

Fall 2022



Results

Presented by



JUGGERNAUTAI

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Letter to participants

Five years. Six competitions. Over \$100k in prizes. More than 3,400 lifters. Millions of pounds hoisted. Over \$10,000 donated to non-profits. How did we get from an idea I had in early 2018, to this? Support. A METRIC TON of unending and relentless support.

My family and friends are awesome. All of them regularly check in, offer to help, pass out business cards, send info to others, and help me continue to see the light.

Our sponsors are the BEST out there. Many are here simply because they believe in all of you. They believe in what the Garage Gym Competition (GGC) is doing. And they want to be a part of it, support it, and support all of you in chasing down that next PR. Some have been around every single year, others have made a BIG contribution this year, but every single one of them is awesome.

My fellow garage gym “influencers,” for lack of a better term, they’ve had my back in year 1 and still do today. Having a group of dudes you’ve never met in person (yet!) who are all chasing the same goal of building this awesome home gym community we have, passing along the knowledge and love we have for this little piece of paradise we’ve built in our garages, is truly a cool group to be a part of.

And YOU! No, right behind you. That other guy. Just kidding, yes, YOU! If you are reading this, I can be pretty dang certain that you competed in the GGC this year. Some of you have competed multiple years, some even competing in every single competition we’ve ever had. And your feedback... I have tried over the years to express my gratitude. Thank you for your participation, for your kind words, for your constructive criticism, for being transparent with your struggles, ups and downs, and life woes and PRs. Thank you for making me believe that this was something more than just an idea worthy of scratch paper, and instead worthy of a LOT of hours of commitment.

Sometimes I think some of you love the Garage Gym Competition more than I do. So I’ll leave it at that.

I love each and every one of you. Thank you for being along for this ride. Cheers to our 5-year anniversary... let’s make it to 50!

-Joe

History

The Garage Gym Competition (GGC) began in 2018 with a simple idea that “it would be cool to have a powerlifting meet for people who train at home.” That idea has expanded over the last several years into something more formal, but still true to its origins.

Mission

For the GGC, it has always been about bringing the #GarageGymCommunity together. Athletes, coaches, brands, influencers, companies, and anyone involved in the community at large that has its best interest at heart.

Standing on the core values of Community, Opportunity, Inclusion, and Strength, the GGC works to make sure we represent the ENTIRE community of athletes who pursue strength at home with a barbell.

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Results

Dig into the data

After you're done browsing our results, feel free to download the data spreadsheet for yourself!

Let us know if you find any interesting patterns or insights, and share them with us.

[Download Fall results >](#)



Highlights

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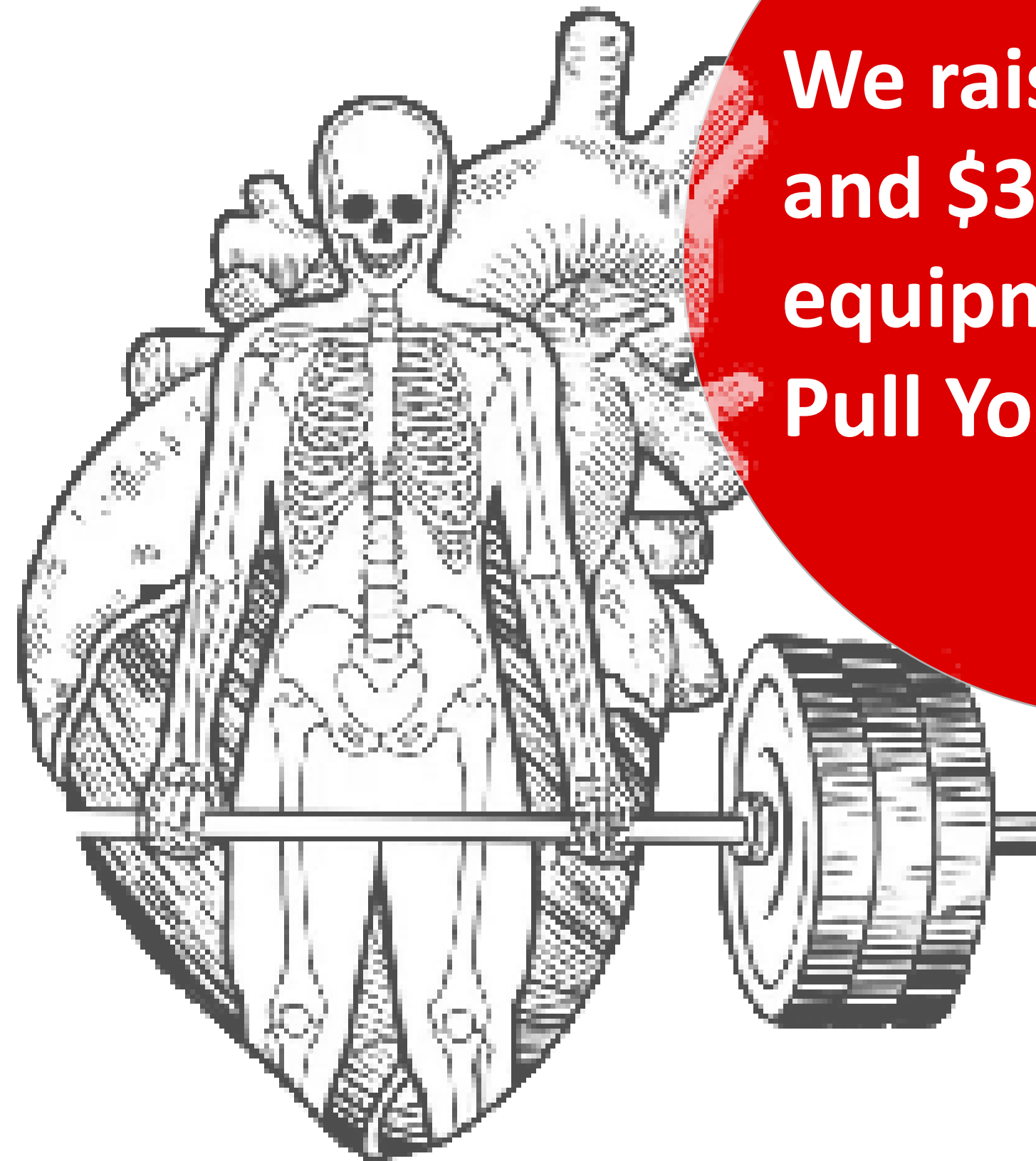
Results

Y'all pulled your hearts out!

This Fall, GGC donated \$1,000 toward Pull Your Heart Out, a nonprofit whose mission is to provide educational mentorship programs using strength sports as an outlet and deterrent to prevent disease, drug addiction, and violence within the at risk youth and underserved population.

The community contributed more than \$1,600 in donations and hundreds of dollars worth of equipment.

[Check out Pull Your Heart Out >](#)



**We raised \$2,695
and \$390 worth of
equipment toward
Pull Your Heart Out**

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Results



More than **700 people** lifted with us this season. In 2022, GGC expanded to a bi-annual competition—one in the spring and in the Fall. More than **1,400 people joined in 2022.**

How did everyone stack up?

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Results

How did we all do?

