

FALL 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

Our 2nd Fall Event ever, and the first to overlap Halloween!

I lifted in a costume for the first time... which was a unique experience. And watching the rest of you get crazy was a joy as well.

It makes me think of a key idea that rings in my head regularly. We often get hyper focused on goals. Goals are important, and they are a big part of the process. Something we talk about in the GGC regularly.

But we often lose track of the fun. If we are going to spend a few hours a week, for decades, lifting weights... we should probably enjoy it.

So thanks for having some fun this fall. I hope you find the rest of this presentation to be a good balance of informative and fun.



My daughter Audrey grabbed 3 PRs, cause she is a monster.



2023 FALL SPONSORS



JUGGERNAUT AI

PRIME



STRENGTH
WAREHOUSE

USA



NO CO



CERBERUS



PIONEER



WALL CONTROL



Oak Club



BARBELL
RESCUE



PRIMAL
ARMOR



BELLS OF STEEL
EST. 2010

PLATE
SNACKS



MICRO
GAINZ



SPIDER CHALK

FOR FULL PRIZE DETAILS
GARAGEGYMCOMPETITION.COM

SPEAKING OF SPONSORS

We have [an article on the website](#) about every sponsor. We detail each of them [in our Newsletter](#). And we have a [full breakdown](#) 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

[Download The Fall Spreadsheet >](#)

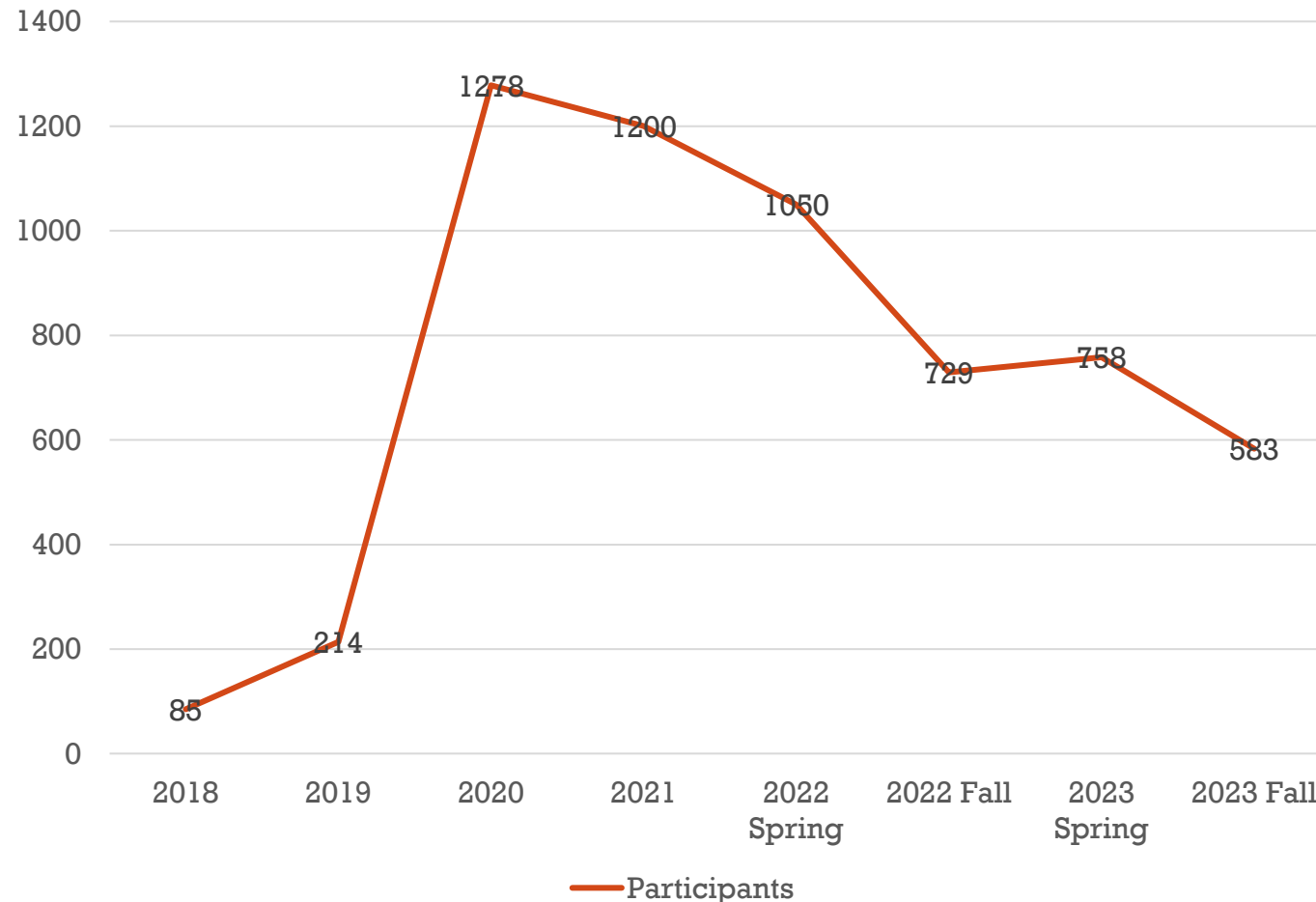
Vocabulary

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.

If you are like me, you like fudging around with some excel spreadsheets. You can snag the entire Fall 2023 Final Results spreadsheet and dive into it. If you find anything cool, let me know!

Participants



PARTICIPANTS

6 years and 8 events.

I get asked after every one of them “How’d it go?” “How many participants did you have?” “Is that a good number?”

The first one is always “Great!”. The second one, well, there is the chart to the left. That third one, I’ve yet to have a solid answer.

Each event I question “are we back to normal yet?” And I’m honestly not sure. We blew up during COVID when it was “the thing to do” to lift at home.

Maybe the world is normal again? Home gyms are a little more niche than normal again? Who knows?

What I do know, is that over 77% of participants have competed in a previous GGC before. Which means our return rate is MONSTEROUS!

So to those of you who have come back, thank you! Next time, tell your friends!



Papa Bear Strong Foundation

Fall 2023
Non Profit



DONATIONS!

Because you showed up, we donated.

The GGC donated a COMBINED \$2,000 (and some change) to the Papa Bear Strong Foundation for the Fall.

This was \$1 per participant (with a little rounding) from the GGC.

\$125 from 2023 Meet Shirt profits.

\$843 from the Pioneer Belt Raffle.

And an extra \$150 donated from Stronger Than U to bring us to a grand total of \$2000!

After that we had \$45 from the Garage Gym Life YouTube Event, for a grand spanking whopping \$2045!

The money was spent to buy food to help stock the shelves for kids and families in need. You can [check the full video with Travis here.](#)



- 286 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

GGC Fall Coaches

Christian Ernst	Kyle Alexander
Christina Leonatti	Manda Wolff
David Spitz	Mat Woods
Everett Brill	Mathieu Auclert
Hart Mizell	Mike Shae
Jason Byrd	Rob Cola
Josh Maxwell	Sam Funderburk



- Joe brought in Ben Rice as his Co-Host, along with several guest commentators such as myself, Travis Rogers, and many others
- The 8 hour event was the LARGEST Fitness Live Stream on Twitch for 2023!

FEEDBACK – IF YOU WANT IT

We had our second GGC Live Stream where we partnered with Average Joe's OC to have a full day of Twitch fun. And we had 14 Coaches volunteer to provide submission reviews for our athletes.

You can [watch the Live Stream Playlist right here](#).

Athletes who elected to receive feedback/be part of the live stream had an average total of 176lbs MORE than those who elected NOT to be reviewed.

Moral of the story – Those that put themselves out there, are more likely to succeed!



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.

98.5% of our athletes are in that SWEEEEEEET 6 & 7 rating.

And only one person rated us a 2...

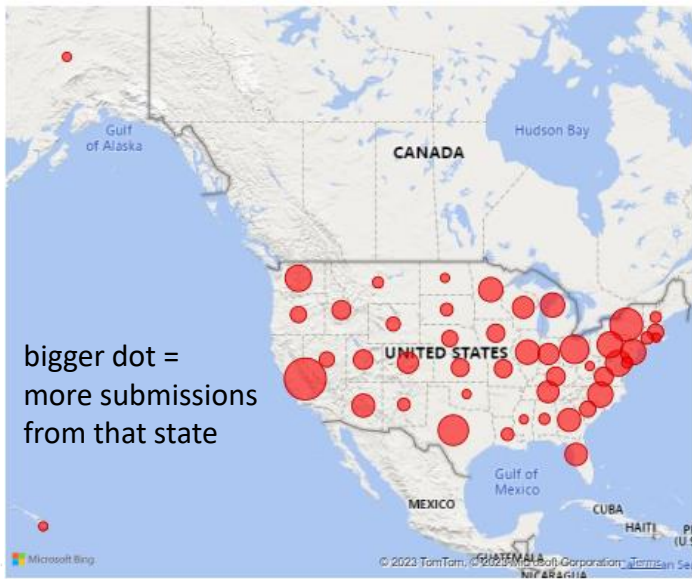
Their reason? "idk" which my response is "ok?"





DEMOGRAPHICS

Who are these 583 people?



