

SPRING 2023 RESULTS

Presented by



JUGGERNAUTAI



TABLE OF CONTENTS

- Introduction
- Data Dump
- Demographics
- Lifting Data
- Throughout The Years
- The Fun Stuff
- That Is A Wrap!





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

Year 6! **Wowzers**. Every year brings new challenges to running an online competition for people who lift at home.

The journey so far has gone from an idea in my head, to this thing called COVID, to the “post COVID Home Gym Bubble Burst” to whatever we are in right now. I don’t exactly know where the home gym community is going as a whole... but I do know one thing.

The Garage Gym Competition has been, and continues to be, the biggest and baddest powerlifting meet for at home lifters. And that is **because YOU continue to show up**.

So **thank you** to those who have been here since day one, and to those who showed up for the first time this year. Thank you to those who subscribed to the Newsletter, followed on Instagram, joined on Reddit... liked, gave a thumbs up, hash tagged, shared, read, commented, and everything else.

You help me know we are doing good things, and **you help keep the sponsors coming back year after year**.



Hey, its me! Waiting for the Spotify ad to end so I can hit my 505lb squat at my Local GGC Meet!



2023 SPRING SPONSORS



JUGGERNAUT AI

PRIME



STRENGTH
WAREHOUSE

USA



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CERBERUS



PIONEER

PEPIN



GARAGE GYM
OUTFITTERS



Oak Club

STRAY DOG
STRENGTH



BARBELL
RESCUE



PLATE
SNACKS



WALL CONTROL



GARAGE GYM LAB



FOR FULL PRIZE DETAILS
GARAGEGYMCOMPETITION.COM

SPEAKING OF SPONSORS

We have [an article on the website](#) about ALMOST every sponsor so far (with more to come). We detail each of them [in our Newsletter](#). And we have a [full break down](#) of what each of them sells, along with links to those products and discount codes where applicable.

If you need something for your home gym in the future... Using these links and codes helps the sponsors know we sent you. This helps the sponsors know that they should come back. And you are actively supporting the people and companies who support you.

It also means [more prizes!](#)





DATA DUMP

Vocabulary

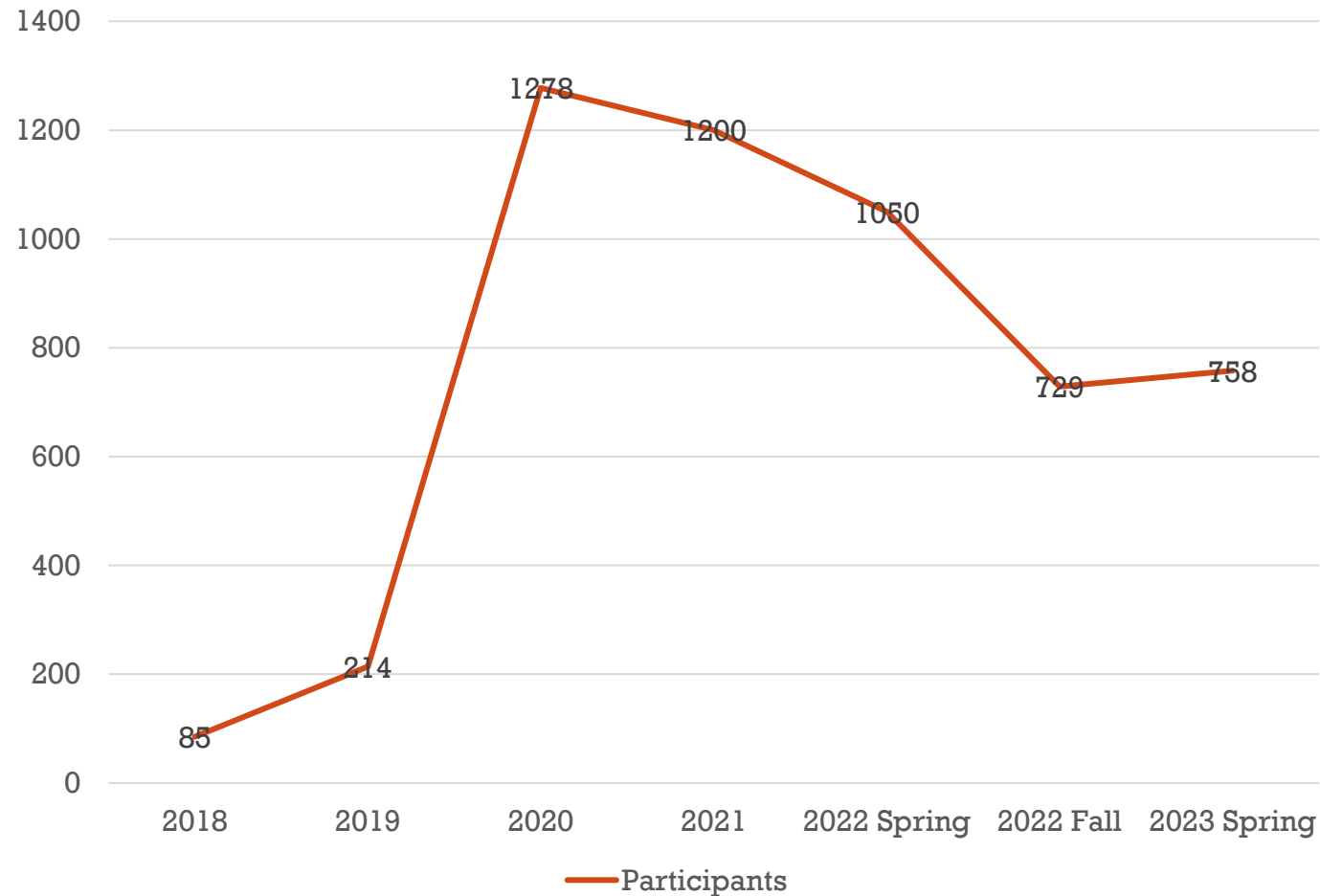
Total: Squat + Bench + Deadlift = Total!

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 2023 Final Results spreadsheet and dive into it. If you find anything cool, let me know!

Participants



PARTICIPANTS

6 years and 7 events, and we have had anything but a “normal” year.

In 2020 COVID hit and our participation rates were INSANE.

We had a ton of people who showed up because we were the only game in town.

But our returning participants from 2020 through 2022 were SUPER low. People who didn't choose the home gym life but instead did what they had to do to keep the wheels on during a global pandemic.

Contrast that to our Spring 2023 numbers where 475 of our 758 participants have competed in a previous GGC... a whopping 63%!!!

This tells me that the world is a little more normal, the home gym community is a little more stable, and that we are on to bigger and better for future events!

Did I mention we have an event [scheduled for the Fall?](#)





Donated

\$1,000

And You Can
Donate TOO!!!

to



**Special
Olympics**

DONATIONS!

Because you showed up, we donated.

\$1 per participant, with a little rounding up, got us to \$1000 to Special Olympics!

In the last 6 years the GGC has donated **over 8 Thousand Dollars to Special Olympics in the Spring events.**

This year we opened up the donation pool and raised an additional \$930 from all of you... PLUS my dude SwoleyPotato raised an additional \$340 for HIS local Special Olympics.

Grand Total = \$2,270!

Note: some athletes donated to their own charities as well.



GGC Spring Coaches

Christian Ernst

Mathieu Auclert

Christina Leonatti

Michelle Kane

David Spitz

Mike Shae

Ed Coan

Rob Cola

Eddie Baumgartner

Ryan Di Pompeo

Everett Brill

Sam Funderburk

Hart Mizell

Tasha Whelan

James Michaud

Travis Kinney

Jeff Kimpel

Kyle Alexander

Josh Maxwell

Manda Wolff

- 550 athletes elected to have their submissions reviewed by a coach/judge for feedback
- Each coach reviewed 20+ submissions
- We even reviewed 18 athletes under 18 years old

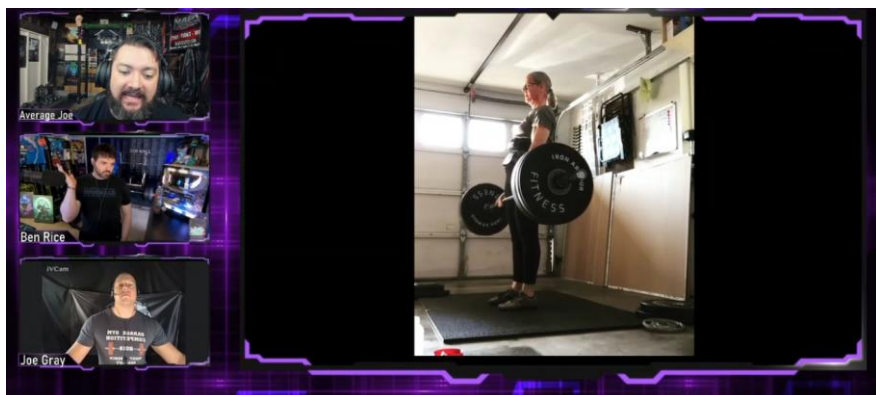
- Joe brought in Ben Rice as his Co-Host, along with several guest commentators such as myself, Chad Wesley Smith, and many others
- Over 2000 people joined the live stream throughout the 8 hour day

NEW FOR 2023

We had our first ever GGC Live Stream where we partnered with Average Joe's OC to have a full day of Twitch fun. And we had 20 Coaches volunteer to provide submission reviews for our athletes.

Athletes who elected to receive feedback/be part of the live stream had an average total that was just shy of 120lbs MORE than those who elected NOT to be reviewed.

Moral of the story – Take advantage of the opportunities in front of you!



REASONS WHY YOU LIKE THE GGC



DID YOU LIKE IT?

A 7 point Likert scale is often used in customer service surveys, which is what we used to ask you how you felt about the GGC.

6 & 7 = You REALLY like us

1 & 2 = You REALLY don't like us

3, 4, 5 = You like us, or don't, but you aren't going out of your way to do anything about it.

97% of our athletes are in that SWEEEEEEET 6 & 7 rating.