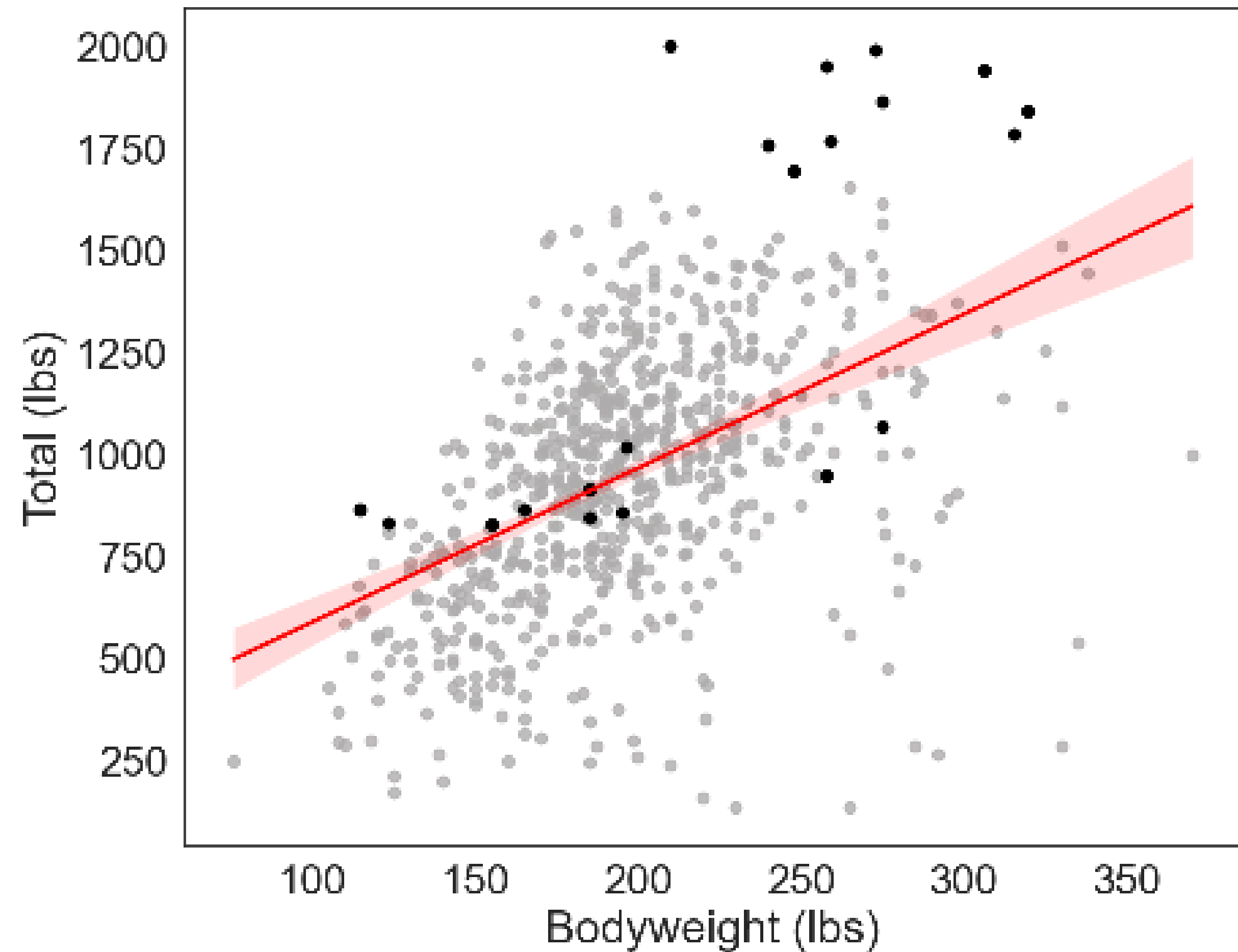
Every point on this scatter plot is a person!

Notice how most participants end up in an oblong cluster that slopes up to the right.

The red line and shaded region represent the trendline and error margin. The more you weigh, generally, the more you can lift!

Of course, there are people who stand out from the crowd, like our top male and female athletes who are highlighted in black!

Scatter plot represents participants ages 16+



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Results

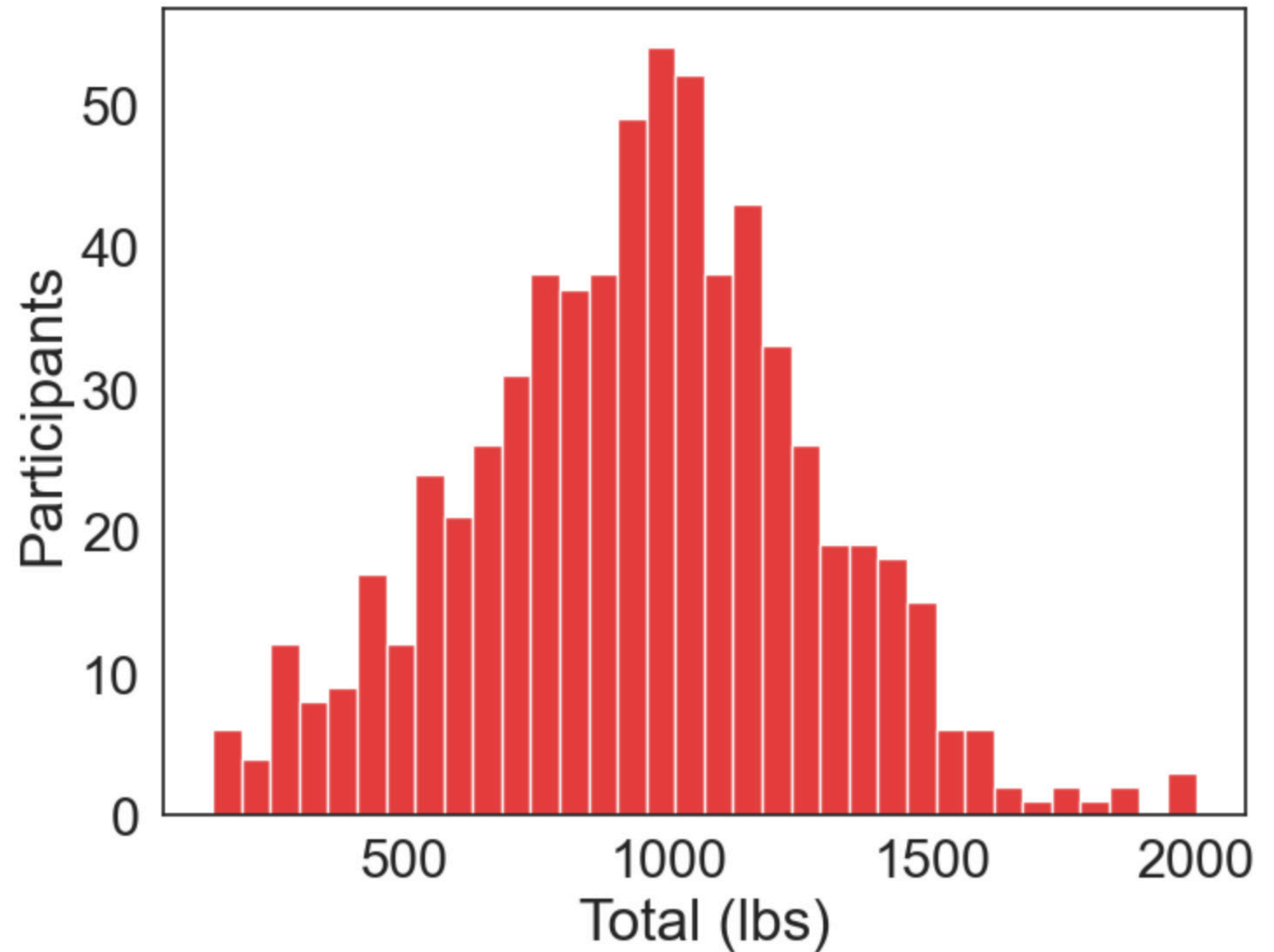
The lifting curve

This graph represents a distribution (histogram) of the adult (16+) participants lifting totals--that's combined squat, bench, and deadlift.