Aruba	1
Australia	2
Canada	26
Denmark	1
France	1
Germany	1
Ireland	1
Netherlands	1
Sweden	3
Switzerland	1
United Kingdom	10

WHERE & WHAT AGE?

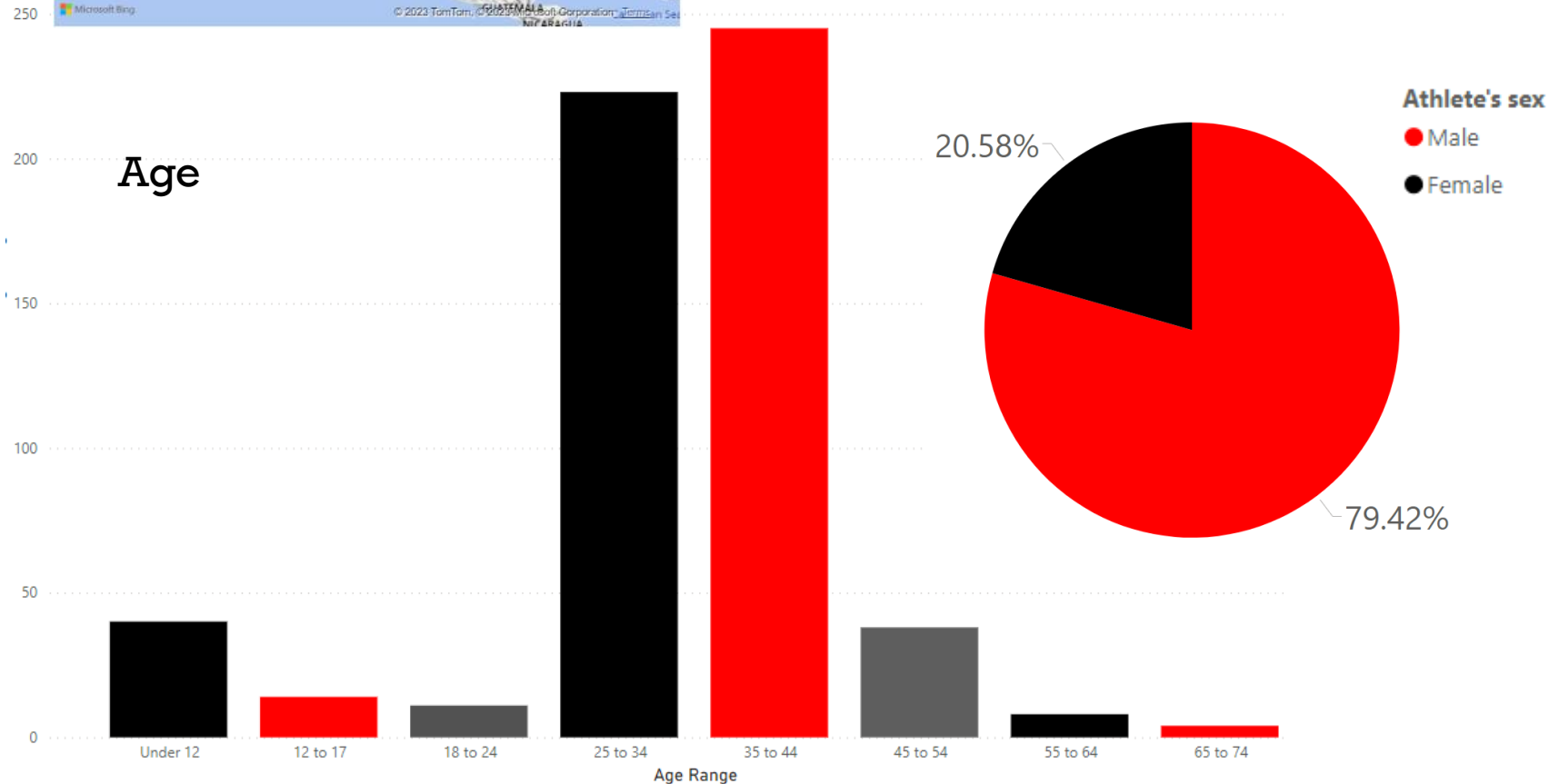
The peak age for powerlifting performance is between 28 and 42 years old. Which makes up the VAST majority of our athletes.

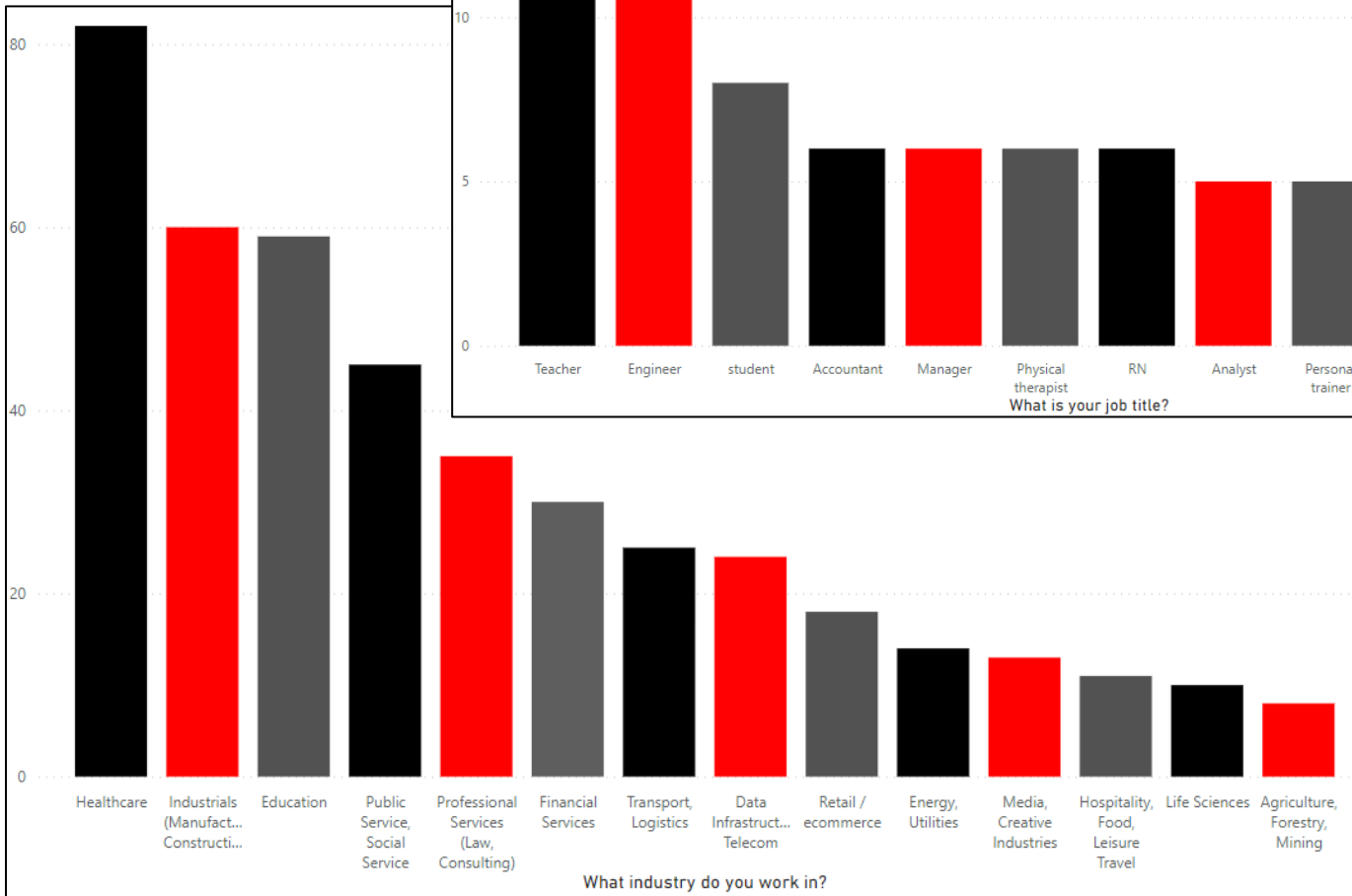
We can see that the largest portion of our people are in the US. There are a number of factors there (home gyms more popular here for instance), with a large factor being that most of our prizes are in the US.

79% of our lifters are males. Powerlifting is about 80% male, with a niche (home gyms) also with a strong male influence.

Interesting notes

30% of our athletes have competed in sanctioned powerlifting meets before





WHATCHA DO?

This was the first year we asked about Industry and Job Title. In the Spring I let all of you pick whatever Industry you wanted and it got bonkers. So I tightened that up a bit.

In both events we had Health Care as the most dominant industry, and Teacher as the most common job title.

