

**WELCOME TO  
PANDASTRONG.WOMEN 1st ANNUAL ONLINE COMPETITION**

This fun, laid-back, out-of-the box virtual strongman competition will challenge your creativity and strength!

**WHO IS ELIGIBLE TO COMPETE**

Female Strength Athletes ages 8 and up (18 and under require parental consent to register) located anywhere in the world.

**HOW IT WORKS**

There is a list of challenges that you can complete. The more challenges you complete, the higher chance of you winning. The challenges are divided into four categories YEET, SKURT, HOLD THAT, and DROP THAT. For every challenge you complete you get 1 point per challenge. Some challenges are for max rep, max distance, or max weight etc and you can earn additional points in accordance with how many extra things you do within the scope of that challenge. Whenever possible show with the video camera angles (by zooming in) the weight or approximate weight of what you are lifting. As this is a virtual competition we trust lifters to be honest, recognizing this is a non-sanctioned event for fun and prizes.

**There are 4 age categories for Lifters to compete in:**

*(Sub Juniors (8-13) Juniors (14-23) and Open (24-39) and Masters 40+.*

If you complete a challenge and either lift more weight, more objects, do more reps, or throw something a farther distance than another lifter in your weight category you get an additional point. It is one big mystery until the event ends who wins, only the Judge will know as she has watched all Lifters videos. Post each challenge you complete in 2 mins or less to Instagram and tag:  
PANDASTRONGPODCAST and BDEEZYLEMONSQUEEZY on Instagram

**WINNER ANNOUNCEMENTS**

Winners will be announced via social media, and will be emailed their gift cards, and mailed their prize. There will be one winner for each category. Winners of this years competition will be posted on our social media pages, and website. Winners will win a spot into our PandaStrong Elite Athletes Sponsorship Program.

**YEET (R.O.M Strength & Endurance)**

**Each challenge completed equals 1 point.**

- Human toss challenge- Throw as many humans as possible for 60 secs overhead
- Human toss challenge2- Throw the heaviest human possible as far as you can.
- Sandbag over-head toss as many possible in 60 secs
- Throw as many water jugs as you can far as you can in 60 secs
- Throw the heaviest object you can find as far as you can in front of you (sandbag, keg, empty propane tank, rock)
- Throw the heaviest object you can find as far as you can behind you (sandbag, keg, empty propane tank, rock)
- Throw the heaviest object you can find as high as possible above you (sandbag, keg, empty propane tank, NO ROCKS)

1 \*The information contained in this document is confidential and is not to be disclosed with competing parties\*

- Throw as many heavy objects over your head aiming behind you while running 60 ft. distance (sandbag, keg, empty propane tank, rock)

### **SKURT (Crushing Strength)**

**Each challenge completed equals 1 point.**

- Crush as many watermelons as possible between your thighs sitting down in 60 secs
- Crush as many melons as possible underneath your arm pit in 60 secs
- Bend as many objects you can using two hands in 2 minutes.

### **HOLD THAT (Compression Strength)**

**Each challenge completed equals 1 point.**

- Stone or Sandbag throws over shoulder from ground as many as possible for 60 secs
- Keg/ Atlas Stone/ or Sandbag to shoulder for reps in 60 secs
- Seated or standing tire pull (tires tied together) as many as possible as far as possible - use measuring tape in 60 secs
- Carry the heaviest human you can find as fast and far as you can for 60 secs
- Truck pull for the farthest distance in 60 seconds.
- Seated prowler sled pull (max distance in 60 secs)
- Carry and run with the most humans attached to you (Every extra human counts as an additional point)
- Circus dumbbell/ Heavy dumbbell to shoulder
- Carry as many objects all over your body as fast/ far as you can in 60 secs. such as water jugs
- Walk as far and as fast as you can with as many heavy objects tied to your body (such as a human, a car tire, a sandbag etc)
- Run as fast and as far as you can in 60 seconds holding the heaviest rock you can find

### **(DONT) DROP THAT (Grip Strength)**

- Lift the heaviest thing you can one-hand above the ground for as long as possible.
- Lift as many heavy things as you can with one-hand above the ground in 60 seconds
- Lift with one-hand a heavy object and run as far as you can without dropping it in 60 seconds.
- Balance the heaviest object you can for as long as you can on your either your head, elbow, knee, shoulder etc.
- Flip the tire as many times as possible in 60 seconds (can be a car tire, semi tire, or large tractor tire)
- Run as fast as you can in 60 seconds carrying as many chains and/ or battle ropes over your shoulders