The distribution is lopsided with relatively few people putting up elite totals and a heavy tail on the left, because lifting heavy things is like, soooo hard, you know?

Average total: 954lbs

Where are you on the curve?

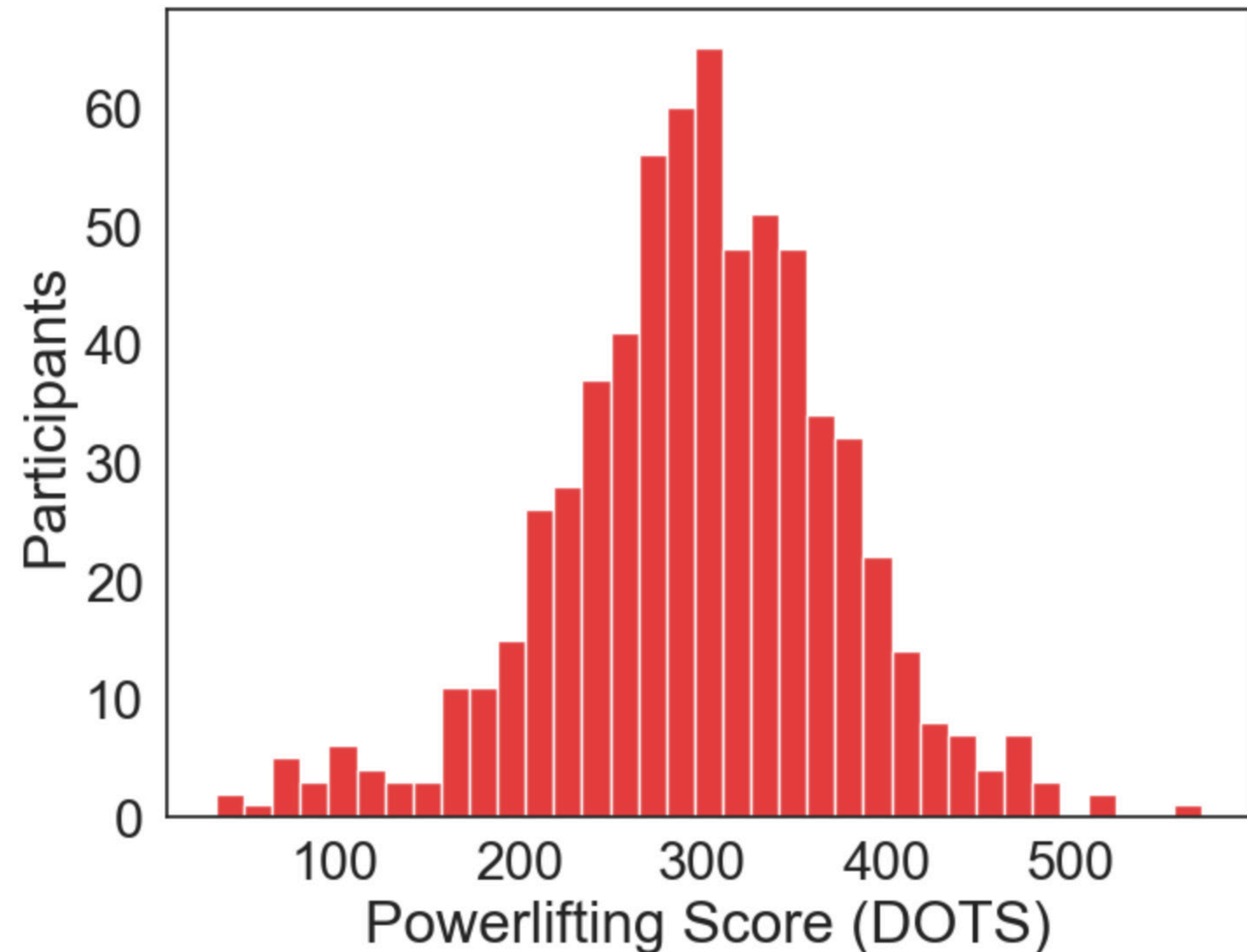


The lifting curve (but in DOTS!)

This curve is similar to the last one. However, we've accounted for gender and weight to make for a more even playing field.

A DOTS score is obtained by plugging in a person's total weight lifted, gender, and body weight to compare lifting performance. This score is an alternative to the WILKS Coefficient.

Notice this curve is MUCH less lopsided than the one above because it accounts for weight and gender.

