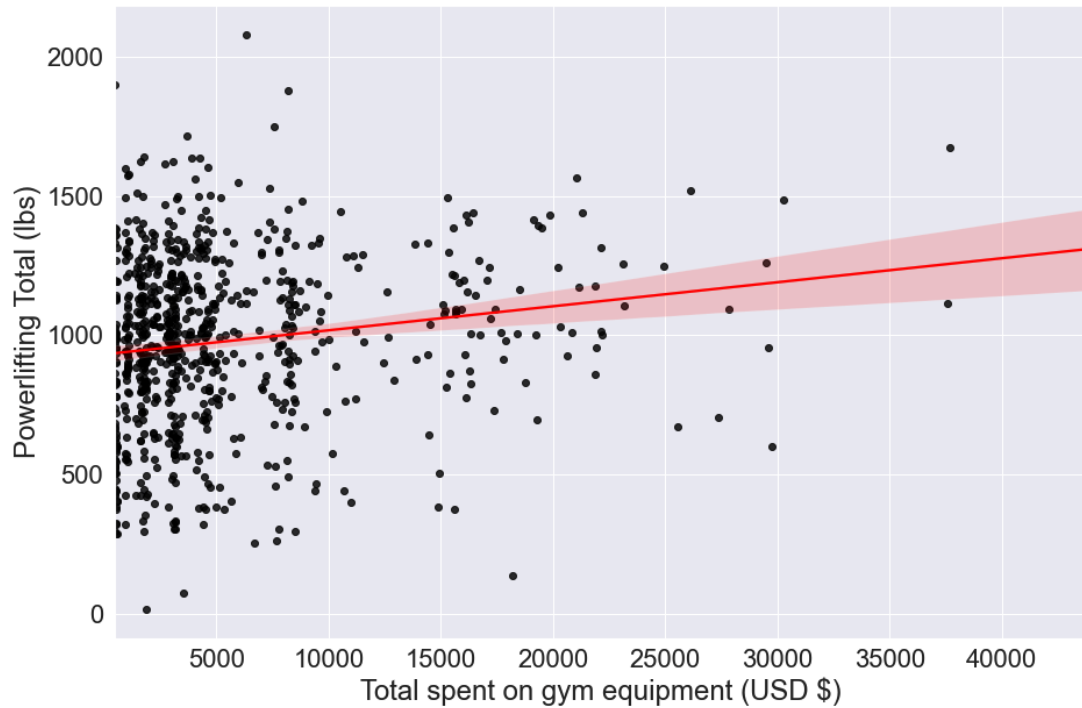
CHILDREN

We had 27 children enter this year. Averages and surveys responses aren't exactly helpful here, as a 3 year old vs a 16 year old is a HUGE difference in terms of abilities.

Instead, you can see the age distribution to the right.



SPEND MORE MONEY AND YOUR TOTAL GOES UP. TRAIN LONGER AND YOUR TOTAL GOES UP.



Every additional day you train per week adds 76 pounds to your total and makes you 6% more likely to be in the 1000lb club.

Insight courtesy of my friends Ink and Hatch

MINIGGC

WHAT WE DO WHILE WE WAIT FOR MORE POWERLIFTING



MINIGGC

We began our FIRST EVER MiniGGCs this year. This was an idea I've had in my head for awhile, but finally got pushed to do it with the help of @vintageweightspgh and @bakkersgym

A ton of fun gripping and dunking in June... we will have more of these in December!

MINI-GGC

SPRING 2022

PRESENTED BY
@GARAGEGYMCOMPETITION

INSPIRED BY
@BAKKERSGYM
@VINTAGEWEIGHTPGH

JUNE
2022



RULES
TYPICAL GGC STYLE
NO FEES
HAVE FUN

PRIZES
\$50 GIFT CARDS
AND
MORE!!!

GARAGE GYM COMPETITION
Uniting the Community Through Competition

LOOKING FOR MORE?

Highlight reels, data highlights, and more available on the website...

<https://garagegymcompetition.com/2022-spring-results/>

This was an event for the record books in a number of ways. And we still have a fall event coming to make 2022 the BIGGEST GGC year YET!!!

<https://garagegymcompetition.com/2022-fall-ggc-on-the-way/>

Make sure you are signed up for GGC Emails to stay up to date!

[GGC Emails](#)