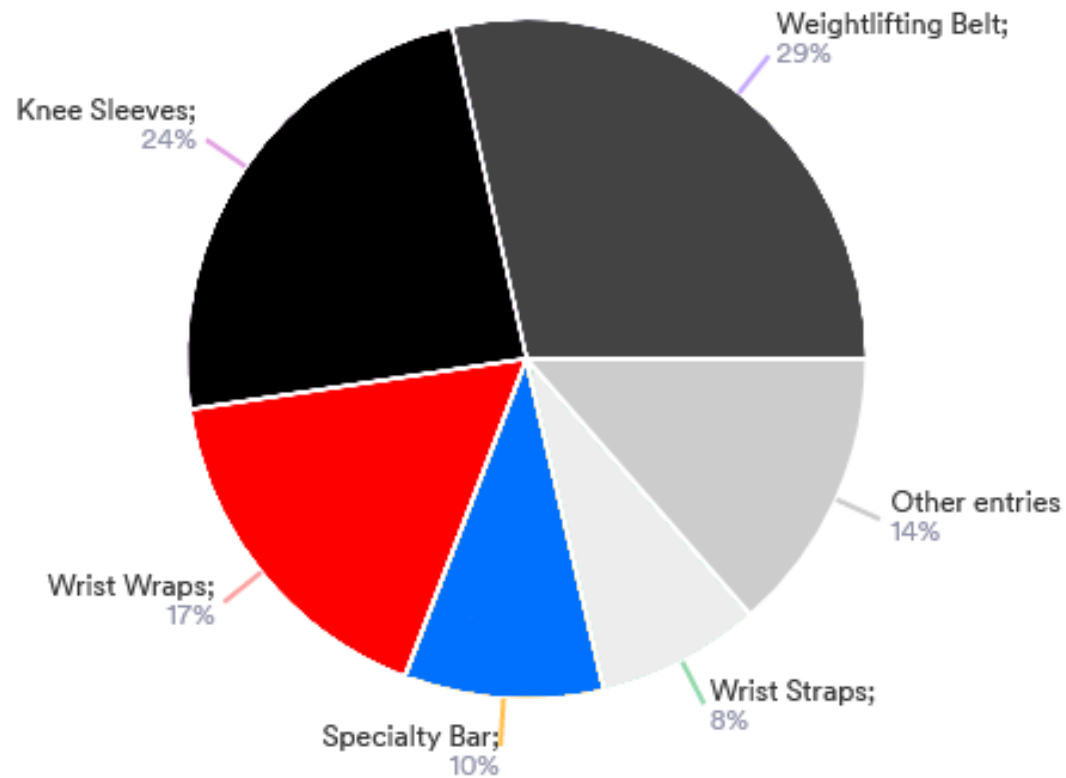
Some “duplicates” might exist. Such as Teacher and 1st Grade Teacher & Professor are all “different” job titles. Or Nurse and RN. This could explain some of the numbers.

I’ll be doing some “strongest X” data insights for each of the biggest industries and job titles. So stay tuned!



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

1262 Responses- 108 Empty



HOW DO YOU LIFT?

84% of our athletes noted at least 1 option for gear or a modified lift through a specialty bar or some other item.

The Spring and Fall had almost IDENTICAL use of belts, knee sleeves, wraps, and other items.

We even had one person mark “chair” as their specialty item, used for a Chair Deadlift!

If you are reading this and in the 71% of people who didn’t wear a belt, I HIGHLY recommend you [grab a Pioneer belt.](#)









LIFTING DATA

What we really care about.

Pounds

	Combined	Average	
		Female	Male
 Squat	175,652	208	352
 Bench	125,889	127	256
 Deadlift	203,353	240	404
 TOTAL	504,878	574	1012
	DOTS	240	286
	WILKS	285	339

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](#)! Same as the Spring!

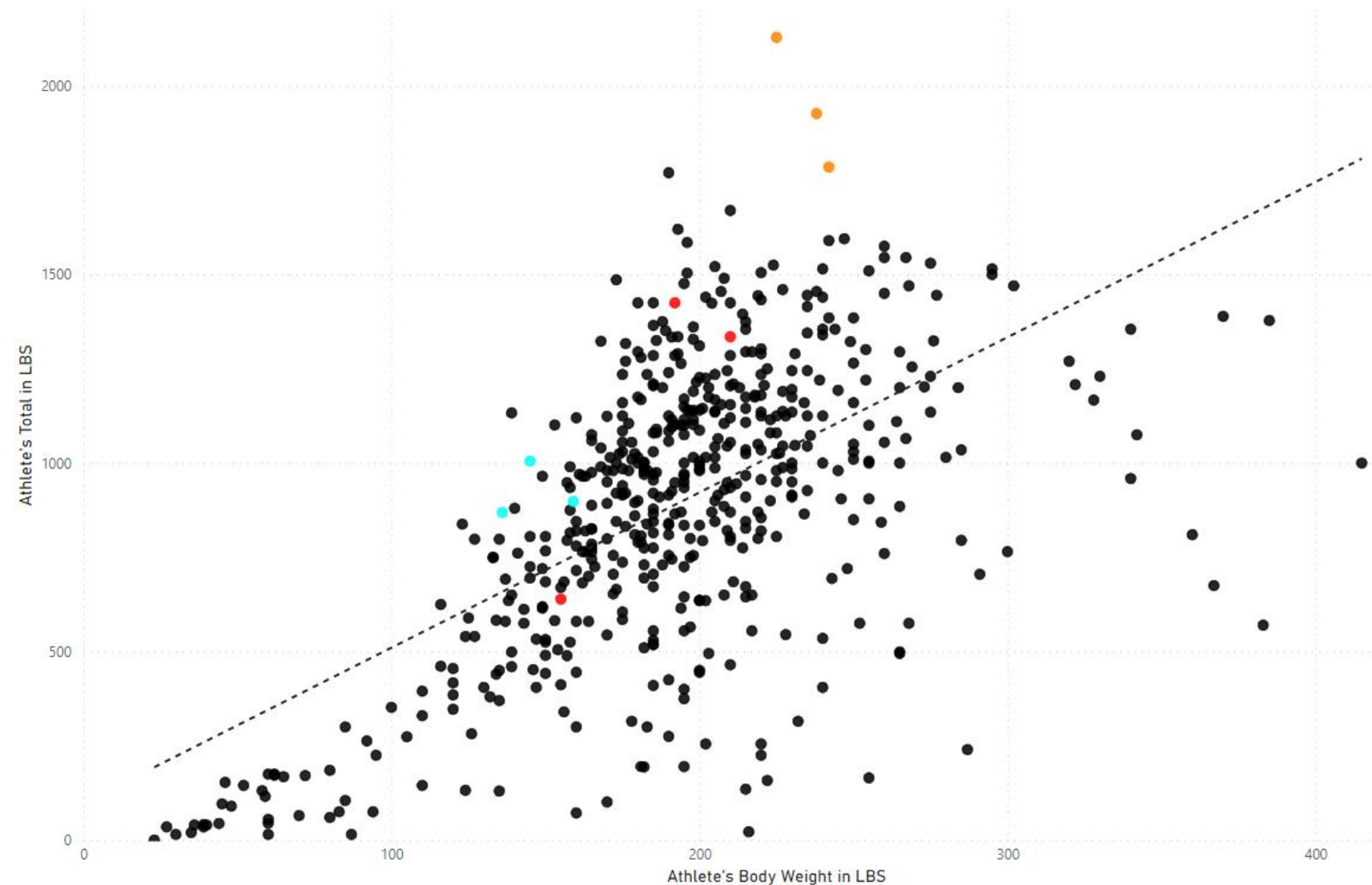
On average, our Male lifters had better performances in the Spring compared to the Fall of 2023.

But our women upped every single lift, total, DOTS, and WILKS!

Interesting Note: our Men were UP from Fall of 22 to Spring of 23, and our Women were down. Which as noted, was flipped from Spring 22 to Fall 22

So... Men lift better in the Spring, Women lift better in the Fall?





BREAK IT DOWN!

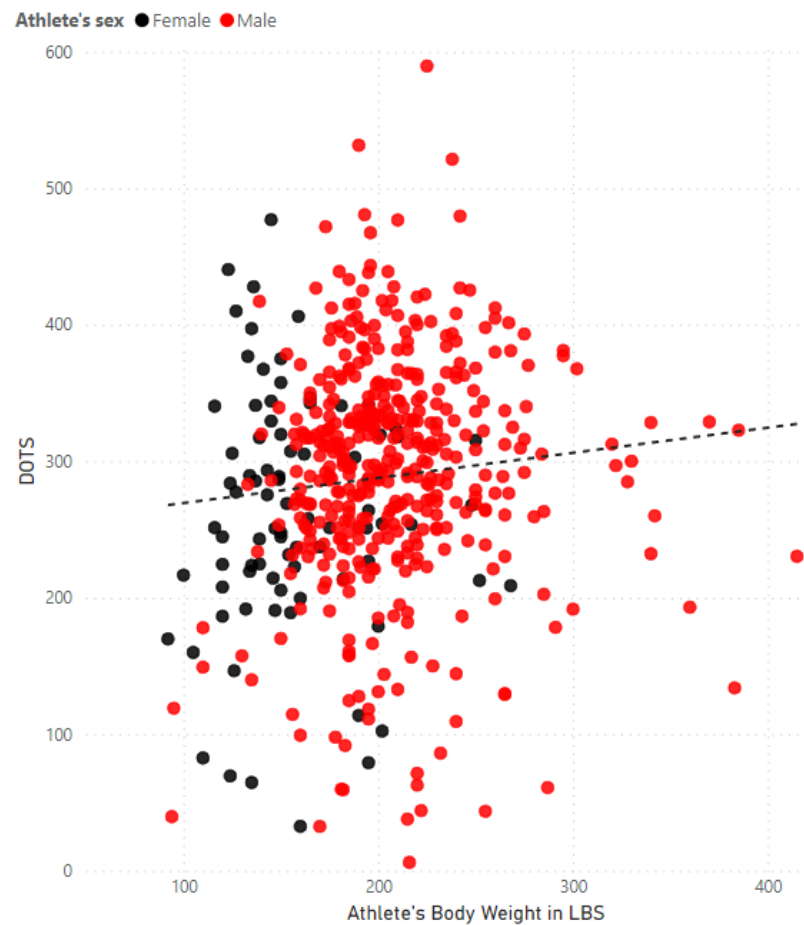
583 points to represent the 583 participants in the Fall.