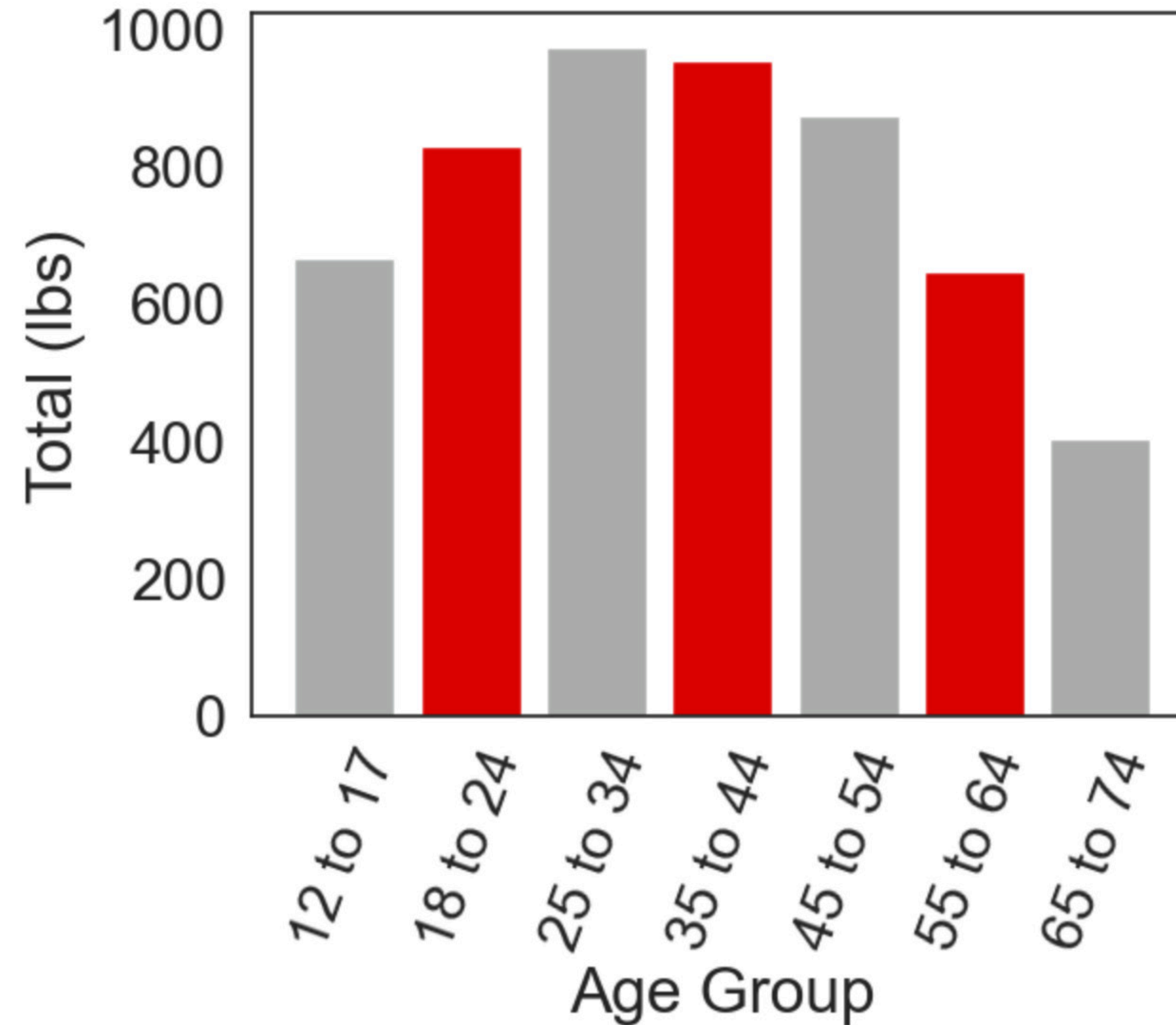


Age group breakdown

This bar graph shows the average weight lifted in each age group.

We saw some great lifts in every age bracket, but the biggest average totals peaked in the 25-44 age range.

There's a steady increase and peak around age 35 - 40, generally considered a powerlifter's peak physical age, and a steady drop-off as a trainee passes this milestone.



By the numbers

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Men

Average Total: 1040 lbs/472kg

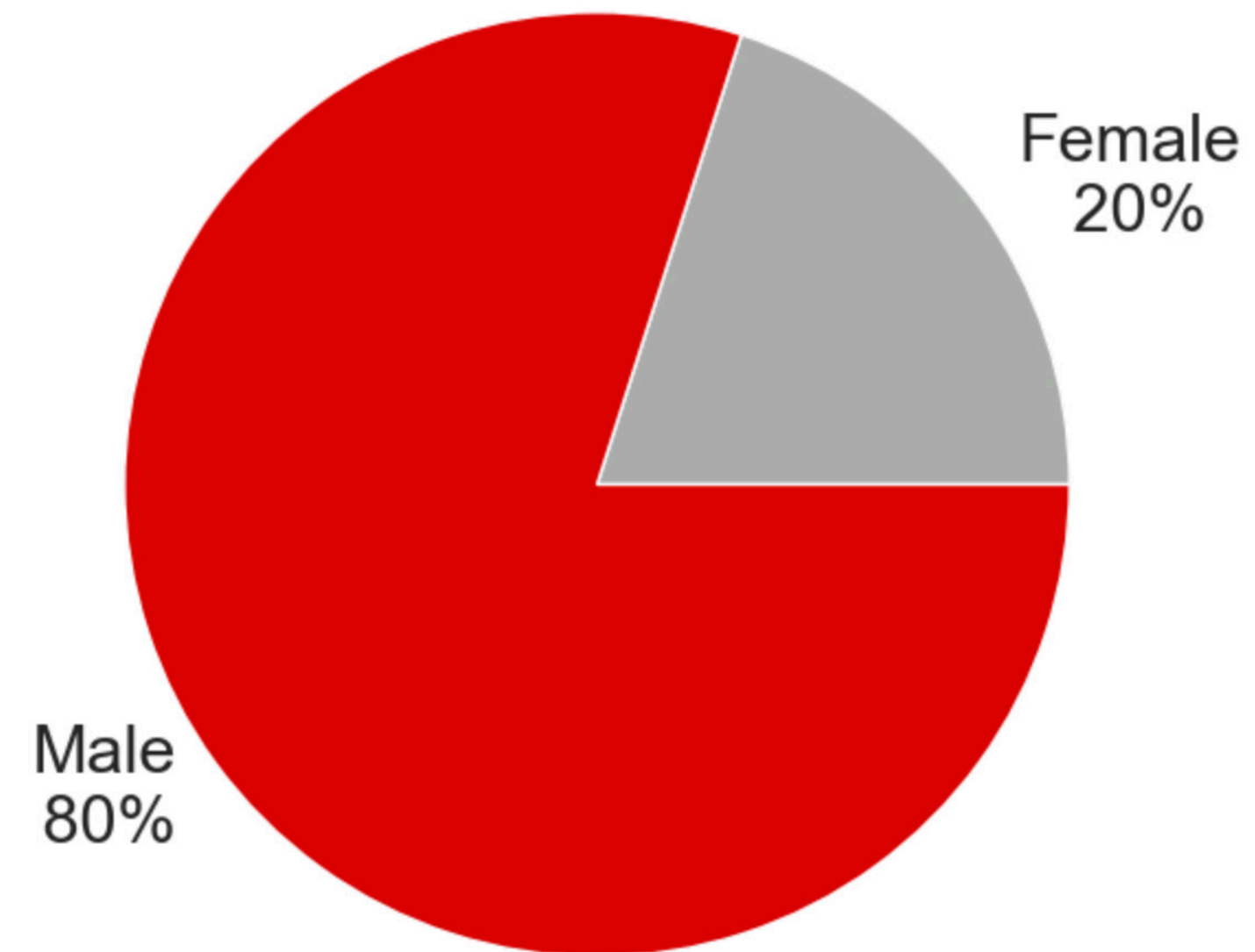
Average Squat: 362lbs/164kg

Average Bench: 260lbs/118kg

Average Deadlift: 416lbs/189kg

Average DOTS: 304

Average New Wilks: 361



Women

Average Total: 570 lbs/259kg

Average Squat: 202lbs/92kg

Average Bench: 125lbs/57kg

Average Deadlift: 245lbs/110kg

Average DOTS: 270

Average New Wilks: 324

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The international language of lifting