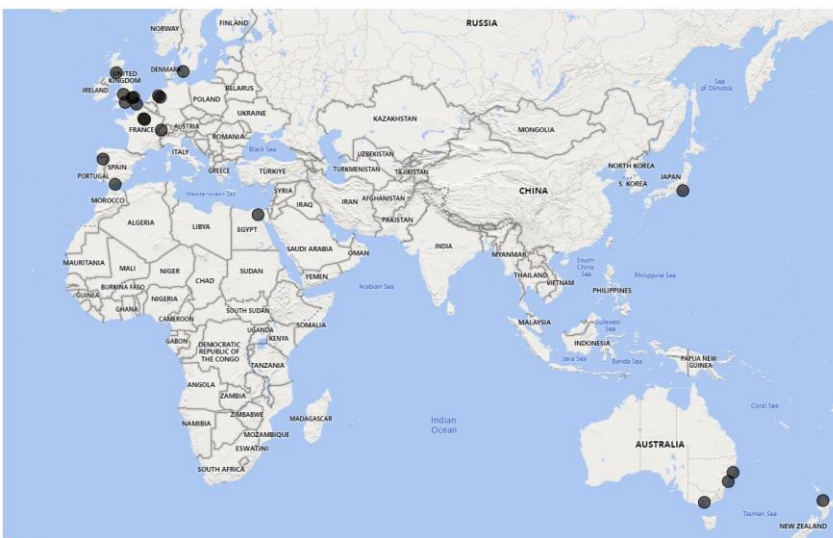
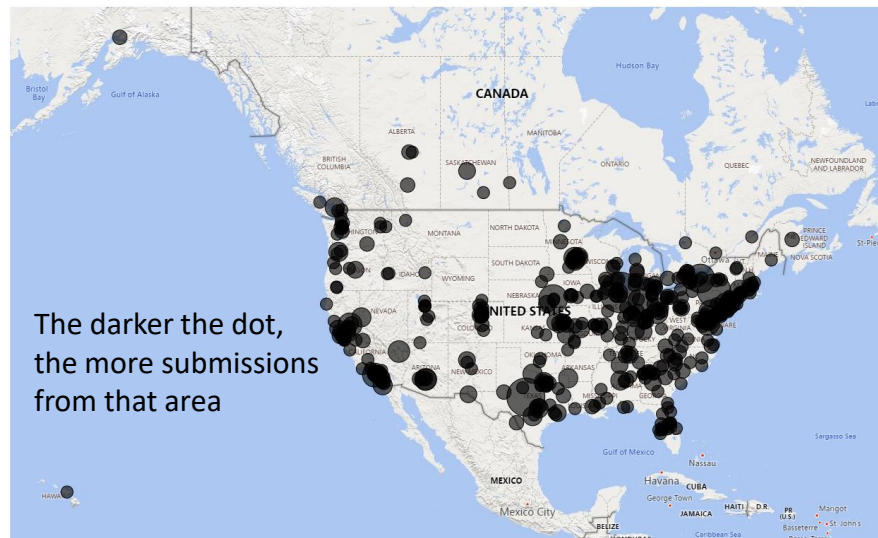
And not a single athlete rated us a 1 or 2!





DEMOGRAPHICS

Who are these 758 people?



WHERE & WHAT AGE?

The peak age for powerlifting performance is between 28 and 42 years old. Which makes up the VAST majority of our athletes.

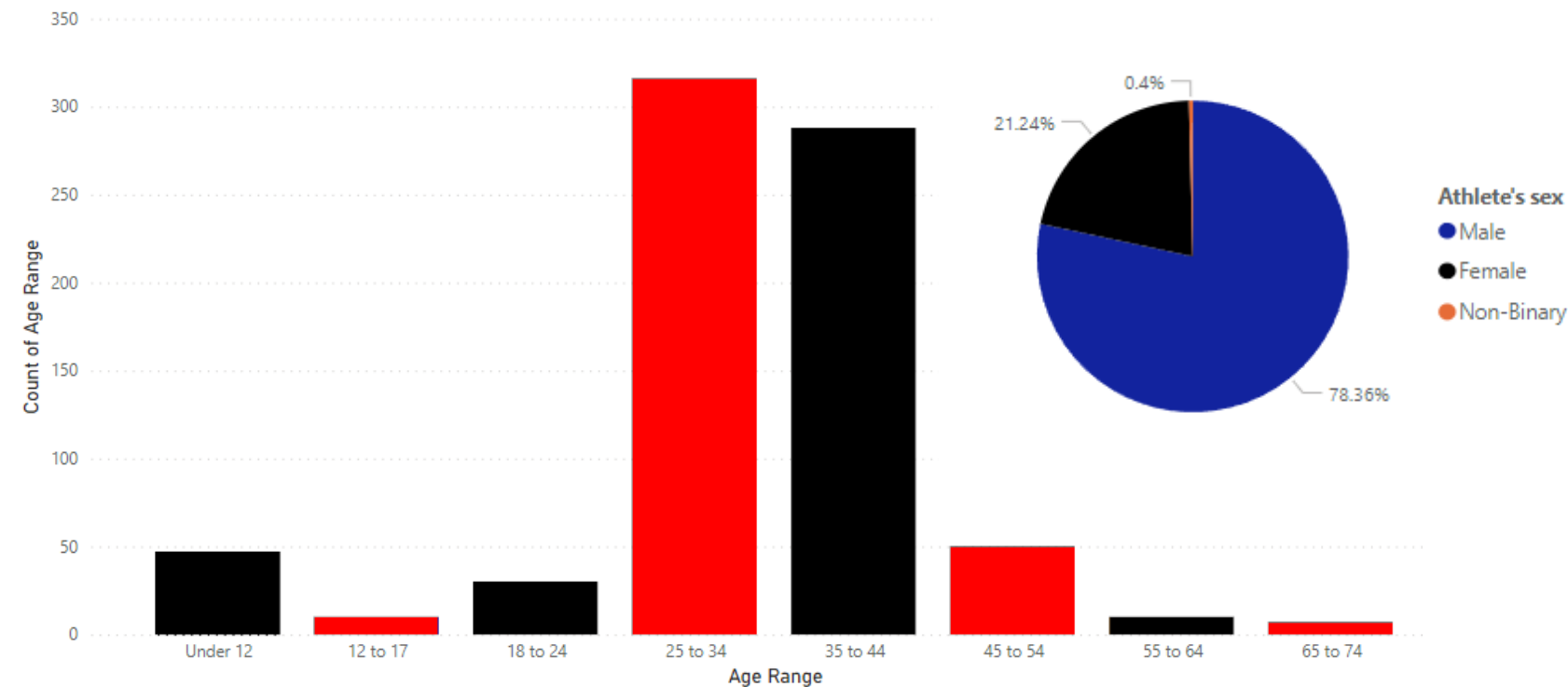
We can see that the largest portion of our people are in the US. There are a number of factors there (home gyms more popular here for instance), with a large factor being that most of our prizes are in the US.

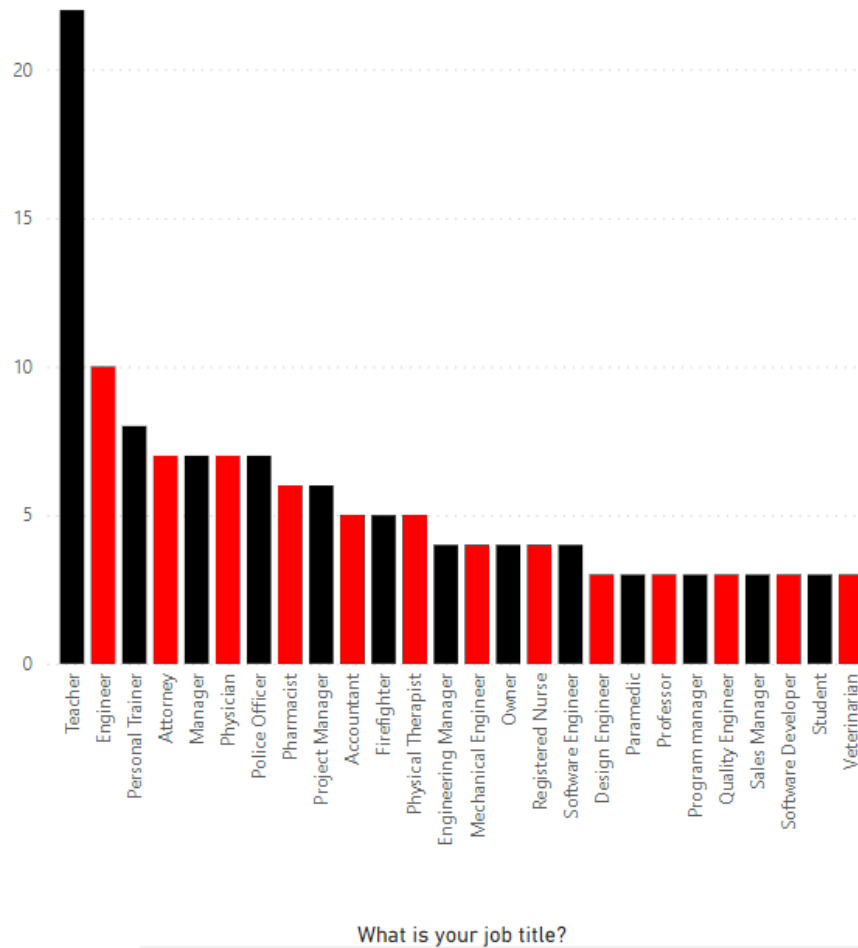
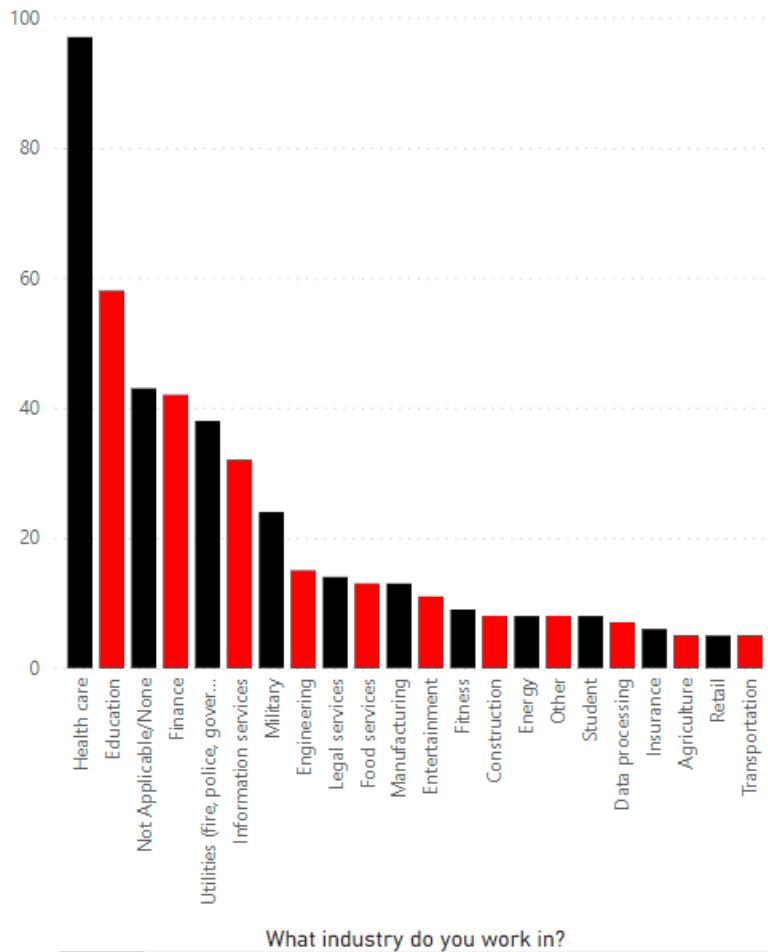
78.6% of Powerlifters are males. So we are EERILY on point there. Shout out to my dudettes crushing it!