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

Orange Dots are Top Male Totals, Blue are Top Female Totals, and Red are Most Improved Athletes.

The cool thing here, is that our strongest individuals, aren't necessarily the biggest. You can be a big strong human being no matter what.





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 118kg as a Male. My WILKS coefficient is .687894679 which is multiplied by my 658kg total to give me a WILKS of 452. My DOTS score is 380 (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.

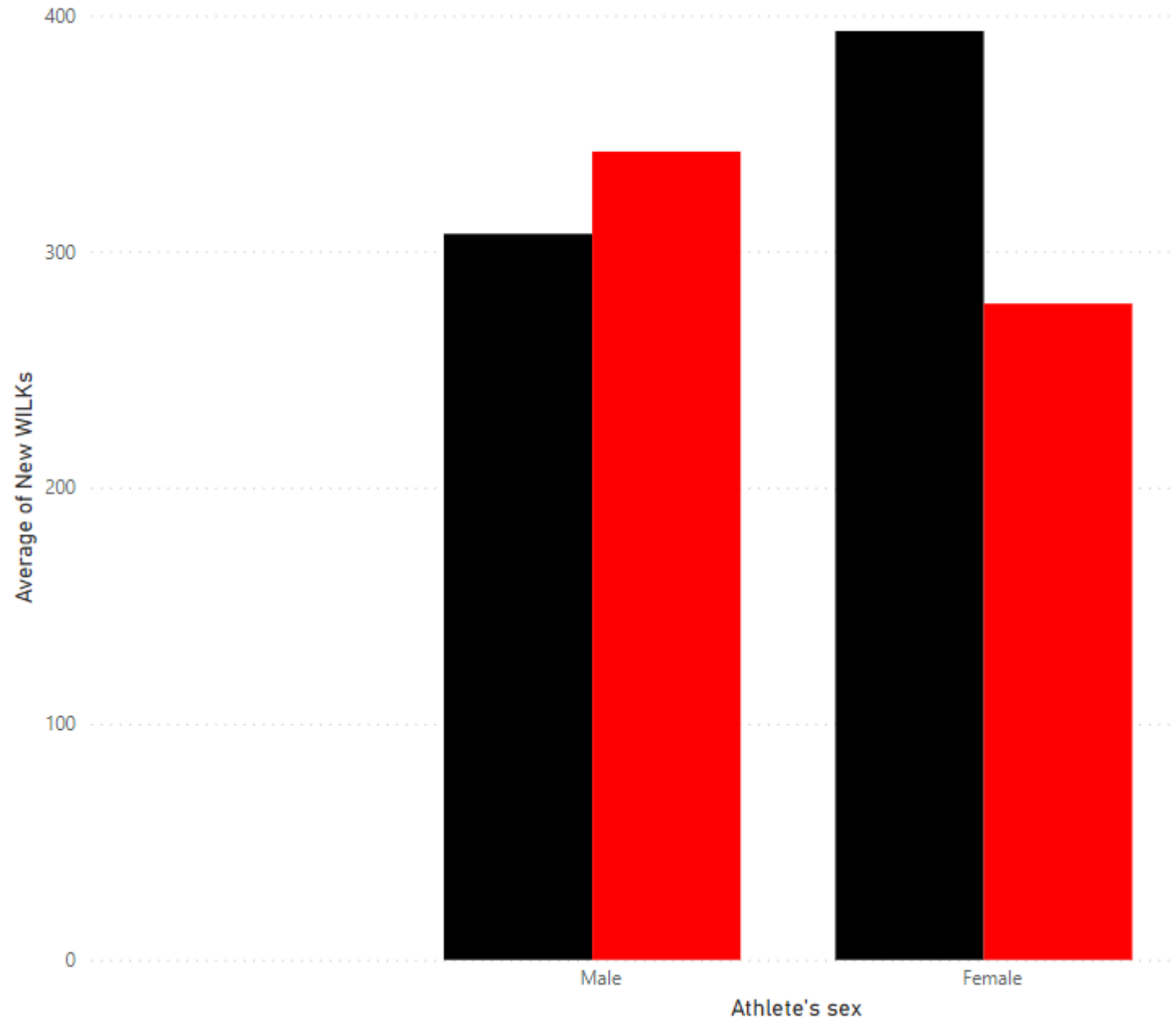
Take Home - You CAN get a bigger WILKS or DOTS by being a smaller athlete, but you still likely MAXIMIZE your abilities in powerlifting by maximizing your frame (just don't get HUGE).

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.



Is the athlete in the United States? ● No ● Yes



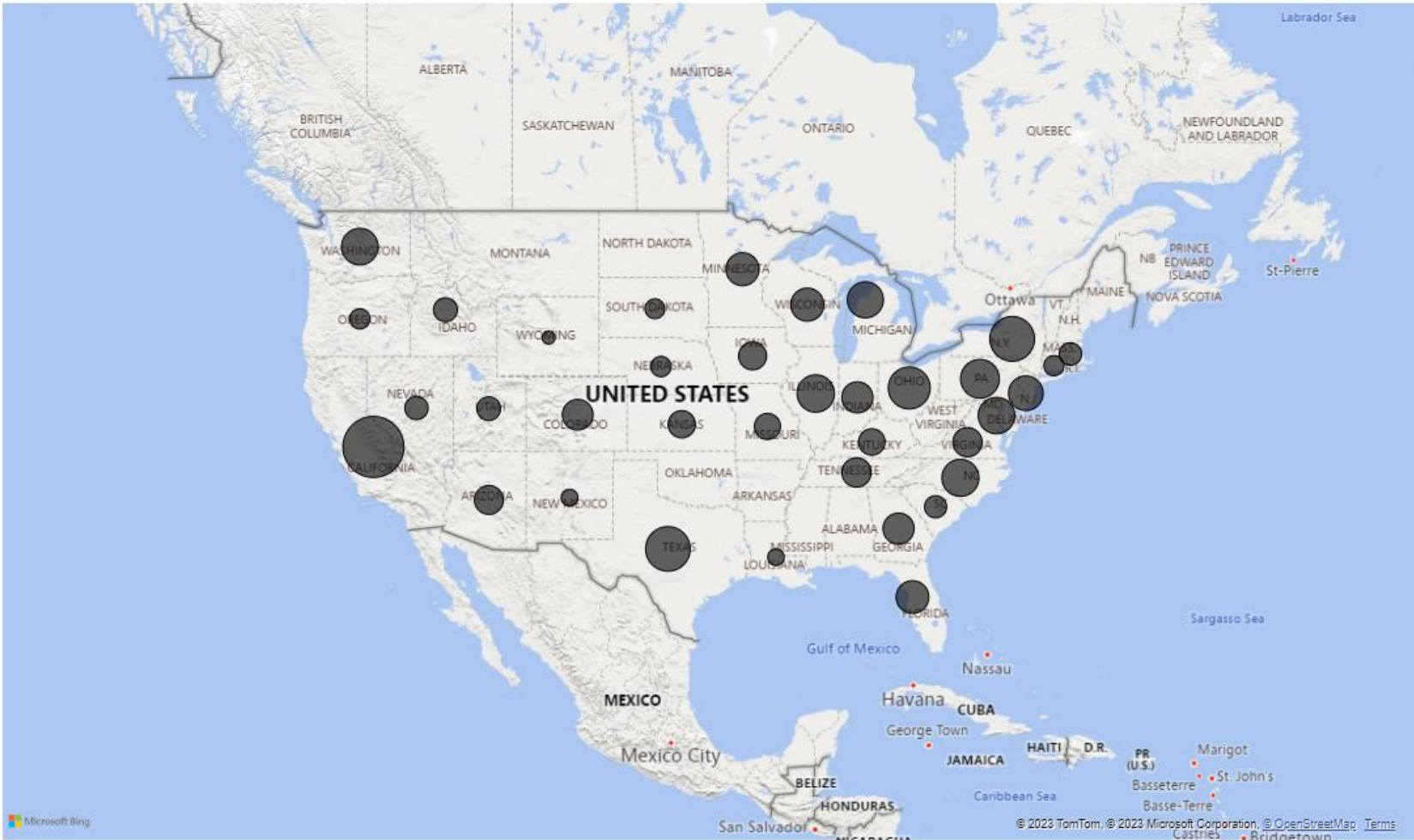
USA VS THE WORLD

We are using WILKS here as it helps balance out bodyweight with a large population.

Men in the USA narrowly bested Men in the other 11 countries combined (on average), yet their female counterparts lagged behind.

Interesting Note - These numbers FLIPPED from Spring 23 to Fall 23, where International Men won and US Women won the battle!