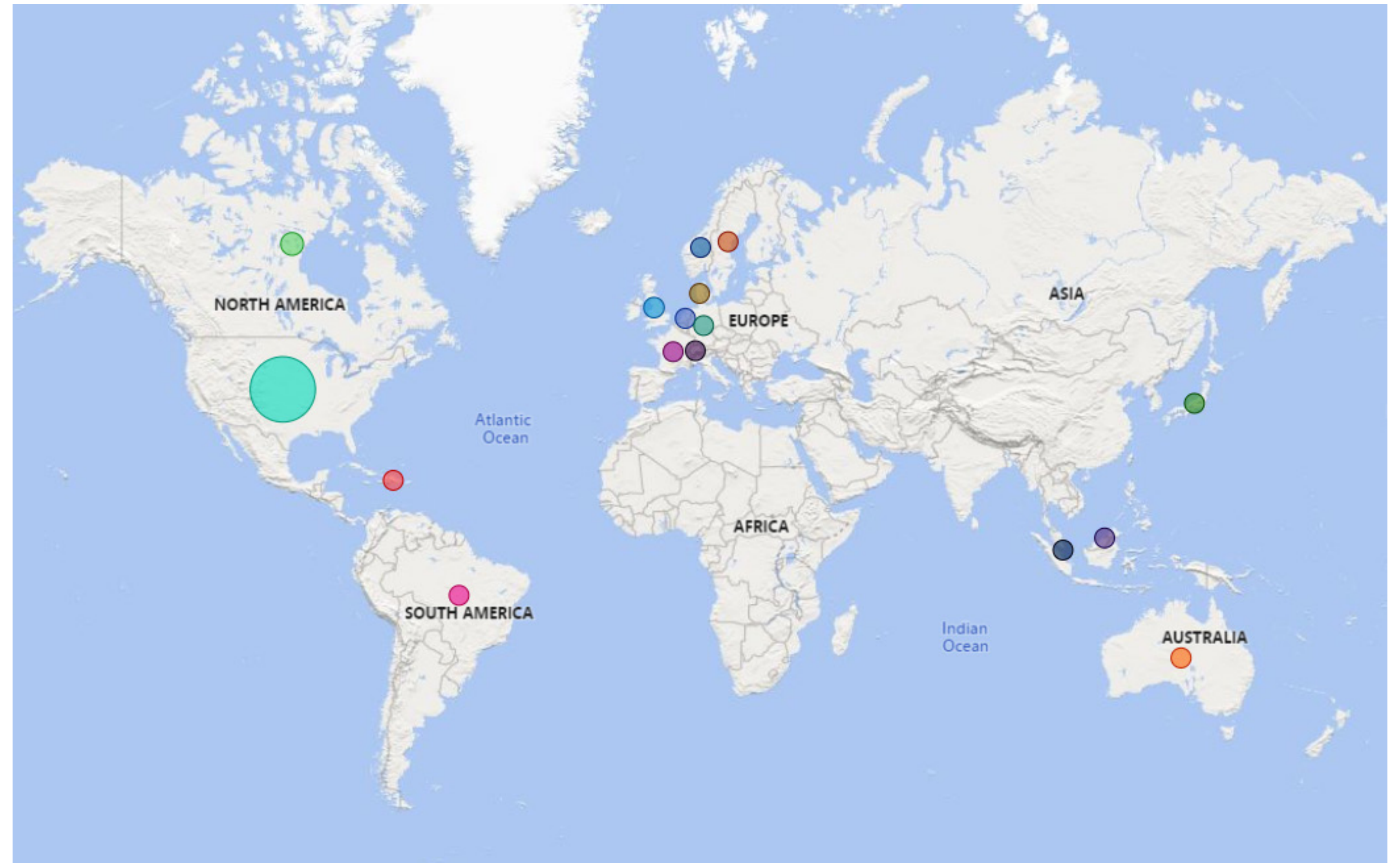
We saw global participation in this year's contest. Some countries with as few as 1 entry and as many as 600.

The USA had the most participants this year, so how did we compare to the rest of the world?

USA vs The World

USA won with an average lifting total of 954lbs

The World average was 885lbs



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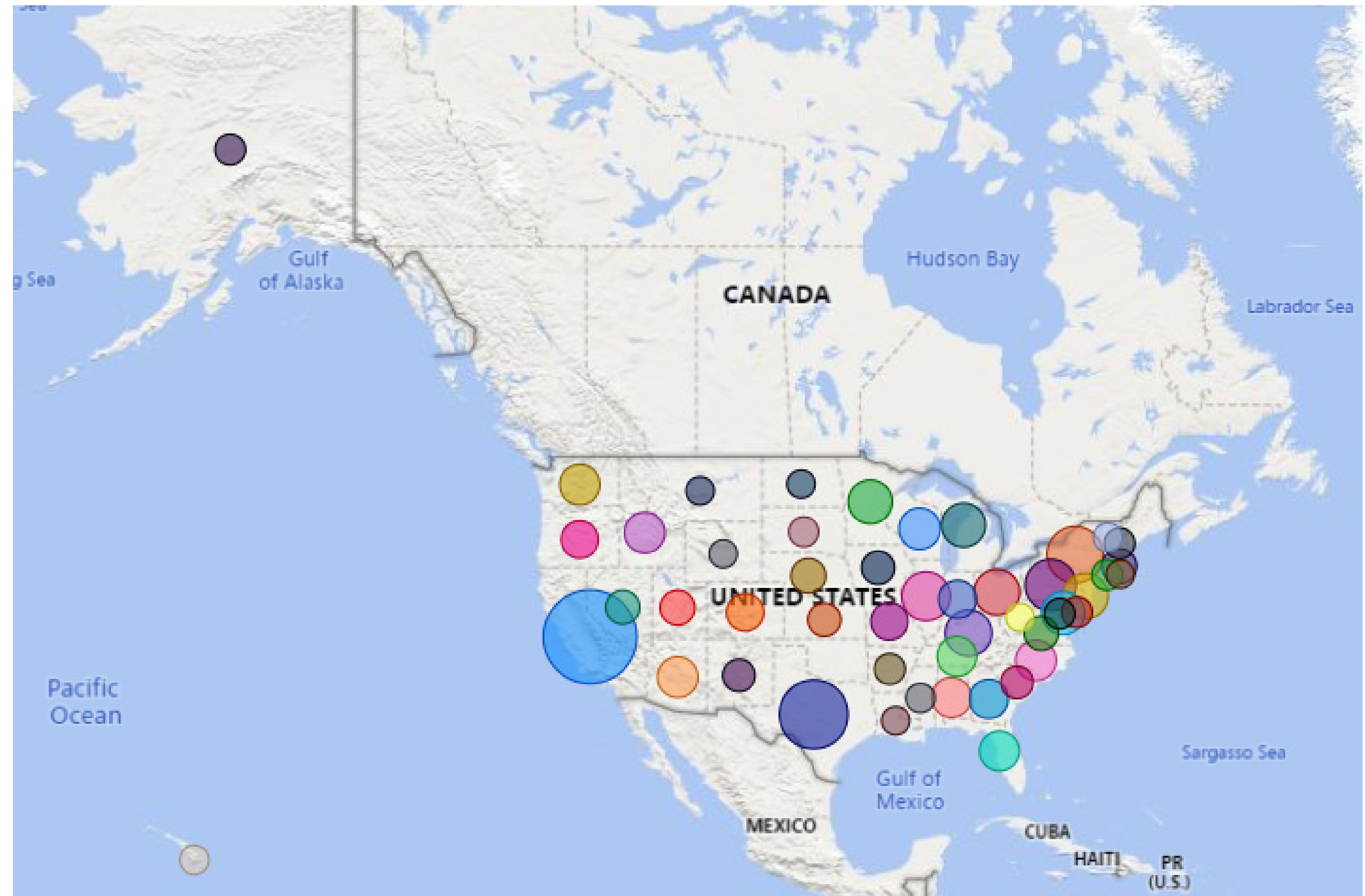
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Top 5 strongest states

These are the average totals by US state. The top 2 were carried by only one lifter, but most states had multiple participants.

Only Maine and Oklahoma had no one to REPresent them.