Interesting notes

Our number of athletes 65 and older increased from 4 to 7 from last Fall.

74% of our athletes have NOT competed in sanctioned powerlifting meets before.





WHATCHA DO?

This was the first year we asked about Industry and Job Title. Don't worry, I'm not trying to take your job. This was just an interesting piece to ask...

Health care was BY FAR the most common industry, but Teacher was the most common job title.

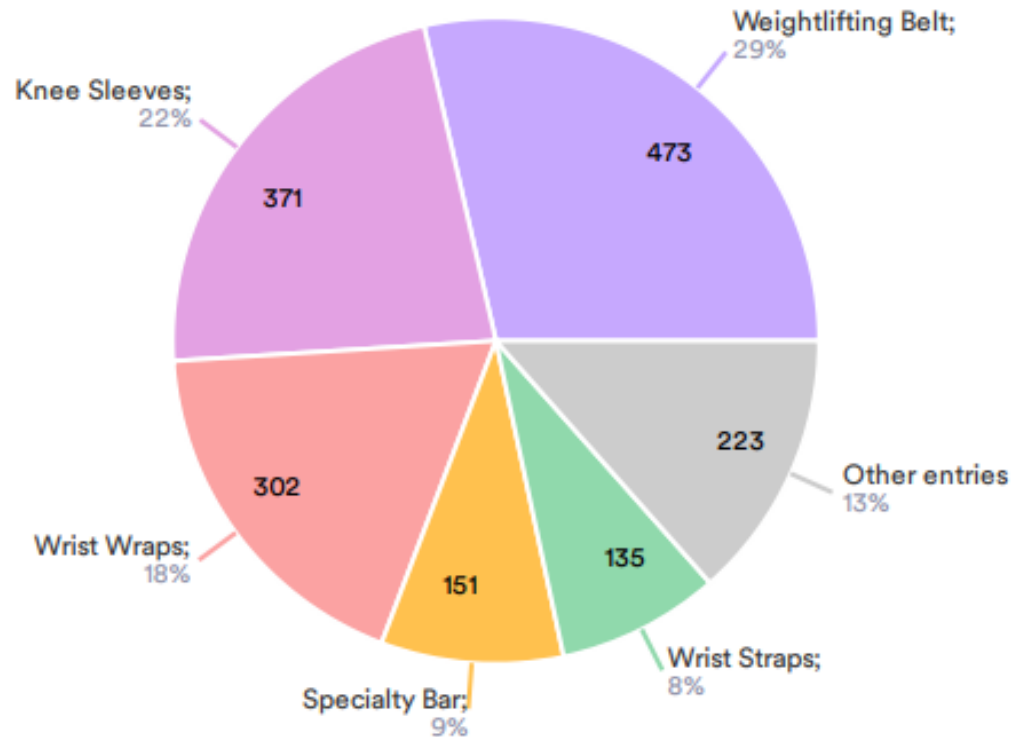
Interesting that only 7 people are full time personal trainers!

Some "duplicates" might exist. Such as Teacher and 1st Grade Teacher & Professor are all "different" job titles. This could explain some of the numbers.

Note – We only kept the top handful of responses



Were any of the following used for the lifts? (select all that apply)



HOW DO YOU LIFT?

82% of our athletes noted at least 1 option for gear or a modified lift through a specialty bar or some other item.

I'm honestly shocked that only 29% of people used a belt at all. That alone is leaving some pounds on the table.

Knee Sleeves at 22% and Knee Wraps hitting 5%.

A decent amount of mentions of kids bars, with one entry mentioned that they were "Pregnant AF".

If you are looking for a cool bar for your kid, check out the [GGC Junior Bar](#).

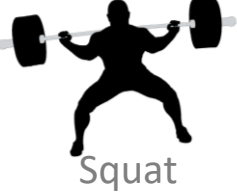







LIFTING DATA

What we really care about.

Pounds

	Combined	Average	
		Female	Male
 Squat	234,986	188	363
 Bench	168,302	122	263
 Deadlift	269,633	222	413
 TOTAL	672,911	532	1040
	DOTS	229	293
	WILKS	273	347

THAT'S A LOT OF WEIGHT!

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

Men's Squats are 48% higher than women.

Men's Deadlifts are 46% higher.

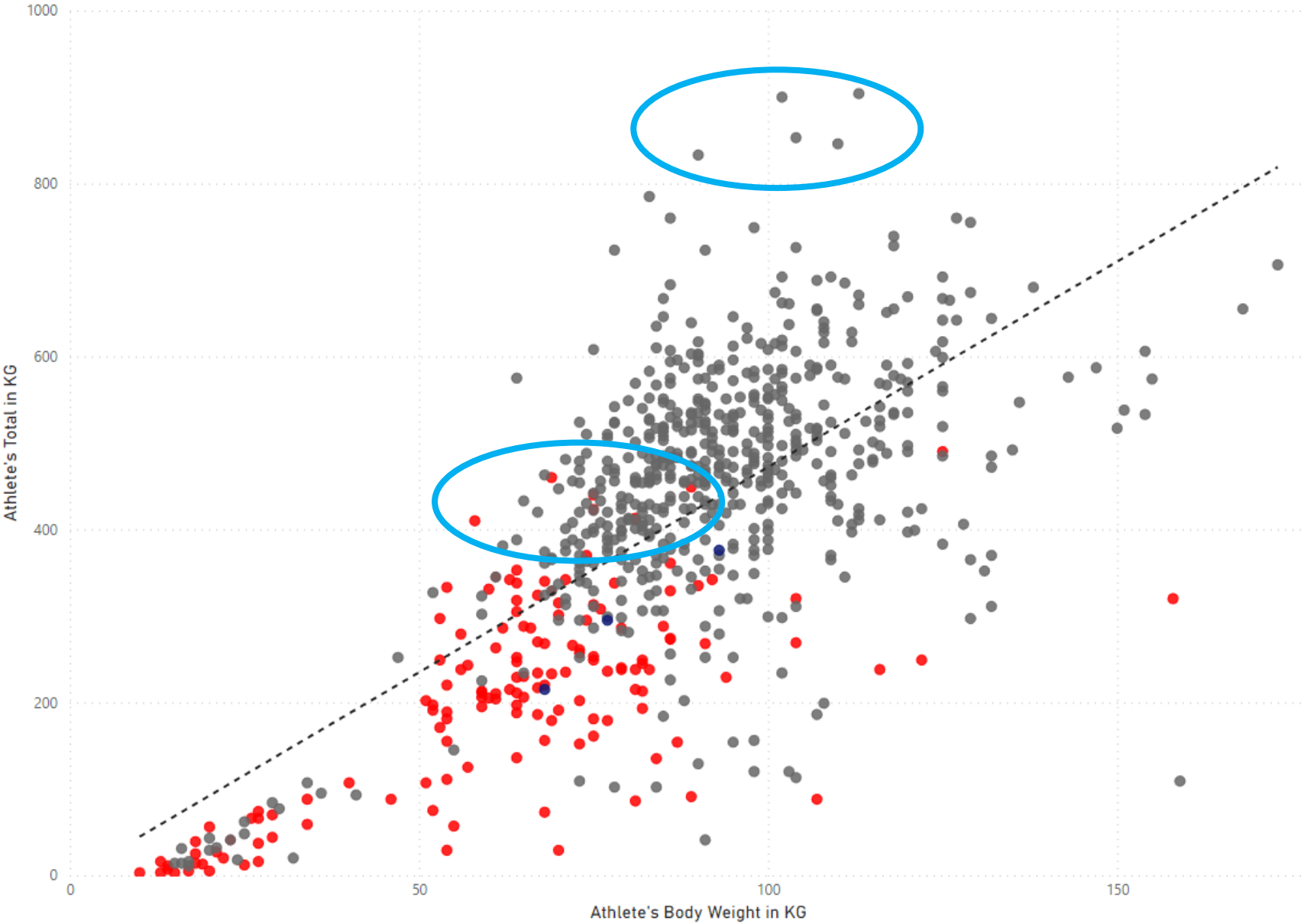
And Men's Benches are 54% higher.

But Men's WILKS and DOTS are only 21% higher! So clearly, they are at least partially doing their job to level the playing field.

Interesting Note – Our average lifts for men are almost IDENTICAL for the Spring, compared to last Fall, with the same 1040lb Average Total. But our female Totals are lower by an average of 40lbs.



Athlete's sex ● Female ● Male ● Non-Binary



BREAK IT DOWN!