STATE VS STATE

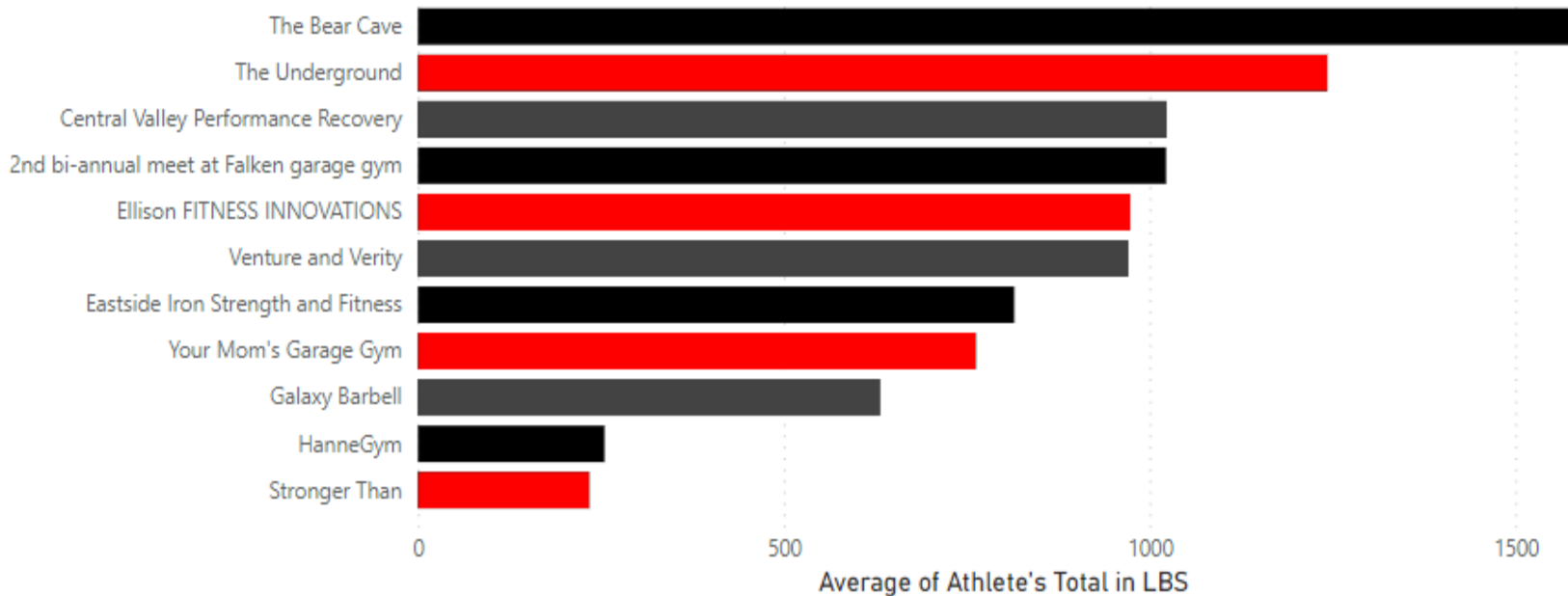
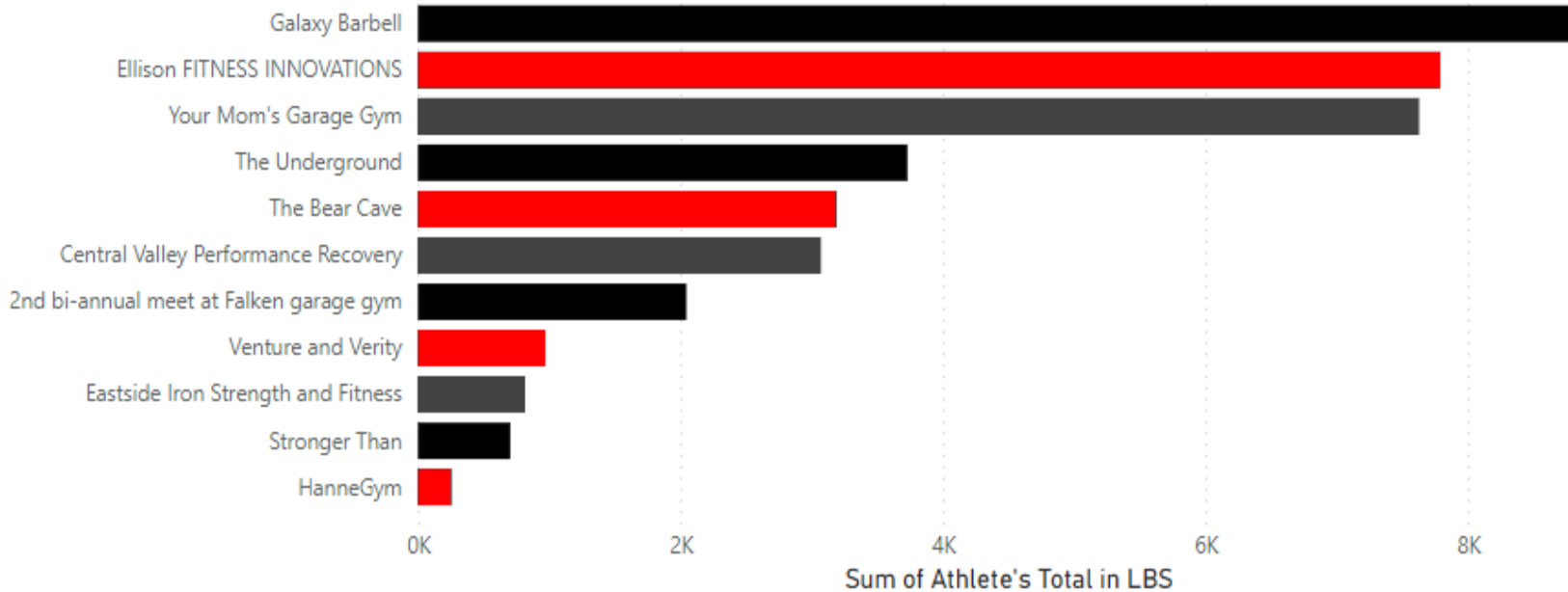
If you filter for a minimum of 3 lifters... you get a strongest average total of:

1. Connecticut – 1153lb
2. South Dakota – 1100lb
3. Iowa – 1057lb
4. Virginia – 1053lb
5. Kentucky – 1046lb

The largest cumulative totals are:

1. California – 53,649lb
2. New York – 26,549lb
3. Texas – 26,442lb
4. Ohio – 22,817lb
5. Pennsylvania – 18,930lb





LOCAL MEETS

48 athletes competed in a Local GGC meet, with Galaxy Barbell hosting 14 of them!

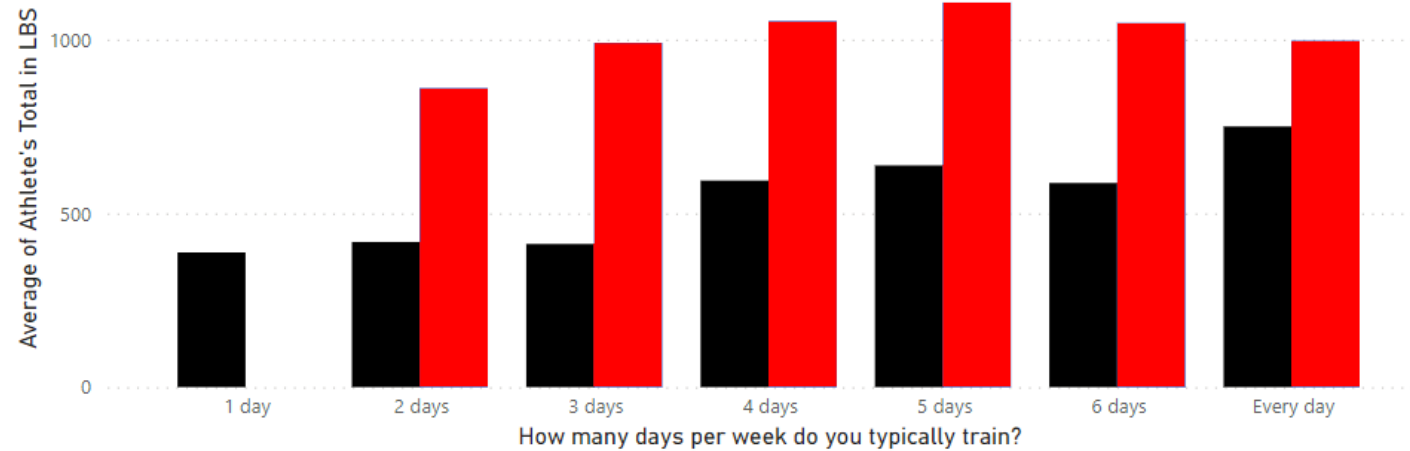
The top chart is the SUM of totals for each local meet. This pretty closely resembles the list of hosts with the most athletes (duh).

But average totals gets blown up by a few BIG lifters. Travis Rogers, our Top Male Total, competed at his own The Bear Cave, hence the top spot.