1. **West Virginia** with 1,990lbs
2. **Rhode Island** with 1,400lbs
3. **Mississippi** with 1,230lbs
4. **Maryland** with 1,187lbs
5. **Hawaii** with 1,163lbs



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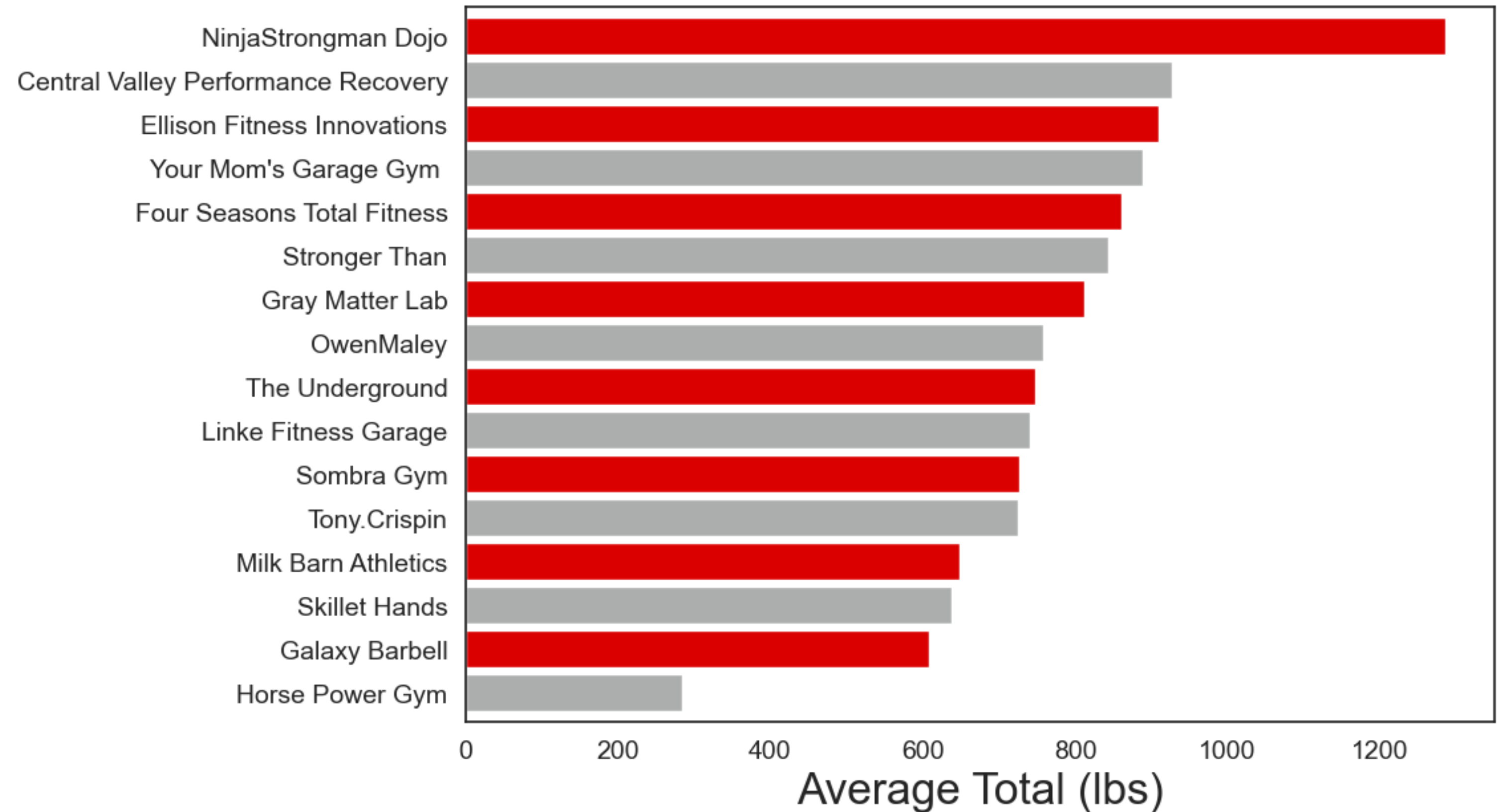
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Local meets

We had over a dozen local meets all around the USA this Fall. In total, 73 people joined the fun.

The most popular meets had 8 or 9 lifters all together enjoying the struggle!

How did all those people do? Here are their average totals.



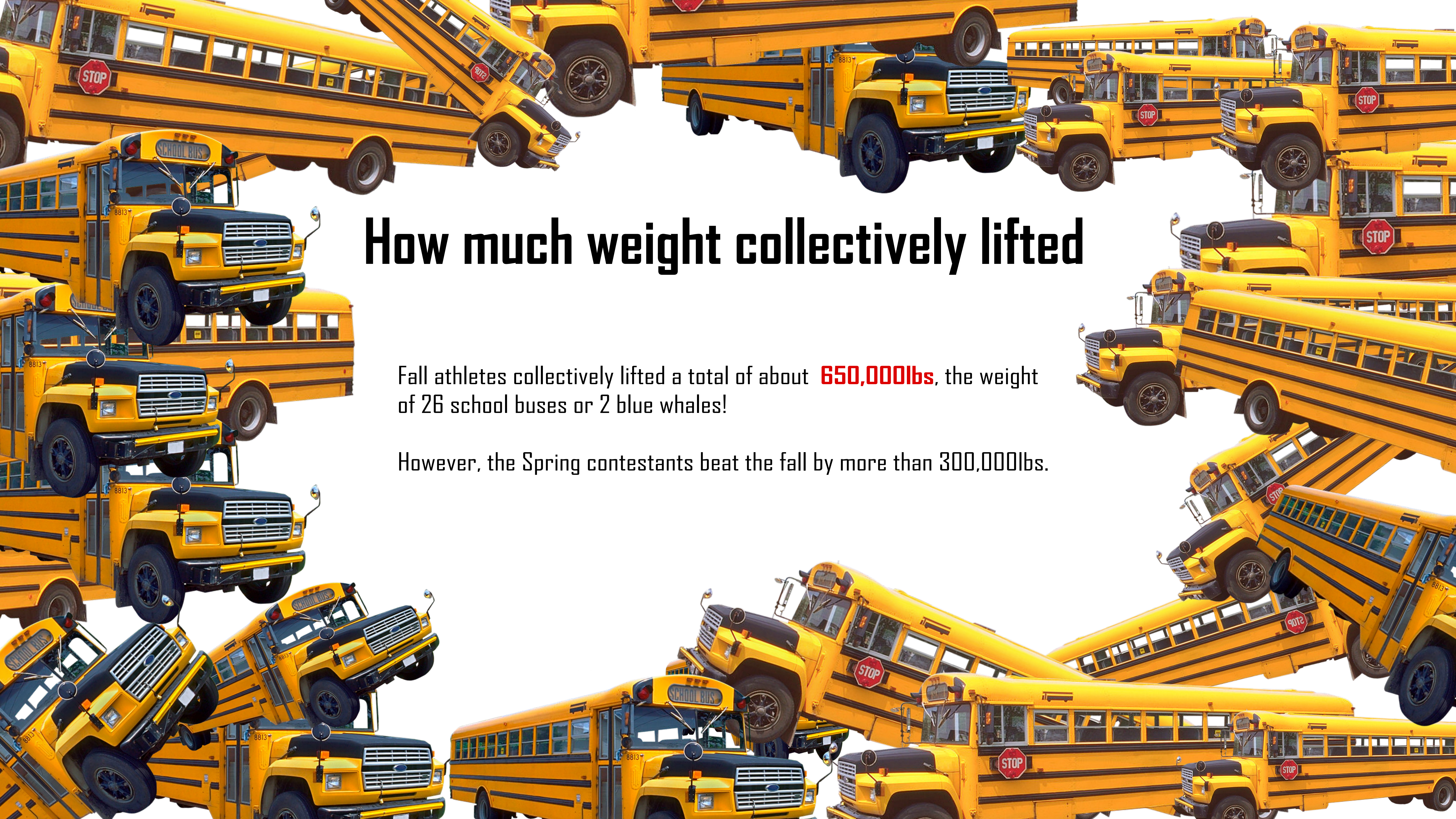
Shout out to Skillet Hands, Your Mom's Garage Gym, Galaxy Barbell, Central Valley Performance Recovery, and Stronger Than for collectively hosting 40 home-gymers!