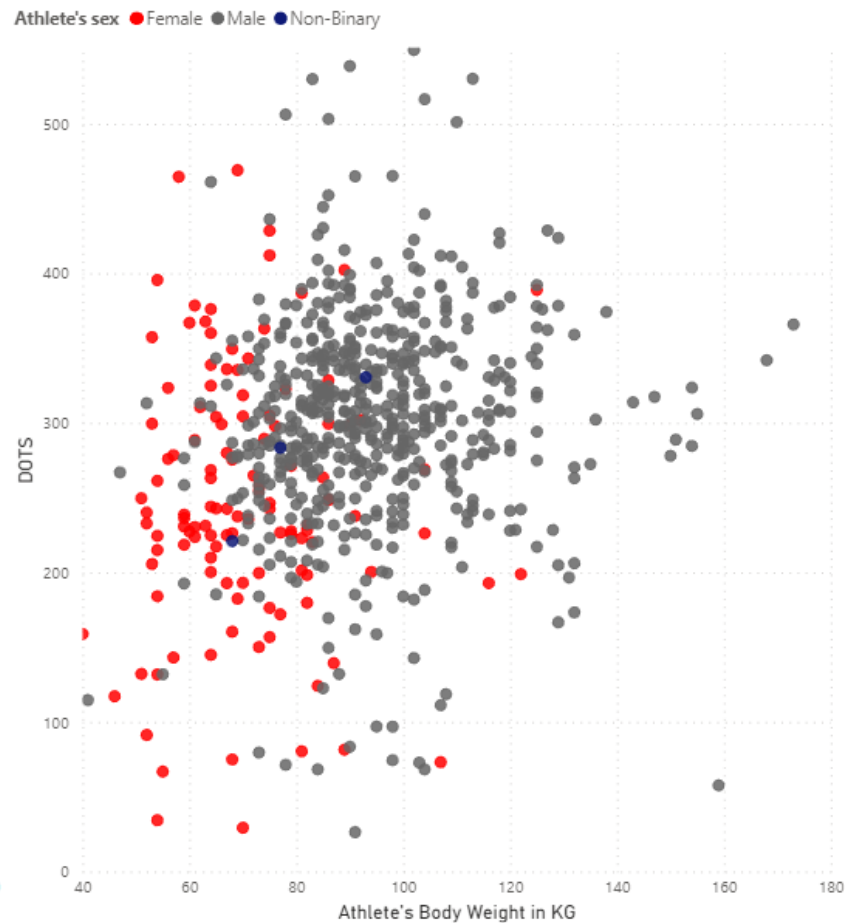
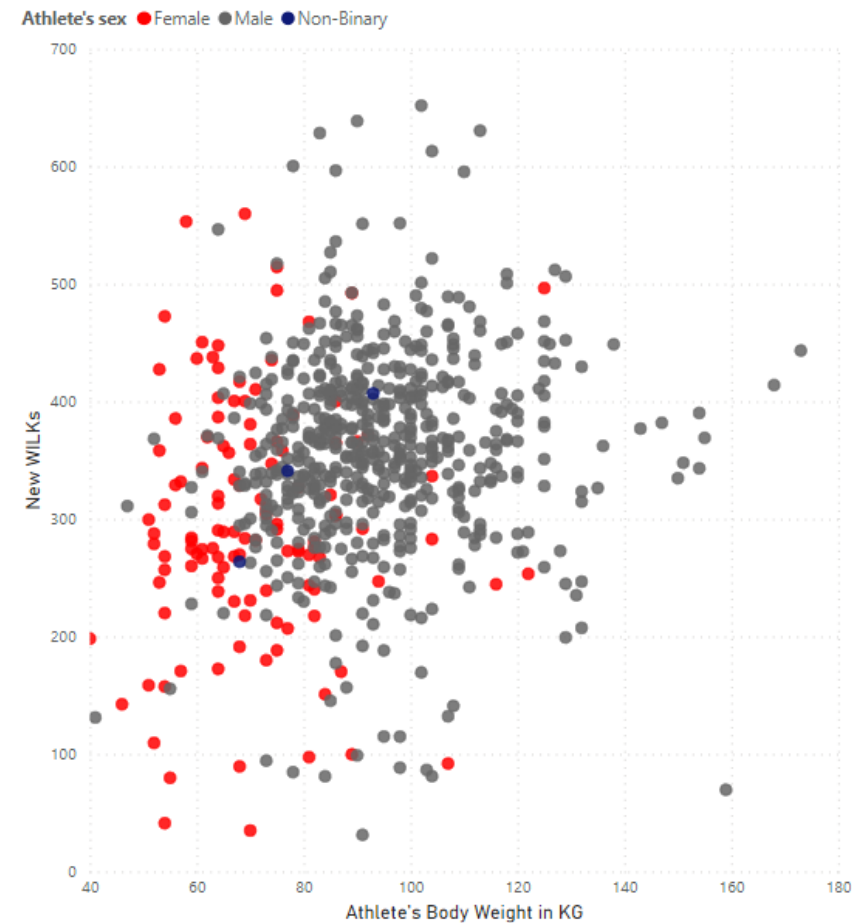
758 points to represent the 758 participants in the Spring.

You can see the trendline that shows, in general, the more you weigh the more you lift.

Then we have two dudes named Travis (and a Ryan, Lee, and Kyle) who ruin the entire thing (circled in Blue), alongside their female counterparts – Mary, Kristin, Hyewon, Julia, and Amanda.

The cool thing here is that this shows that you don't have to be a super heavyweight to be strong, even in the STRONGEST of lifters.





LETS LOOK AT IT ANOTHER WAY!

WILKS & DOTS are crazy formulas they use to take into consideration your Sex, Weight, and your Total in an attempt to give a number that levels the playing field for all lifters. Essentially, how do we compare who is stronger pound for pound?

So I weigh 113kg as a Male. My WILKS coefficient is .697464844 which is multiplied by my 671kg total to give me a WILKS of 468. My DOTS score is 393.5 (it is a crazier formula that does more things).

What we can see is that while the two formulas are DIFFERENT, they get fairly similar results side by side.

And you can see compared to the previous slide which just looked at total, we still bunch in the middle with some outliers at the bottom, far right, and top.

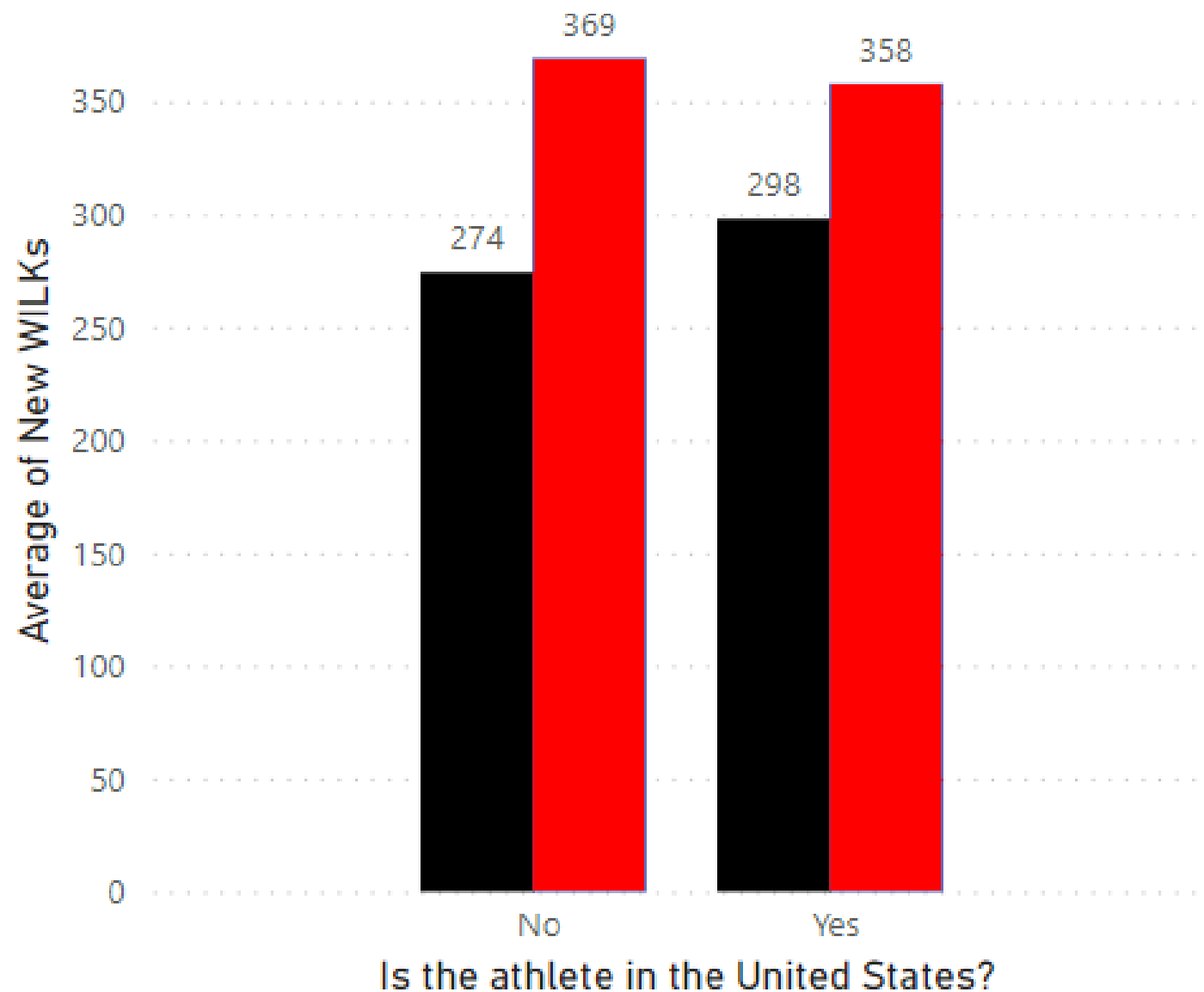
Take Home - You CAN get a bigger WILKS or DOTS by being a smaller athlete, but you still likely MAXIMIZE your abilities in powerlifting by being bigger (just not huge).

Want to run your WILKS, DOTS, etc.? Check out the [Lifting Calculator](#) page.

Key Note – WILKS and DOTS don't play nicely with kids as you must be at least 40kg to have a WILKS score.



Athlete's sex ● Female ● Male



USA VS THE WORLD

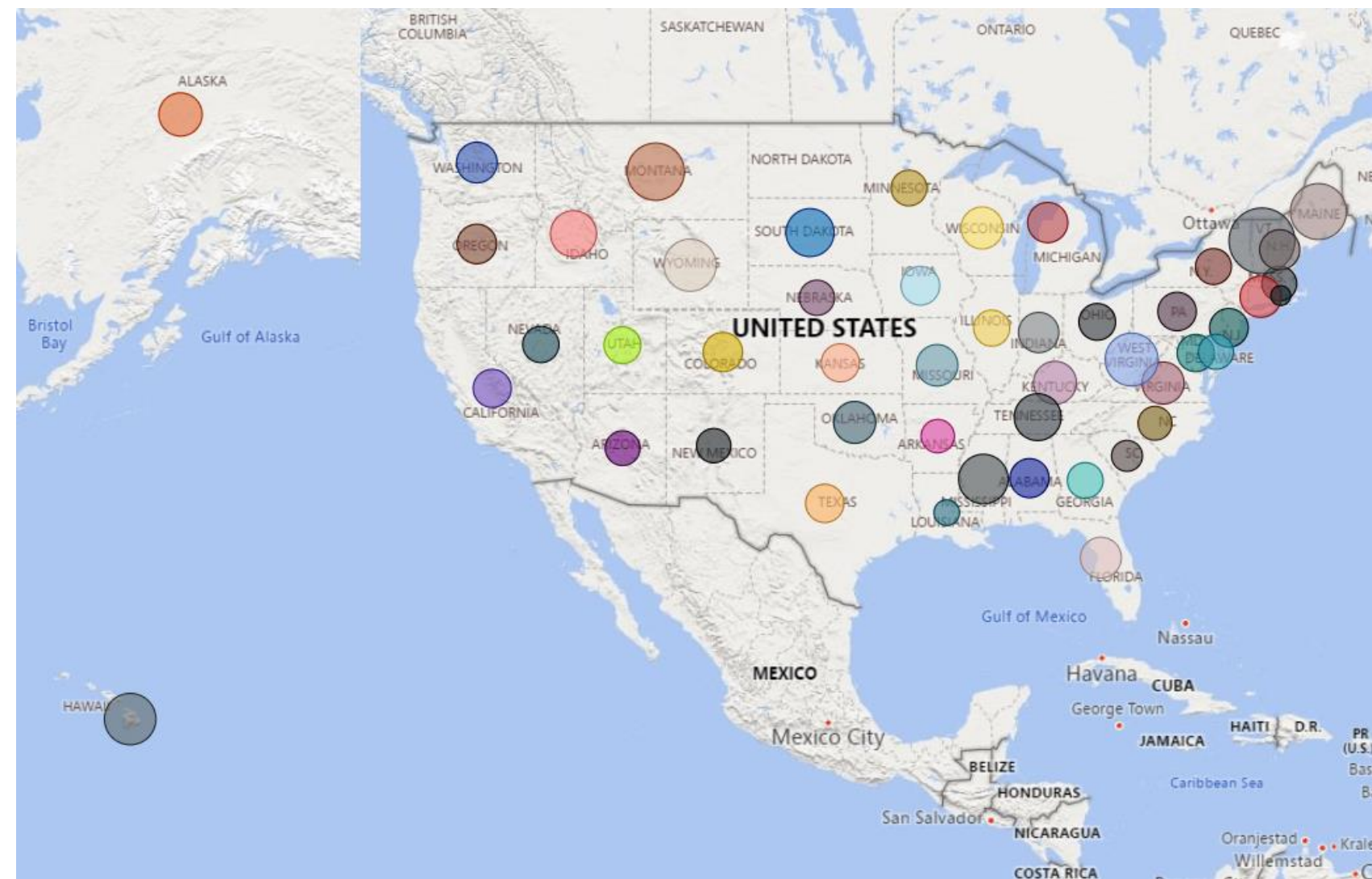
We are using WILKS here, but using Total actually gives us very similar results.