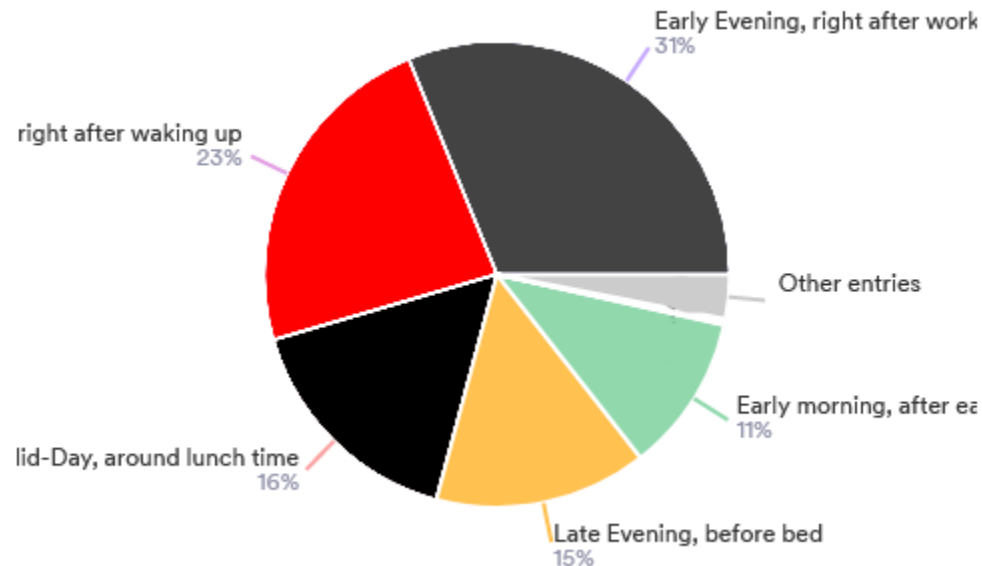
Interested in hosting a local meet in the future? [Check it out here!](#)



Athlete's sex ● Female ● Male



What time of day do you lift?



WHEN DO YOU TRAIN?

78% of our athletes train either 3, 4, or 5 days a week.

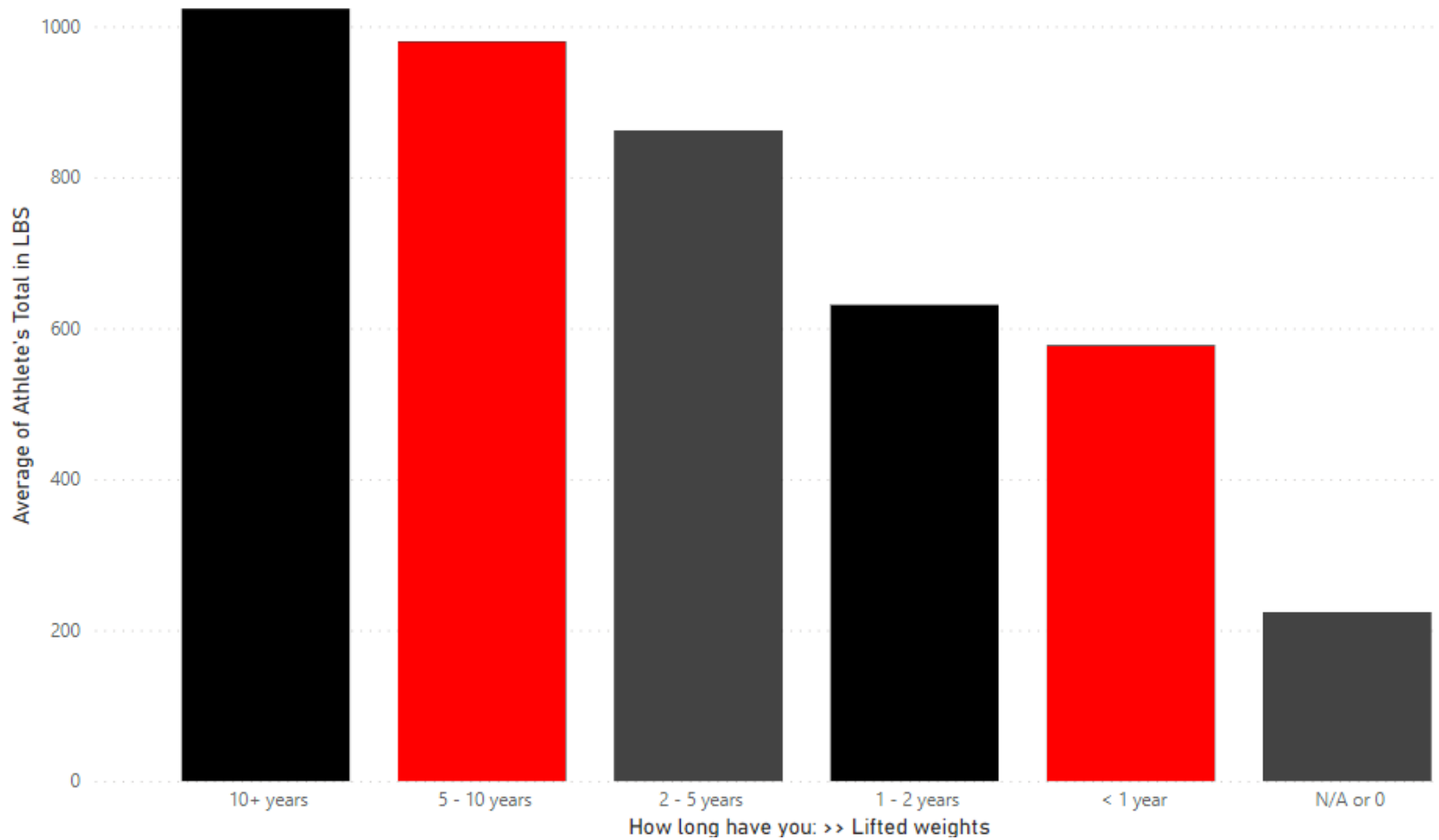
And we had BIG totals from people in every category (outside of 1 day).

The time that people lift during the day varies greatly, with multiple people marking MULTIPLE times.

A common "other" answer? Whenever they could find time!

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





THE #1 PREDICTOR OF PERFORMANCE?

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

This is almost IDENTICAL to the chart from Spring 23.

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.

The GGC has kept it going every year, so you have something to keep you going every year. Because it works!





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 Fall 2023 event
Does not include MiniGGCs.

Athlete	Years Completed	Events Completed
bamis51	6	8
gray_matter_lifting	6	8
ZeDriverKaya	6	8
Minneswoletagaragegym	5	7
notstrong_justfat	5	7
quadzillacdn	6	7
clinton4255	5	7
Aggressively_average_greg	5	7
Matt89johnson	5	7
shoreway_barbell_club	5	7
Tsh148pl	5	7
notstrong_justfat	5	7
Slickboarder89	5	6
Steveko89	5	6

THE 5 YEAR CLUB

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. And just like I said in May, he was back for the Fall event.

Big shoutout to the people who continue to show up over and over and over. This list includes anyone with 5 or more years, granting them exclusive access to the 5 Year Club.

We have had a total of 8 events over the course of 6 years.



MALES

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

Athlete	Cumulative Total	Years Competed	Events Completed
gray_matter_lifting	5086.9	6	8
papabearrogers	5014	4	6
Mr_squat_a_pony	5005.7	4	6
bamis51	4464.7	6	8
notstrong_justfat	4413.4	5	7
Minneswoletagaragegym	4094.6	5	7
Henryartz	3967.7	4	6
deadliestlift	3889.4	3	5
Tonyperry21	3864.4	4	6
hartmizell	3650.7	3	5

FEMALES

Athlete	Cumulative Total	Years Competed	Events Completed
bigbadwolff24	2688.1	4	6
emilymsith	2035.3	4	6
dana.m.tobin	1918.9	4	6
eri_kah_eff	1840.7	3	5
fitnessyoucanlivewith	1829.5	4	6
megan_powerlifts	1814.6	4	6
Rbwalker15	1805.3	4	6
dtliftsweights	1704.5	3	5
Big_c_smallz	1656.2	4	6
michelle_being_michelle	1574	2	4

HIGHEST CUMULATIVE TOTALS - KGS

You can see me at the top there for men. Take a look though, Travis and Kyle (#2 and #3) have competed in 2 less events than me, and are less than 100kg off.

2024 will likely be the year they take the crown, but I'll hold it as long as I can!

When you look at men and women, there is one thing in common. 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 Fall 2023 event

Athlete	# Improvement Since First GGC Entry	Years Competed	Events Completed
Tonyperry21	340	4	6
willf.98	262	4	6
Seanbaileylifts	213	4	6
Tsh148pl	159	5	7
gosnell.kevin	152	4	5

FEMALES

Athlete	# Improvement Since First GGC Entry	Years Competed	Events Completed
megan_powerlifts	118	4	6
hjlesq	46	3	5
fitnessyoucanlivewith	35	4	6
ames_lifting	11	3	5
dana.m.tobin	4	4	6

MOST IMPROVED

Athletes who have competed in at least 3 events... Top 5 LARGEST improvement from their first event to the Fall 2023 Event.

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

The most improvement across the board is coming from people with the MOST events competed in...

Coincidence?