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Results

Fun takeaways



How much weight collectively lifted

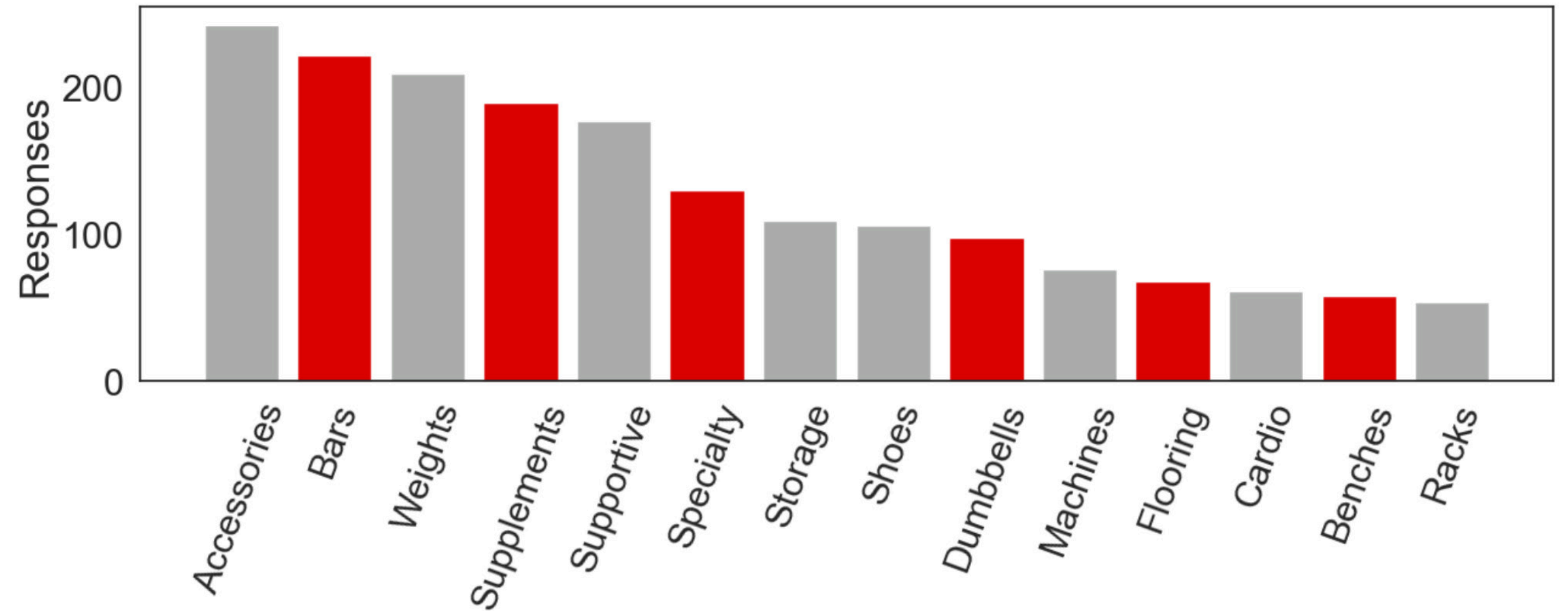
Fall athletes collectively lifted a total of about **650,000lbs**, the weight of 26 school buses or 2 blue whales!

However, the Spring contestants beat the fall by more than 300,000lbs.

Accessorize it!

We asked, “What do you plan to buy in the next 6 months?” And it seems like accessories was at the top of most people’s lists.

Listen, we all know we can get strong by just lifting rocks, but what if the rack that held the rocks had, like, a cup holder or something?



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#LifterProblems

We asked y'all "what's the biggest problem in your home gym that you haven't solved?"

We found some answers that weren't very surprising, but we also got some unexpected ones!

There are some things us lifters can relate to.

60%

said **SPACE/STORAGE** was the biggest problem. Seems like we could all use more room!

8%

of respondents said **gym temperature**. Brrrrr...

1%

of respondents said **their spouse**. Yikes!

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Next generation of lifters

Kids as young as 2 were crushing the weights this Fall. How'd they do?

These youngans were so eager to lift, they got their reps in with pool noodles, toys--whatever they could get their tiny hands on! They already have that lifter mindset of it doesn't matter what you're lifting, just lift it.

Thanks to Surplus Strength for promoting families lifting together.



8,500lbs

total lifted. Together they would be able to lift a fully-loaded pickup truck!



50

kids competed

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Habits of strong lifters

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Results

Meatheads who read

Lifters who purchased **training literature or programs** on average **lifted nearly 100lbs more¹**. This suggests that lifters who invest in learning about the process or seek the knowledge of experts put up bigger totals.

1. p-value of 0.0002

Put me in, coach!

Lifters who used online app-based, **customized training programs** or **online coaching services** lifted more¹. If you're looking to improve your performance, consider seeking out the guidance of a qualified coach or sign up for customized programming via an app from our sponsor JuggernautAI!

1. p-values 0.004 and 0.02, respectively



Train Smarter

 JUGGERNAUTAI

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

4.9
Average Rating

[Go to JuggernautAI >](#)

Use code: **GGC**

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Results

Equipment investment

The results show a **correlation between spending on gym equipment and higher performance**. This correlation is most likely due to people investing in equipment also being more likely to lift it.

Basically, you **COULD** lift rocks and still get strong. However, investing in good equipment could be incentivizing some to lift more.

Because who doesn't love shiny chrome.