The US women came out stronger than the international women...

But the international men sneaked past the US men.

This is filtering out Under 18 athletes.



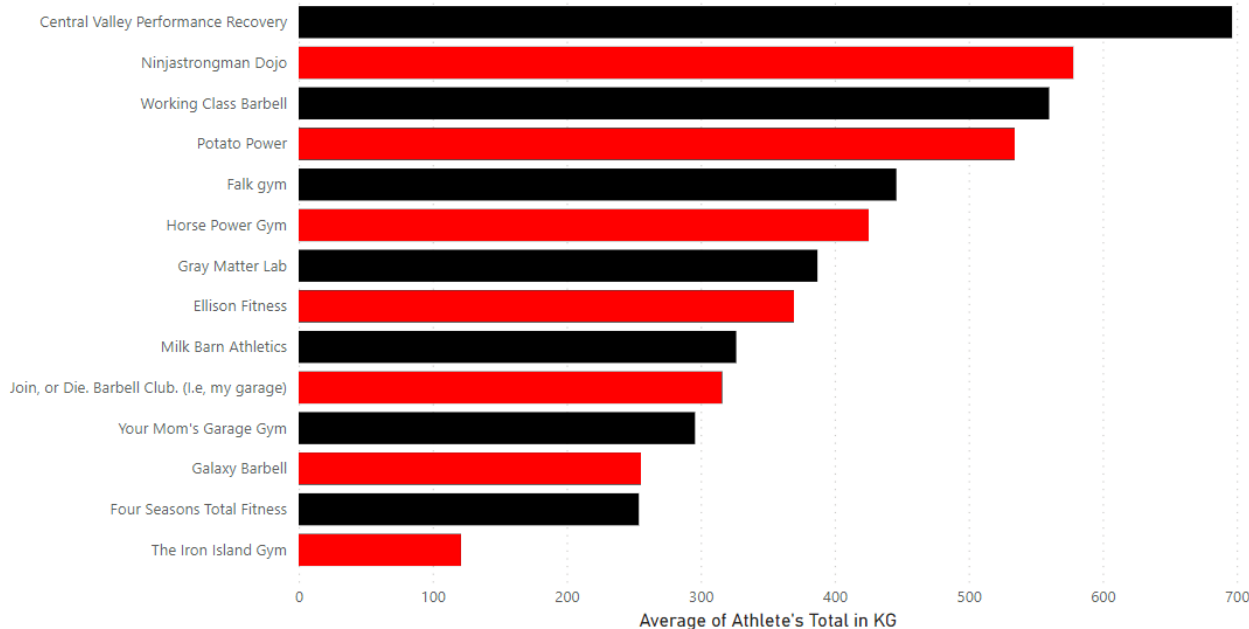
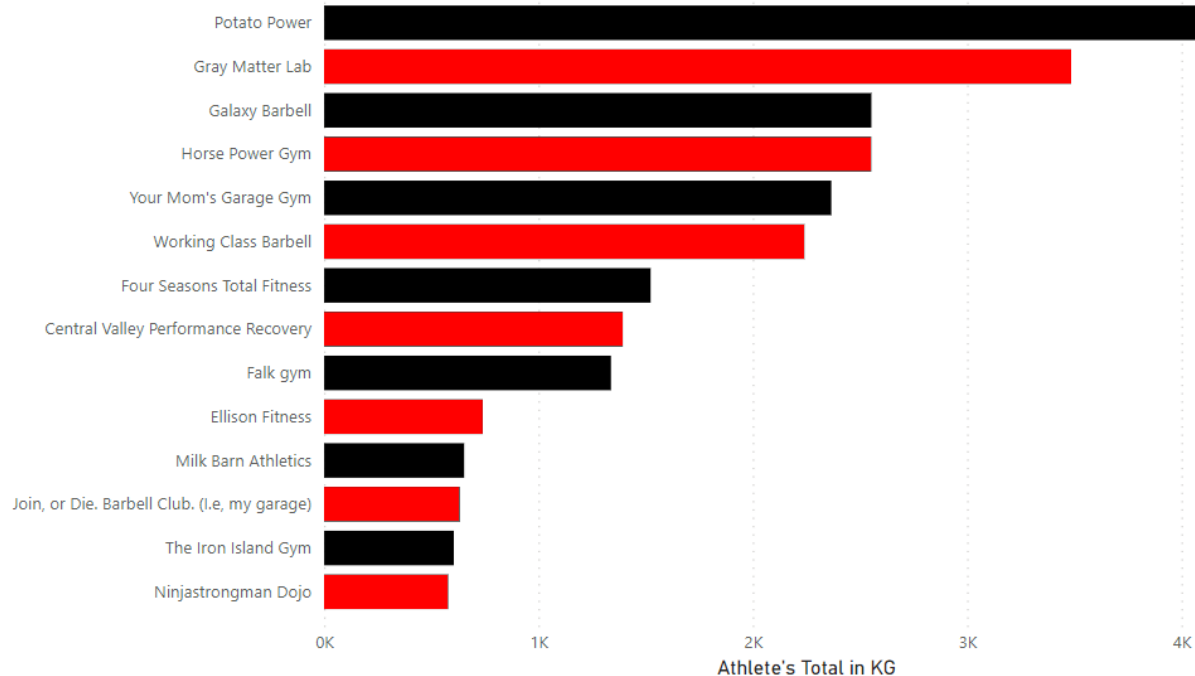


STATE VS STATE

The state vs state data gets a little wonky. The top 3 strongest states only have 1 lifter competing. If you filter for a minimum of 3 lifters... you get a strongest average total of:

1. West Virginia – 1330lb
2. South Dakota – 1205lb
3. Tennessee – 1176lb
4. Idaho – 1155lb
5. Alaska – 1082lb





LOCAL MEETS

68 athletes competed in a Local GGC meet!

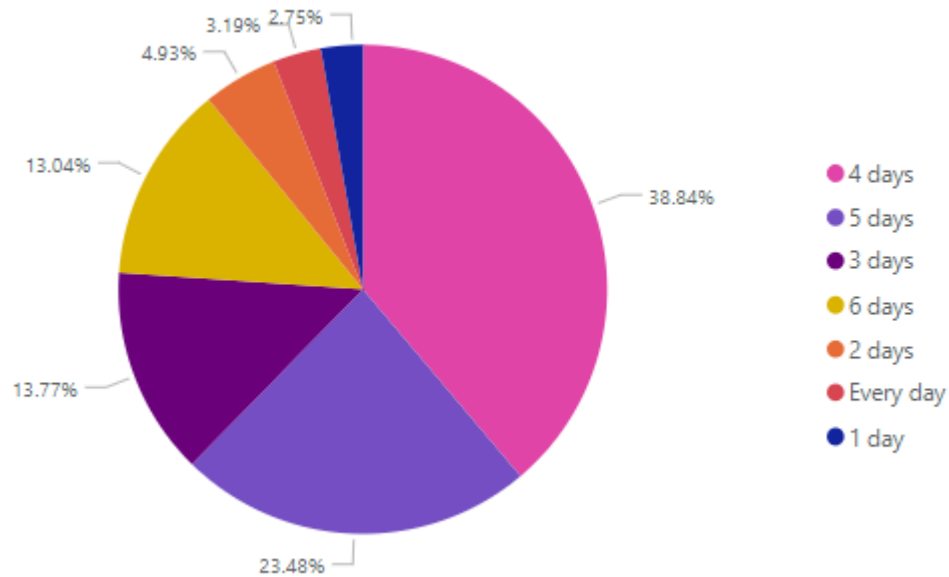
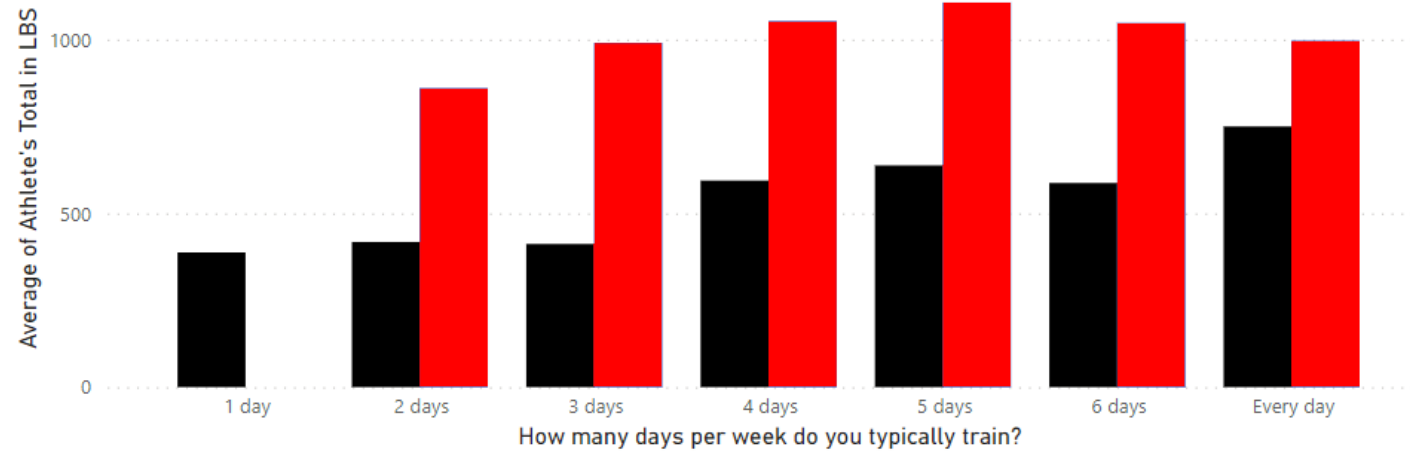
If we look at the top chart, we have cumulative totals by Local Meet. Potato Power and my own Gray Matter Lab meet taking first and second... big benefit of having a large turnout.

If we look at the bottom chart, we have AVERAGE total by Local Meet. CVPR takes the win... big benefit of having one of the strongest people on the planet host and lift in that meet.

Interested in hosting a local meet in the future? [Check it out here!](#)



Athlete's sex ● Female ● Male



HOW OFTEN DO YOU TRAIN?

76% of our athletes train either 3, 4, or 5 days a week.