LUCKIEST

List only includes athletes that competed in the Fall 2023 event

Athlete	Prize Wins	Years Competed	Events Completed
Slickboarder89	3	5	6
shoreway_barbell_club	3	5	7
quadzillacdn	2	6	7
Aggressively_average_greg	2	5	7
Jamesmichaud44	2	3	5
fakejeremyofficial	2	3	5
FractalBear	2	3	5
gosnell.kevin	2	4	5
Mr_squat_a_pony	2	4	6
leviglavin	2	4	6

UN-LUCKIEST

Athlete	Prize Wins	Years Competed	Difference
bamis51	0	6	8
gray_matter_lifting	0	6	8
ZeDriverKaya	0	6	8
Matt89johnson	0	5	7
Minneswoletagaragegym	1	5	6
notstrong_justfat	1	5	6
clinton4255	1	5	6
Tsh148pl	1	5	6
Tonyperry21	0	4	6
ocupatdown	0	4	6

LUCKIEST & UNLUCKIEST

The top table takes a look at the participants from the fall that have won the most amount of prizes cumulatively over the years. Now this isn't necessarily dollar value, just total prizes.

The bottom table takes a look at the UNLUCKIEST participants. 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... the more people from a location, the more they win. California, New York, and Texas continue to be three of the largest participant pools... and three 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 504,878 pounds... or the equivalent of 1.6 Million 1000lb 999lb Club T-Shirts.

We lifted 505 Manatees!

Under 18 athletes lifted 3 Hippos!

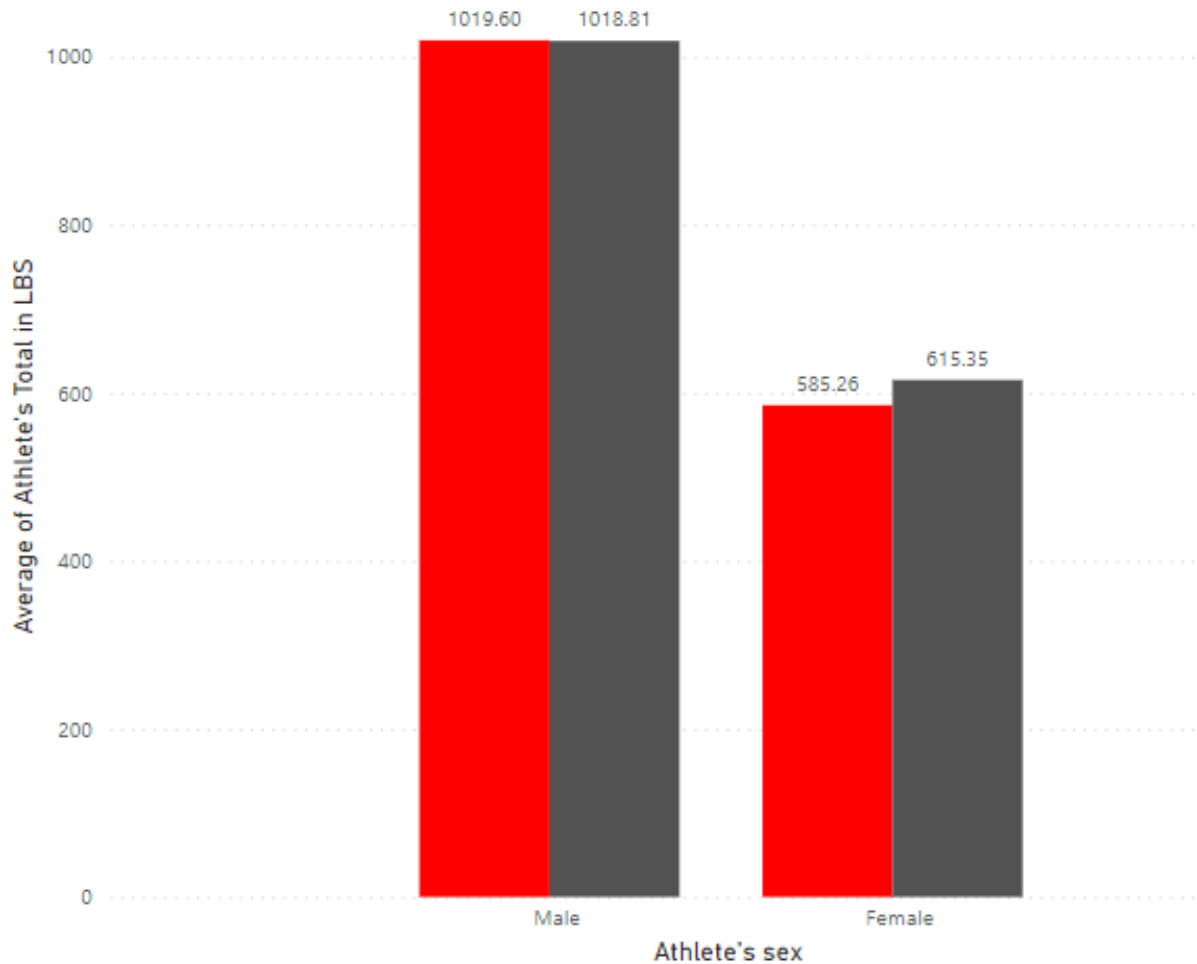
We lifted over 500k Pints of Ice Cream (the most common favorite cheat food)!

Our IT workers lifted over 2000 computers!

We will have more of these fun ones coming up very soon to share!



Which phrase best describes y... ● Planning It ● Winging It



PLANNING IT VS WINGING IT

A new one for the fall, we asked If your life was Planning It or Winging It?

Interesting note, 65% of both Men and Women say they are Planning It.

And as we can see, the difference in lifts is marginal for Men, and about 30lbs for Women.

As an extreme planner, I would have thought planning it was gonna take this one by a long shot.



Average Lifts (lbs.)

334



332

241



238

396



374



971



945

ios

ANDROID VS IOS

474 total people answered the question, with 307 people picking iPhone over Android.

BUT!!! Android took home the strongest lifter award here, besting iOS in all three lifts and total!

As an Android user myself, I can say that this was an obvious win.

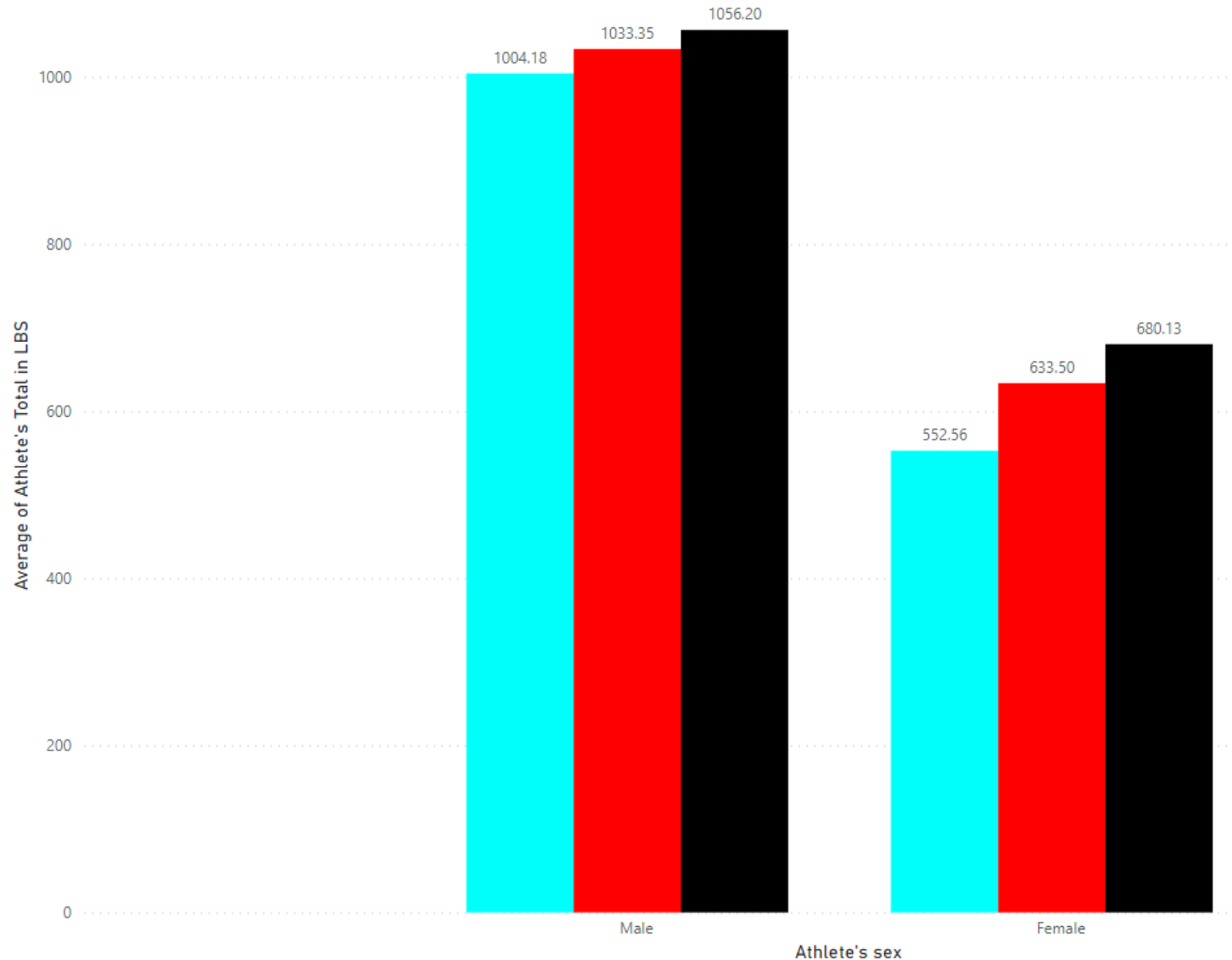
Interestingly enough, the top lifters in both male and female both chose iOS...