1. p-value 0.001 - spending on equipment vs having a large total

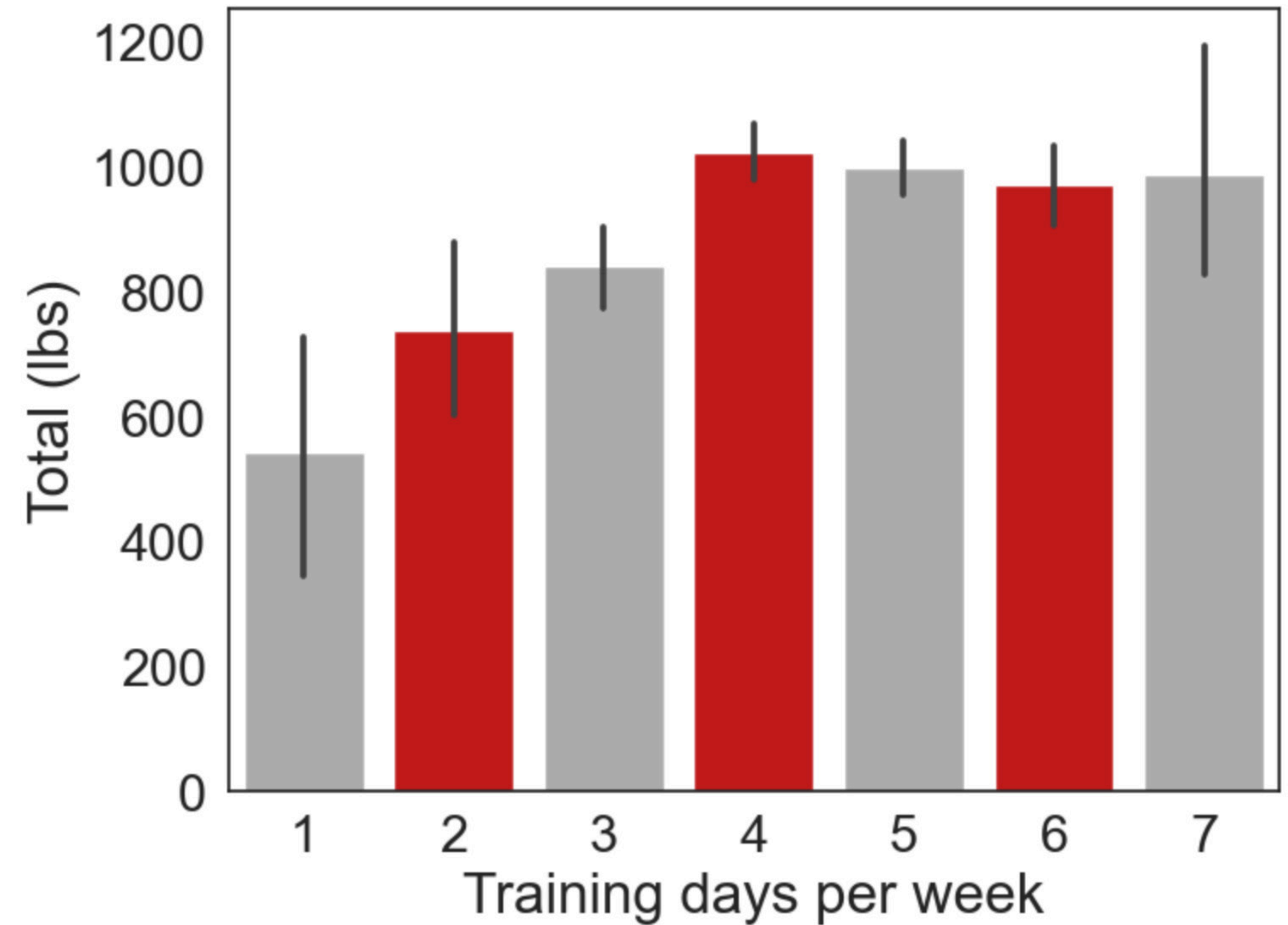
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Training habits

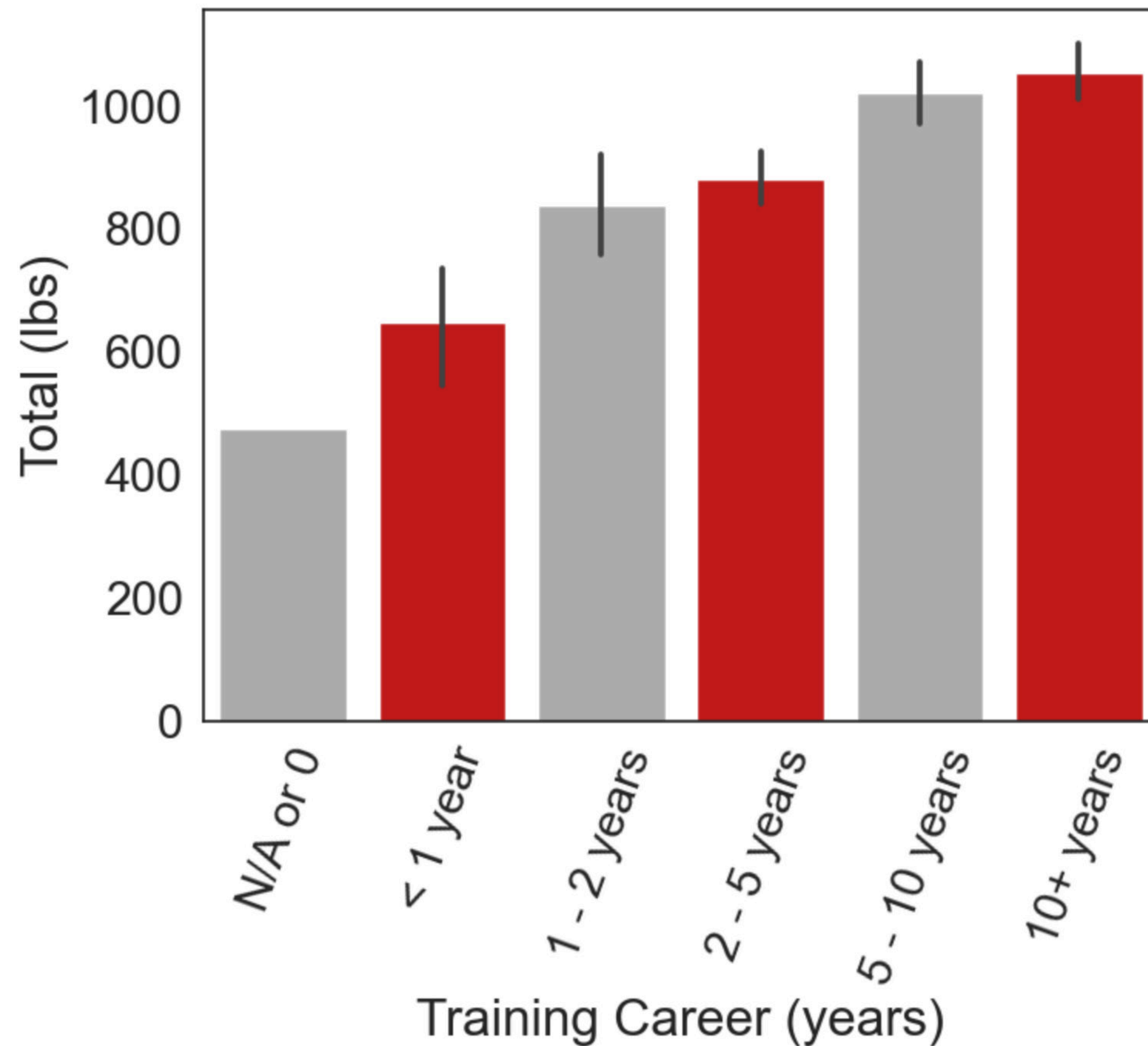
On average, the strongest lifters put in their fair share of time. What's a fair share? **Training 4 or more days per week.** There were no significant differences between 4 - 7 days. So, if you're looking to get strong, do what works best for your schedule.



Doesn't matter where you lift, just that you lift

There was **no significant difference** between people who trained at a commercial gym or at a home gym.

It's about experience



You want strong lifts? It's all about effort, consistency, and time. If you want an elite total, you have to treat this as a lifetime pursuit. Those with the biggest totals on average have been training for 5+ years.

I've been lifting since I was 18 and I've done more wrong than right. The only thing I know I did right was continue to show up.

-Joe Gray

Thank you to our sponsors!

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2022 Fall Sponsors



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TEXAS POWER BAR CAPP'S 1980



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STRAYDOG STRENGTH



GARAGE GYMS

MICRO GAINZ



IRONMASTER STRENGTH FOR LIFE



GARAGEGYM OUTFITTERS

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Don't forget to mark your calendars for the next GGC
May 13 - 21, 2023

[Event calendar >](#)