We had a 1600+lb male total from guys who train 3, 4, 5, 6, and 7 days a week.

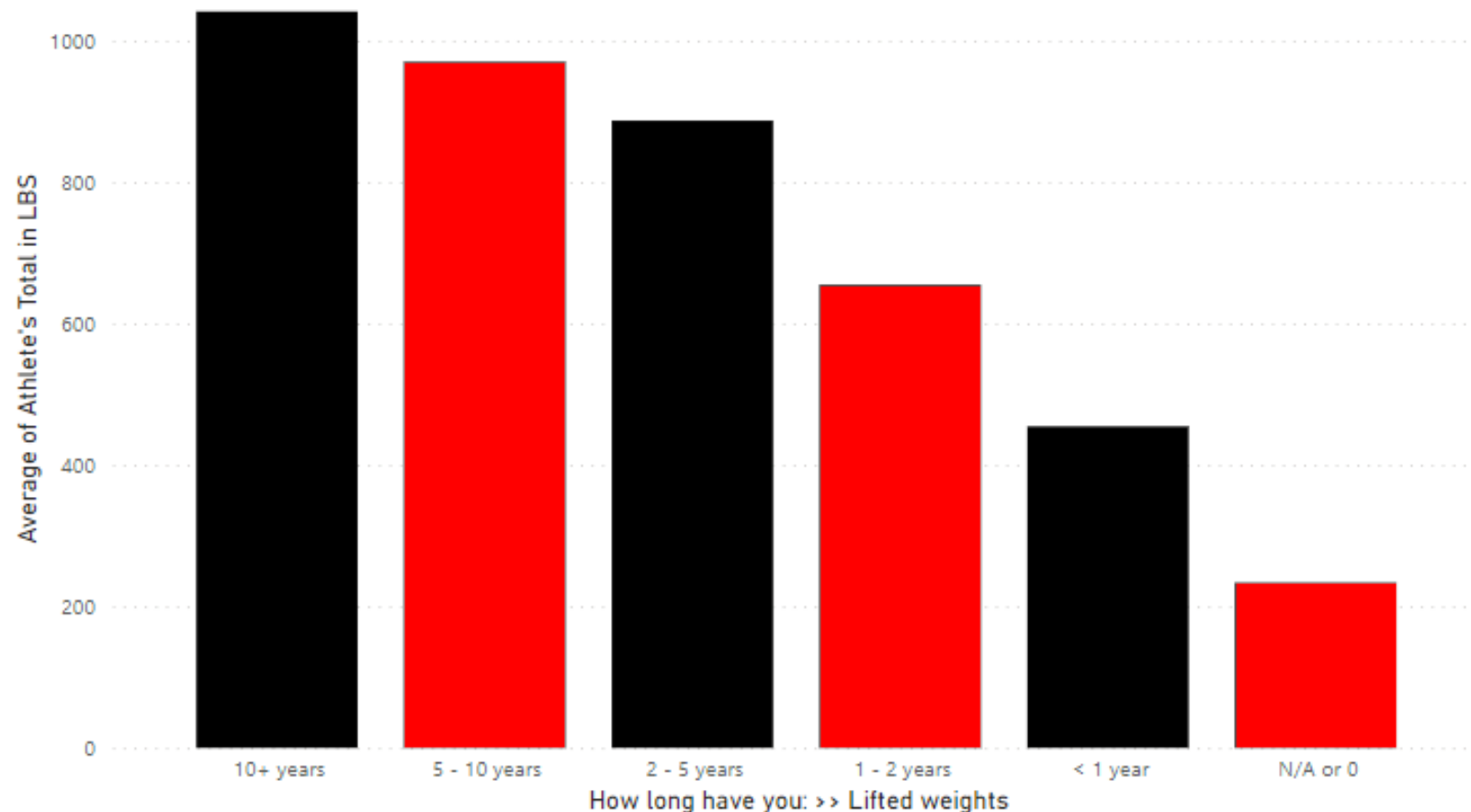
And we had a 900+lb female total from ladies who train 4, 5, and 6 days a week.

Other than 1 day a week, every other option had at least one male total over 1300lbs and at least one female total over 550lbs.

Take away? You can make progress as long as you stay consistent and put in the effort, regardless of the amount of days you carve out a week.



Average of Athlete's Total in LBS by How long have you: >> Lifted weights



THE #1 PREDICTOR OF PERFORMANCE?

Showing up... consistently... for a long time.

There was not a single Top 100 Total from anyone with less than 2 years of lifting experience. 87% of them had 5 or more years of experience!

I wasn't surprised by this, but it is extremely telling how it is a direct correlation between more years lifting and a bigger total.

So... I'll see ya in 5 years for a bigger total!





THROUGHOUT THE YEARS

How Have We... As Athletes... Progressed Over the Years?

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

List only includes athletes that competed in the Spring 2023 event
Does not include MiniGGCs.

Athlete	Years Completed	Events Completed
gray_matter_lifting	6	7
thedriverkaya	6	7
bamis51	6	7
clinton4255	5	6
eric_lifts_jk	5	6
Geohasan_ig	6	6
sjyoung29	6	6
Matt89johnson	5	6
Minneswoletagaragegym	5	6
notstrong_justfat	5	6
notstrong_justfat	5	6
PSFHybrid	5	6
quadzillacdn	6	6
shoreway_barbell_club	5	6
Squatfather1964	6	6
Strongmanpharmd	5	6
Tattooed_saiyan	5	6
tsh148pl	5	6
the_sprkly_unicorn	5	6
Aggressively_Average_Greg	5	6

THE OG LIST

We are down to THREE people who have competed in EVERY GGC... myself, my dude Mathieu, and my brother from another mother Brandon.

You might recognize Mathieu from the Coaches list and you'll see him pop up again in a few slides as one of the unluckiest participants to date. You can read more about him [in his Athlete Spotlight.](#)

Brandon entered the Spring event and then went into his scheduled surgery the day after. He'll be back for the Fall too. Don't worry.

Big shoutout to the people who continue to show up over and over and over. This list includes anyone with 6 or more events attended.

We have had a total of 7 events over the course of 6 years.



MALES

Cumulative Totals are in KGs – List only includes athletes that competed in the Spring 2023 event

Athlete	Cumulative Total	Years Competed	Events Completed
gray_matter_lifting	4428.9	6	7
Dead.lee.lifter	4180.5	4	5
Mr_squat_a_pony	4131.7	4	5
papabearrogers	4048	4	5
bamis51	3999.7	6	6
notstrong_justfat	3758.4	5	6
Workingclassbeast	3594.6	5	5
eric_lifts_jk	3583.1	5	6
Minneswoletagaragegym	3479.6	5	6
Strongmanpharmd	3338.5	5	6

FEMALES

Athlete	Cumulative Total	Years Competed	Events Completed
Bigbadwolff24	2280.1	4	5
Sillekristin	1764.1	4	4
emilymsith	1720.3	4	5
dana.m.tobin	1578.9	4	5
mrs.scorrea	1553.5	4	5
the_sprkly_unicorn	1552.0	5	6
rbwalker15	1524.3	4	5
fitnessyoucanlivewith	1515.5	4	5
eri_kah_eff	1484.7	3	4
Megan_powerlifts	1466.6	4	5

HIGHEST CUMULATIVE TOTALS - KGS

I really thought this was going to be the event where I lost the cumulative total leader spot. As you can see, I have an additional 2 events over my dudes in 2nd, 3rd, and 4th place... with only a ~300kg cumulative total above them.

Not surprising, the key factor in having a big cumulative total? Being relatively strong and showing up for the majority of events.

So get strong, and show up!



MALES

Cumulative Totals are in KGs – List only includes athletes that competed in the Spring 2023 event

Athlete	# Improvement Since First GGC Entry	Years Competed	Events Completed
Robmi2sd	456	2	2
cindercxzt	395	2	2
IgniteA12	347	2	3
Misfit_cuhriiss	318	3	4
5e1tran	304	3	4
Tonyperry21	251	4	5
willf.98	250	4	5
seanbaileymath	226	4	5
mister.nstr	177	4	4
Tattooed_saiyan	170	5	6

FEMALES

Athlete	# Improvement Since First GGC Entry	Years Competed	Events Completed
Megan_powerlifts	100	4	5
sierrarmnd	79	3	3
erin.t.lifts	68	3	4
cindydeadman	59	4	5
chloeguinsadler	50	3	4
miami.64	45	3	4
Sillekristin	45	4	4
Speas.strong	45	2	3
clarisse.darques	44	4	4
hjlesq	41	3	4

MOST IMPROVED

Athletes who have competed in at least 3 events... Top 10 LARGEST improvement from their first event to the Spring 2023 Event.

Goal here is to show who has made some BIG improvement over the years.

What is really cool is seeing some of the people with 4, 5, and 6 events entered who have made consistent progress.



LUCKIEST

List only includes athletes that competed in the Spring 2023 event

Athlete	Prize Wins	Years Competed	Events Completed
slickboarder89	4	5	5
Dead.lee.lifter	3	4	5
Eton.victor	3	4	4
papabearrogers	3	4	5
Tkinneyv2.0	3	4	4
5e1tran	2	3	4
born2bbrad	2	4	5
fakejeremyofficial	2	3	4
FractalBear	2	3	4
Gains_and_nature_eb	2	3	4

UN-LUCKIEST

Athlete	Prize Wins	Years Competed	Difference
bamis51	0	6	6
Geohasan_ig	0	6	6
gray_matter_lifting	0	6	6
thedriverkaya	0	6	6
eric_lifts_jk	0	5	5
sjyoung29	0	5	5
Matt89johnson	0	5	5
PSFHybrid	0	5	5
Skoehler89	0	5	5
Tattooed_saiyan	0	5	5

LUCKIEST & UNLUCKIEST

The top table takes a look at the participants from this year that have won the most amount of prizes cumulatively over the years. Now this isn't necessarily dollar value, just total prizes. Keep in mind that in 2021 all Top Athletes won a prize by default, so that added to several peoples count here.

The bottom table takes a look at the UNLUCKIEST participants. A few notes here... A number of these people have had their kids or a participant at their local meet win... Brandon (BAMIS51) for instance, his daughter won a Kabuki Trap Bar. But we do individual tracking and reporting by person... so... here we are.

I also looked at location wins, which again is a little funky with the data. But it more or less lines up to... the more people from a location, the more they win. California and Texas continue to be two of the largest participant pools... and two of the largest prize winning locations.

The take home here... is that random, is random. People can compete and never win, or win big their first time, or win multiple times over the years.





THE FUN STUFF

IYKYK



TELL ME WHAT I LIFTED IN SOMETHING WEIRD

We lifted 672,911 pounds... or the equivalent of 4808 x 35lb Plates!

We lifted 52 Tyrannosaurus Rexes!

Under 18 athletes Squatted 283 Sloths!

Men benched 2,422,512 donuts!

We deadlifted 283 Smart Cars!