JUGGERNAUT AI

Do you use JuggernautAI for your programming? ● (Blank) ● No ● Yes



JUGGERNAUT AI VS THE WORLD

We had 52 athletes state they use Juggernaut AI for their programming (hopefully they are using Code GGC to save on their monthly subscription!) and 32 athletes state they use SOME OTHER Online Coaching Service.

Those 52 athletes averaged a higher TOTAL than those NOT on Juggernaut AI.

And when we look at average total for ALL athletes not using JuggernautAI vs those using, it is an even bigger gap!

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	9	683.22
Female	February	5	613
Female	March	5	615.4
Female	April	5	403.4
Female	May	8	608.38
Female	June	5	584.6
Female	July	7	513.71
Female	August	9	486.11
Female	September	10	539.1
Female	October	13	613.15
Female	November	7	507.71
Female	December	9	648.78
Male	January	40	1082.2
Male	February	35	965.57
Male	March	39	1092.54
Male	April	34	996.12
Male	May	42	1000.67
Male	June	34	1054.94
Male	July	42	908.88
Male	August	37	1027.89
Male	September	38	1025.87
Male	October	28	1005.36
Male	November	37	1000.43
Male	December	31	977.35

THE BEST AND WORST MONTHS TO BE BORN

These months changed COMPLETELY from the Spring.

If you are a couple looking to make a kid, plan your whoop whoop time accordingly.

No one wants a weak kid.

(says the guy with a daughter born in April who crushes the weights).



MALES 3 or more athletes to be included

First Name	Count of Name	Average Total In Pounds
Michael	4	1214.25
Matthew	7	1176.57
Jordan	4	1174.5
Jake	3	1148.33
Mike	7	1146.57
Ryan	5	1134.4
Paul	4	1117.5
Dylan	3	1074.33
Mark	4	1070.25
Brandon	5	1069.6

Last Name	Count of Name	Average Total In Pounds
Rogers	2	1532
Reed	2	1449.5
Ellis	2	1222.5
Bailey	2	1187.5
Woods	2	1185.5
Rose	2	1150
Wright	2	1090
Larson	2	1089
Stewart	2	1085
Martin	2	1061

FEMALES 2 or more athletes to be included

First Name	Count of Name	Average Total In Pounds
Michelle	2	822.5
Ashley	2	732.5
Danielle	2	693
Jamie	2	605
Elizabeth	3	597
Ana	2	570
Victoria	2	442.5
Samantha	2	360
Kayla	2	276

Last Name	Count of Name	Average Total In Pounds
Courter	2	612.5
Johnson	2	390.5

THE BEST NAMES!

The most common male name was Matt!

The most common female name was Elizabeth!

Michael was our average strongest male name.

And Michelle stole the show for the females!

So what have we learned? Have your kids in January and name them Michael and Michelle!

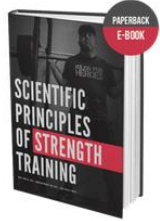




Check Out The GGC Newsletter >



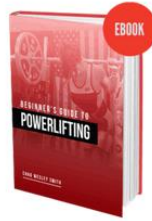
The Powerlifting Program Design Manual



Scientific Principles of Strength Training



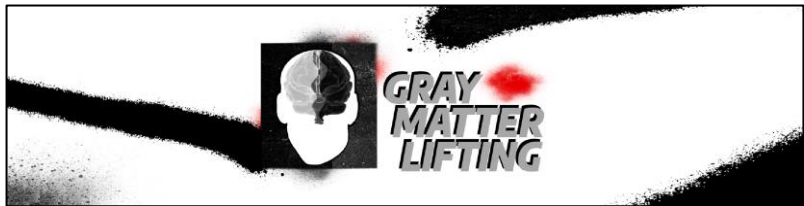
Squat + Bench + Deadlift Manuals Bundle



Beginner's Guide to Powerlifting



Check Out The Gray Matter Lifting Newsletter >



KNOWLEDGE IS POWER!!!

Athletes who signed up for the GGC and Gray Matter Lifting Newsletters lifted on average 100lbs MORE than those who did not.

Athletes who have purchased published training programs or training literature lifted almost 200lbs more than those who have not.

What can we take away from this?

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 Fall 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 FALL PRIZE WINNERS

Where did you submit?	Username	Sponsor	Prize
Instagram	bu.Id.ngthebeast kasonkinstler	American Barbell	Chewy Bar
Instagram	Dr_Tattywaffles	American Barbell	Chewy Bar
Instagram	2ndquadrantactions	Barbell Rescue	Barbell Brush
Instagram	Jace.Fletcher.7	Barbell Rescue	Barbell Brush
Instagram	Lyftarenspringer	Barbell Rescue	Barbell Brush
Instagram	jjbulger	Bells of Steel	Barenaked Powerlifting Bar 2.0
Instagram	Scants1	Biggins Irons	\$300 Gift Card Per Event
Reddit	elizarrj	Cerberus Strength USA	Gear Prize Pack
Instagram	emilymsith	Crandall Fitness	\$250 gift cards per event
Instagram	Fitandhoppy	Crandall Fitness	\$250 gift cards per event
Instagram	jessica.merth	Crandall Fitness	\$250 gift cards per event
Instagram	Speas.strong	Crandall Fitness	\$250 gift cards per event
Instagram	Fitdoc_shamrock	Garage Gym Lab	No Parking signs
Instagram	matthews_mobility	Garage Gym Lab	No Parking signs
Instagram	Thomas.falk15	Garage Gym Lab	No Parking signs
Instagram	josh.max	Garage Gym Outfitters	\$100 Gift Cards per event
Instagram	Nbyrne218	Garage Gym Outfitters	\$100 Gift Cards per event
Instagram	willf.98	Garage Gym Outfitters	\$100 Gift Cards per event
Facebook	Kenneth Brewington	Garage Gyms	Banner / shirt
Instagram	_savagelyaverage_	Garage Gyms	Banner / shirt
Instagram	IronPursuitgym	Garage Gyms	Banner / shirt
Instagram	jedolson	Garage Gyms	Banner / shirt
Instagram	Theironspud	Garage Gyms	Banner / shirt
Instagram	Bigmikepower1	GymPin	30" D Handle
Instagram	DrewBoo27	GymPin	Gym Pin
YouTube	N/A	GymPin	Gym Pin



2023 FALL PRIZE WINNERS

Where did you submit ?	Username	Sponsor	Prize
Instagram	capturingtheaction	JuggernautAI	Juggernaut Prize Pack
Instagram	deepdishglobes	Micro Gainz	4 Pack 1.25 Dumbbell Micro Plate set
Instagram	MrTalbott	Micro Gainz	Micro Gainz 10 Plate Micro Plate set
Instagram	scottdodds_hookgrip	Mutant Metals	Snap Back Rollers
Instagram	Kpedigo15	No Conformity Co	NoCo Lifting Belt
Instagram	Lme_Sparky	No Conformity Co	NoCo Lifting Belt
Instagram	mr.ryanlifts	No Conformity Co	NoCo Lifting Belt
Instagram	Robroso	No Conformity Co	NoCo Lifting Belt
Instagram	Rotisserie_fitness	No Conformity Co	NoCo Lifting Belt
Instagram	winterleigh	No Conformity Co	NoCo Lifting Belt
Instagram	Taylor.elg	Oak Club	pair of James 2
Instagram	gngleifts	Pioneer	1 Custom Pioneer Belt (no exotic leather)
Instagram	flippino35	Plate Snacks	\$200 gift card
Instagram	galaxy.barell	Primal Armor	1 Barbell from new collection
Instagram	nlinaberry198	Prime Fitness USA	Mystery Prizes
Reddit	ak-ridge	Prime Fitness USA	Mystery Prizes
Reddit	Novel-Panic4916	Prime Fitness USA	Mystery Prizes
Instagram	datgirlsass	Stray Dog Strength	GOAT attachment & Merch Pack
Instagram	bigbehrlodge	Strength Warehouse USA	\$500 gift cards per event
Instagram	blue_collar_barells	Strength Warehouse USA	\$500 gift cards per event
Instagram	deadliestlift	Strength Warehouse USA	\$500 gift cards per event
Instagram	Ellisonfitnessinnovations	Strength Warehouse USA	\$500 gift cards per event
Instagram	Toby_wan_knbi	The Papa Bear Strong Foundation	PapaBear Gear
Instagram	Waffleirongym	The Papa Bear Strong Foundation	PapaBear Gear
Instagram	megan_powerlifts	Wall Control	\$150 Gift Card
Instagram	pixielifter	Weight It Out	\$250 gift card