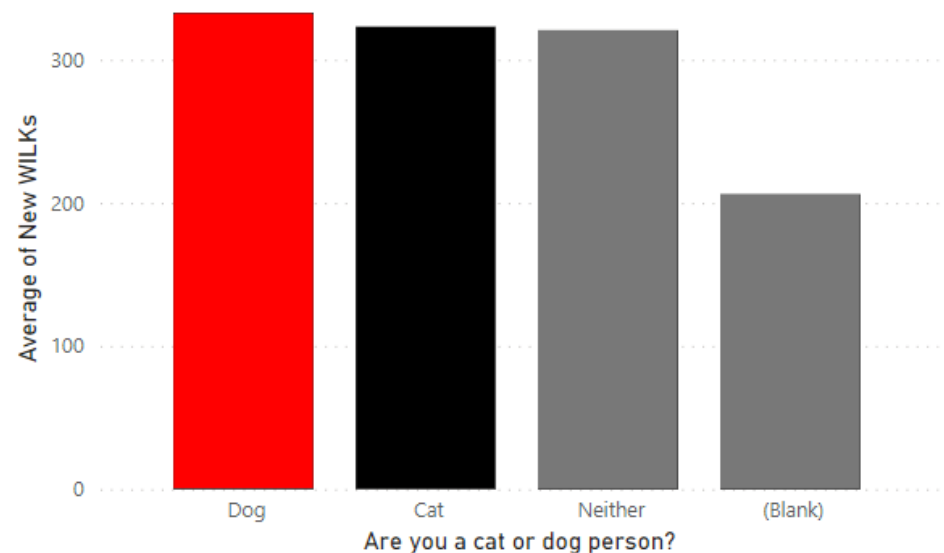
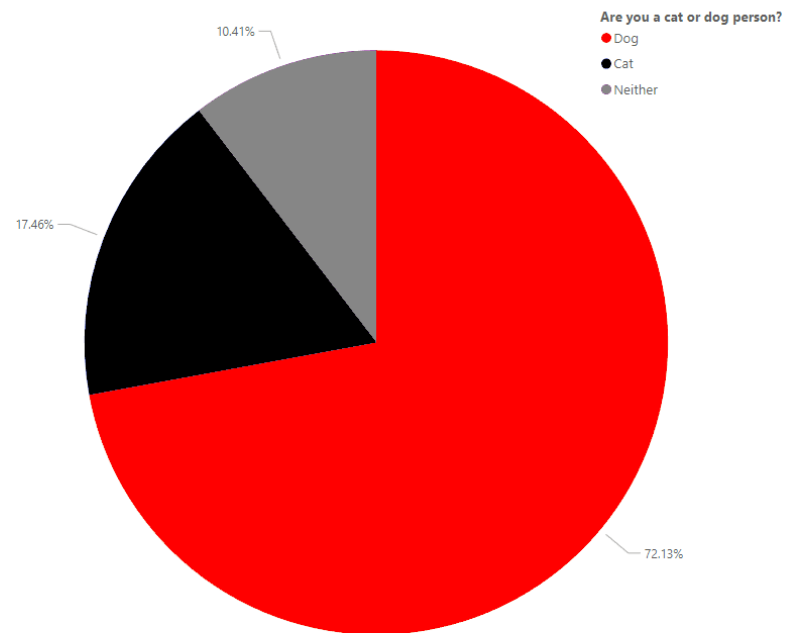
Females lifted 288,484 cupcakes!

Our Military athletes lifted 2 Blackhawk Helicopters!

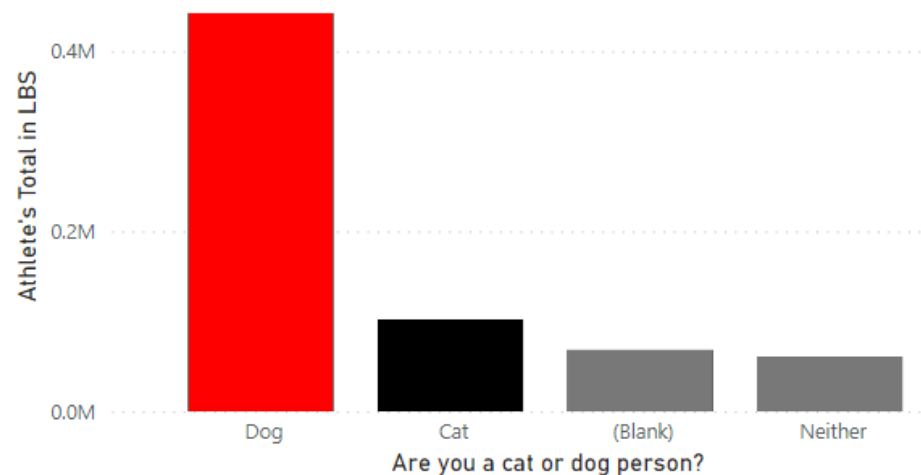
Our Teachers lifted 409 2nd Graders!

Our Spring Prize Winners lifted 115 Chad Wesley Smiths!





Athlete's Total in LBS by Are you a cat or dog person?



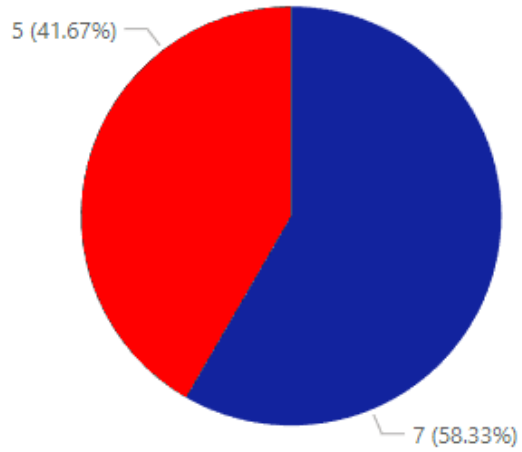
CAT VS DOG PEOPLE

The GGC is about 72% Dog People... so it makes sense that the FAR majority of the pounds lifted were by Dog people (bottom chart).

But when we look at Average WILKS, it actually comes out pretty close. Proving that dogs are better than cats, but owning one doesn't make you any stronger.

WOOF WOOF!!!

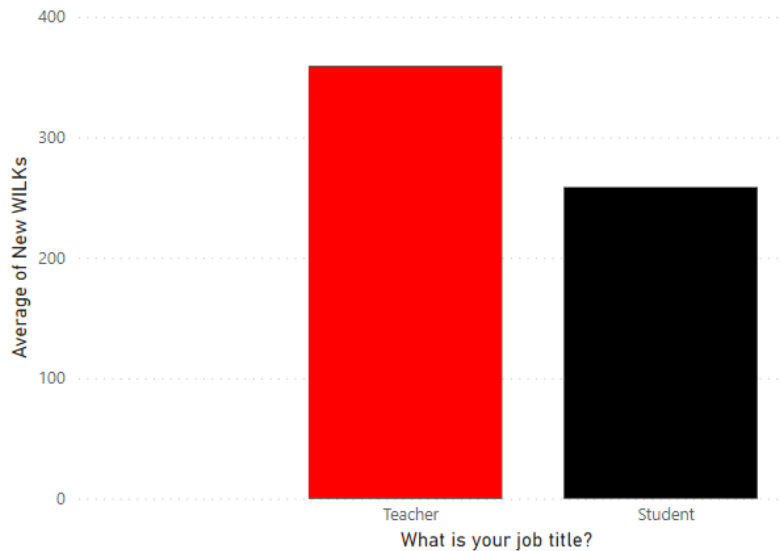
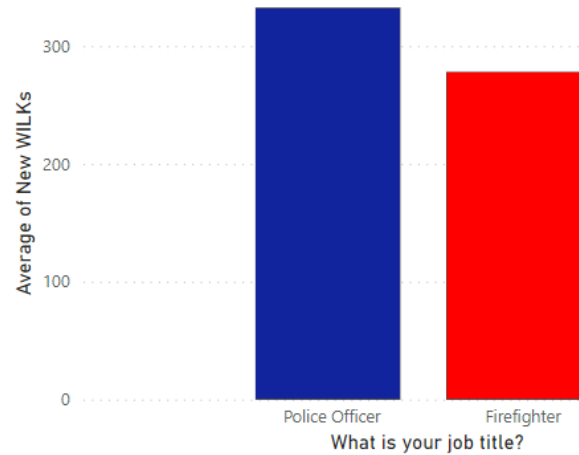




What is your job title?

● Police Officer

● Firefighter



FIRE VS POLICE & STUDENTS VS TEACHERS

We had a few more Police Officers show up than Fire Fighters (PrimalArmor, get to work on that!)... AND Police managed to outlift Fire with a pretty sizeable WILKS increase.

Teachers also beat out students, once and for all answering the question "can I beat up my teacher?" with a resounding NO!



Average Lifts (lbs.)

325



312

233



236

387



357

946



906

WESTSIDE!!!

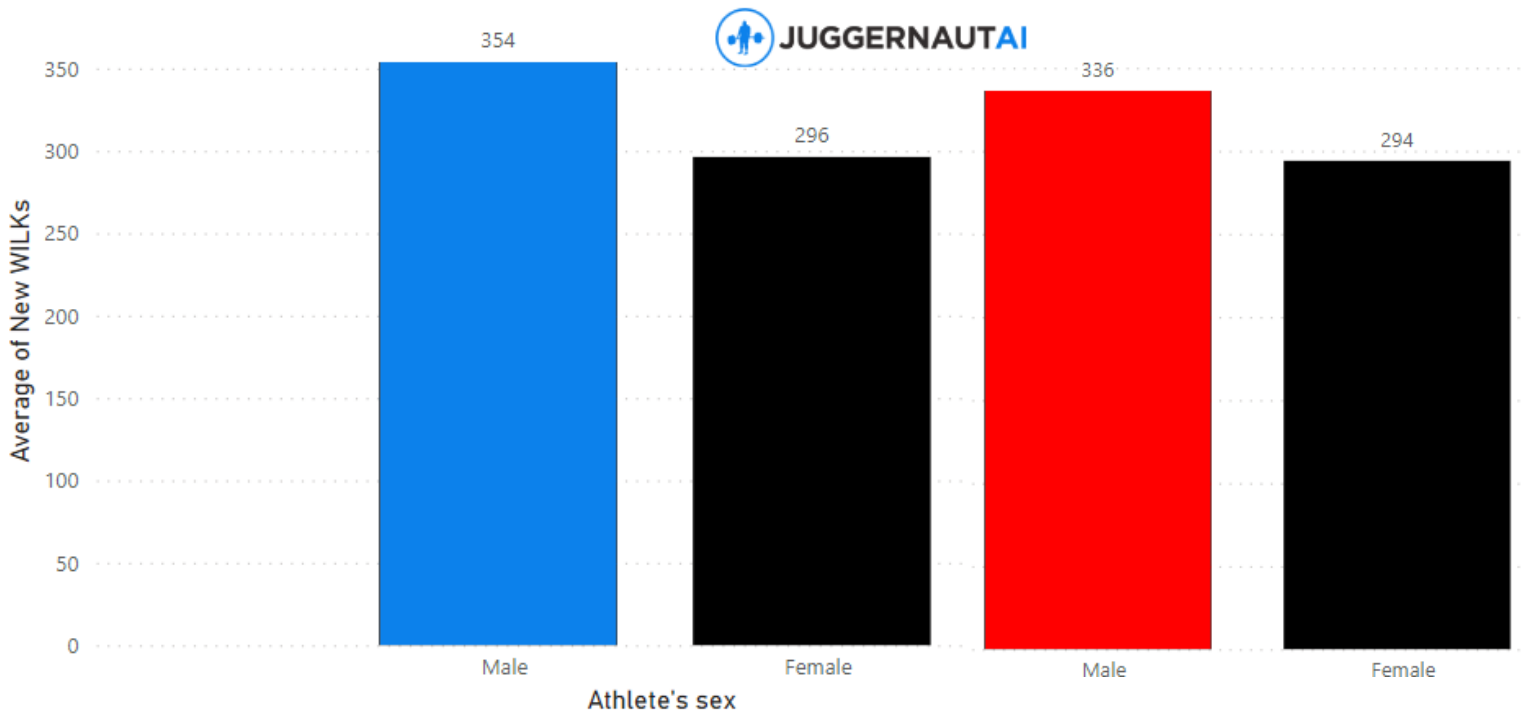
There were 166 East Coast Athletes vs 116 West Coast (not including under 18 athletes).

East Coast can bench more...

West Coast had the bigger Squat & Deadlift... and Total!

I'm putting my money on Biggie using that traditional powerlifter belly to smash a Bench PR... but Pac can probably out Sumo him.





JUGGERNAUT AI VS THE WORLD

We had 69 athletes state they use Juggernaut AI for their programming (hopefully they are using Code GGC to save on their monthly subscription!).

Those 69 athletes averaged a higher WILKS score than those NOT on Juggernaut AI (over 18 athletes).

You definitely don't HAVE to use Juggernaut AI, a large chunk of our top athletes do not. But it is a fantastic option to consider if you are looking for some guidance, trying to take the guesswork out of your gym time, you name it.

Find out why Juggernaut AI is the Smartest Program FOR YOU [right here.](#)



Athlete's Sex	Month Born	# of Athletes	Average Total In Pounds
Female	January	14	439.64
Female	February	14	421.29
Female	March	12	398.58
Female	April	12	298.67
Female	May	18	420.56
Female	June	11	599.45
Female	July	13	484.08
Female	August	15	420.87
Female	September	10	444.9
Female	October	15	500
Female	November	15	494.93
Female	December	12	463.17
Male	January	44	1052.3
Male	February	50	1024.1
Male	March	52	1046.21
Male	April	55	989.58
Male	May	67	937.28
Male	June	53	1095.72
Male	July	57	966.16
Male	August	35	994.86
Male	September	45	1068.51
Male	October	46	983.46
Male	November	44	1013.48
Male	December	46	935.5

THE BEST AND WORST MONTHS TO BE BORN

Women shouldn't be born in March or April... and Men should avoid being born in May and December.

June is the strongest month for BOTH Males and Females!

So next time you plan to be born or create a human being, choose wisely.



MALES 3 or more athletes to be included

First Name	Count of Name	Average Total In Pounds
Chad	3	1266
Mike	8	1256
Anthony	4	1227.75
Andy	3	1225
James	4	1176.75
Brian	4	1171.25
Nick	3	1159.33
Joseph	6	1154.17
Jason	5	1145.2
Aaron	5	1144.6

Last Name	Count of Name	Average Total In Pounds
Miller	3	1177.67
Johnson	3	1105
Larson	3	1011.67
Brown	6	995.83
Nguyen	5	988
Stitzel	5	893
Clark	3	890
Clifford	3	881.67
Bailey	4	873.75
White	4	800.5

FEMALES 2 or more athletes to be included

First Name	Count of Name	Average Total In Pounds
Amanda	2	761
Michelle	4	758.25
Mary	3	750
Rachel	2	632.5
Erin	2	623.5
Mindy	2	575
Samantha	2	547
Laura	3	541.67
Emily	2	532.5
Anne	2	530

Last Name	Count of Name	Average Total In Pounds
Smith	2	598.5
Kim	3	532.33
Merth	2	447.5
Ung	2	421.5
Watkins	2	307.5
Tkach	3	300.67
Gray	2	272.5
Speas	2	272.5
Miani	4	217
Polonsky	2	210.5

THE BEST NAMES!

The most common male names were Chris, Matt, Daniel, and Andrew.

The most common female names were Michelle, Alyssa, Laura, Mary.

Chad took home the STRONGEST male name, which is impressive since Chad Wesley Smith sat this one out.

And Amanda eeked out Michelle with the help of our resident expert Manda Wolff!

Parents looking to give birth to the strongest kids, take note... have a boy named Chad and girl named Amanda, both born in June!



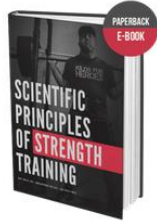
I Competed In The
and all I got was this **NEWSLETTER**



Check Out The
GGC Newsletter >



The Powerlifting
Program Design Manual



Scientific Principles of
Strength Training



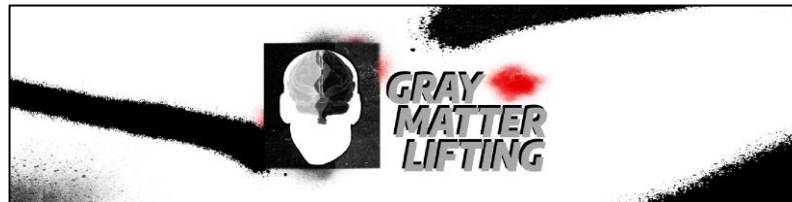
Squat + Bench + Deadlift
Manuals Bundle



Beginner's Guide to
Powerlifting



Check Out The
Gray Matter Lifting Newsletter >



KNOWLEDGE IS POWER!!!

Athletes who received the GGC Newsletter this year increased their total from last spring by 11% compared to those who weren't signed up, who increased by 5%.

Athletes who signed up for the GGC and Gray Matter Lifting Newsletters lifted on average ~88lbs MORE than those who did not.

Athletes who have purchased published training programs or training literature lifted 103lbs MORE on average than those that didn't.

The biggest lifters are hungry for information. **Be hungry!**



See You In The Fall!!! >



THAT IS A WRAP!

Thank you for checking out the 2023 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!

2023 SPRING PRIZE WINNERS

Where did you submit?	Username	Sponsor	Prize
Instagram	shoreway_barbell_club	Prime Fitness USA	Single Stack w/ accessories & attachments
Instagram	palisadestrength	JuggernautAI	1 Year JuggernautAI App 1 Hr Coaching Consult Full Line of Juggernaut Apparel eBooks
Instagram	redbeard49	Strength Warehouse USA	\$500 gift cards per event
Facebook	https://www.facebook.com/nthamilton?mibextid=LQQJ4d	Strength Warehouse USA	\$500 gift cards per event
Instagram	harperjr.craig	Strength Warehouse USA	\$500 gift cards per event
Instagram	tsh148pl	Strength Warehouse USA	\$500 gift cards per event
Instagram	Swoleypotato	Pepin	FAST Series - 120lb Pair
Instagram	dana.m.tobin	American Barbell	Chewy Bar
Reddit	FractalBear	American Barbell	Chewy Bar
Instagram	joinordiebarbellclub	Crandall Fitness	\$250 gift cards per event
Instagram	Therew0lf_in_chicago	Crandall Fitness	\$250 gift cards per event
Instagram	grizzly_strength	Crandall Fitness	\$250 gift cards per event
Instagram	thecherrydragon	Crandall Fitness	\$250 gift cards per event
Instagram	thecarterhomegym	No Conformity Co	NoCo Lifting Belt
Instagram	Drskander	No Conformity Co	NoCo Lifting Belt
Instagram	scott.james.7921	No Conformity Co	NoCo Lifting Belt
Instagram	Rotisserie_Fitness	No Conformity Co	NoCo Lifting Belt
Instagram	basementgymdad	No Conformity Co	NoCo Lifting Belt
Instagram	Andy.simonson	No Conformity Co	NoCo Lifting Belt
Instagram	_musemagic_	Cerberus Strength USA	Belt, Sleeves & Wraps
Instagram	Leviglavin	Mutant Metals	UDA
Instagram	Cwardlow256	Stray Dog Strength	GOAT attachment & Merch Pack
Instagram	Traeboese59	Biggins Irons	\$300 Gift Card Per Event
Instagram	fakejeremyofficial	Garage Gym Outfitters	\$100 Gift Cards per event
Reddit	kraorC	Garage Gym Outfitters	\$100 Gift Cards per event
Instagram	Getstrongjen24	Garage Gym Outfitters	\$100 Gift Cards per event
Instagram	rbwalker15	Micro Gainz	Micro Gainz 10 Plate Micro Plate set



2023 SPRING PRIZE WINNERS

Where did you submit ?	Username	Sponsor	Prize
Instagram	Bayouboy_jaredalleman	Micro Gainz	4 Pack 1.25 Dumbbell Micro Plate set
Instagram	TheNoWhineCellar	Oak Club	A single pair of Campbell handles, single pair of MagPins, T-shirt and sticker pack
YouTube	https://www.youtube.com/watch?v=C0vX7BhKDjs	Pioneer	1 Custom Pioneer Belt
Instagram	Eton.victor	Primal Armor	1 Barbell from new collection
Instagram	Jamesmichaud44	Bells of Steel	Barenaked Powerlifting Bar 2.0
Instagram	transcend_limits_training	GymPin	Gym Pin
Instagram	clinton4255	GymPin	30" D Handle
Instagram	jessica.merth	GymPin	Gym Pin
Instagram	galaxy.barbell	Weight It Out	\$250 gift card
Instagram	miami.64	Plate Snacks	\$200 gift card
Reddit	fuzzy-pickle	Barbell Rescue	Barbell Brush
Instagram	slickboarder89	Barbell Rescue	Barbell Brush
Instagram	Victorybarngym	Barbell Rescue	Barbell Brush
YouTube	https://youtu.be/xkCmmf48pzY	Garage Gyms	Banner / shirt
Instagram	scottdodds_hookgrip	Garage Gyms	Banner / shirt
Instagram	CRStephns	Garage Gyms	Banner / shirt
Instagram	make_it_meg	Garage Gyms	Banner / shirt
Instagram	Andrewlynch	Garage Gyms	Banner / shirt
Instagram	Felizabeth829	Wall Control	\$150 Gift Card
Instagram	Fritzy1128	The Papa Bear Strong Foundation	PapaBear Gear
Instagram	joey.echeverria	Garage Gym Lab	No Parking signs
Instagram	taylorjohnsvm	Garage Gym Lab	No Parking signs
Instagram	dan_balderdash_mercer	Garage Gym Lab	No Parking signs

