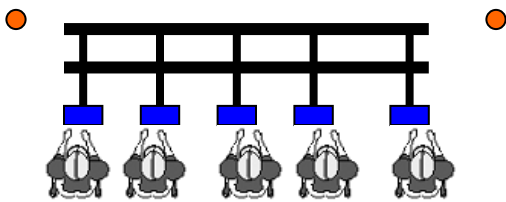
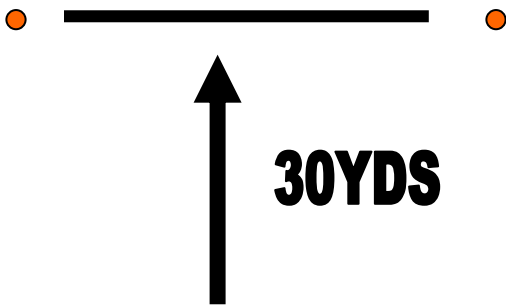




HAWG TUFF!

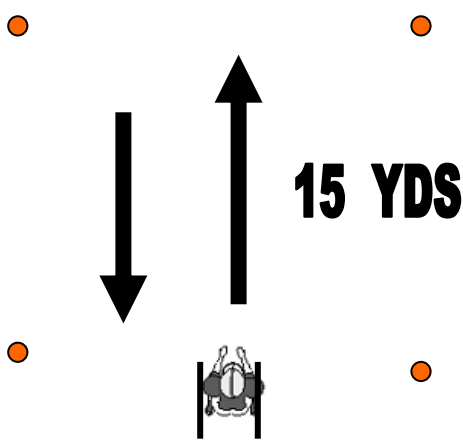
LINEMEN CHALLENGE

EVENT DESCRIPTIONS



EVENT #1 - 5 MAN SLED DRIVE

2 GROUPS OF 5 ABD ADD UP THEIR TOTAL TIMES

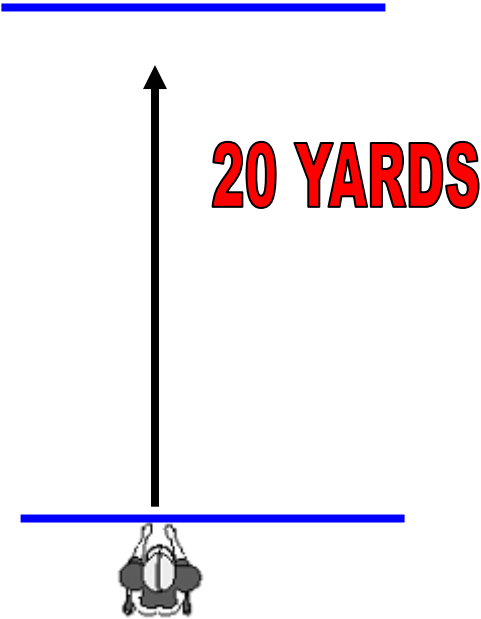


EVENT #2 - FARMER'S WALK

EACH TEAM MEMBER DOES THE WALK TWICE - WE WILL TAKE BEST TIME FOR EACH AND AVERAGE.

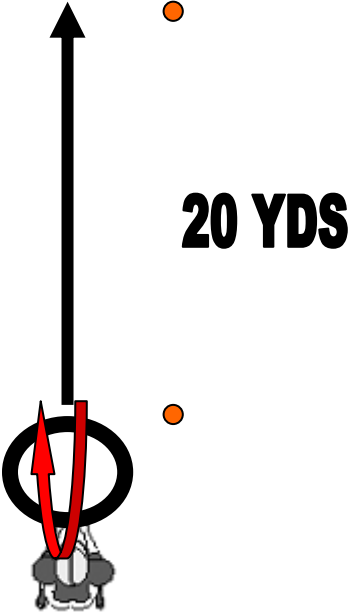


EVENT #3- 20 YD. DASH



EACH TEAM MEMBER DOES THE SPRINT TWICE - WE WILL TAKE BEST TIME FOR EACH AND AVERAGE.

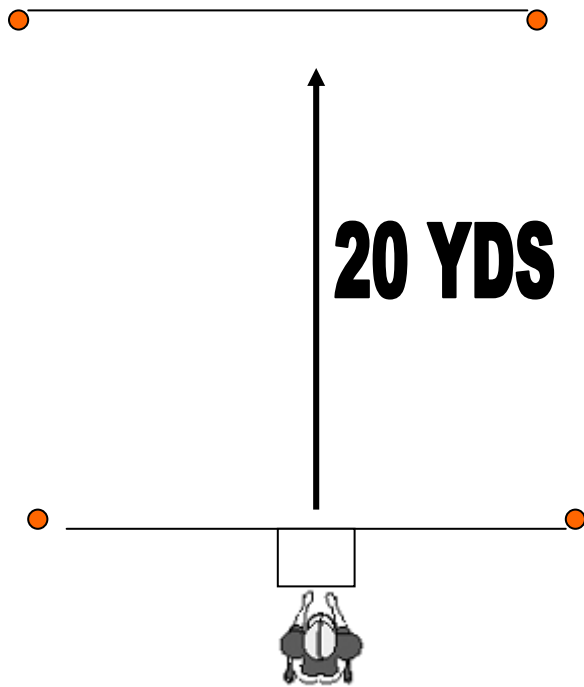
EVENT #4 - 1 MAN TIRE FLIP



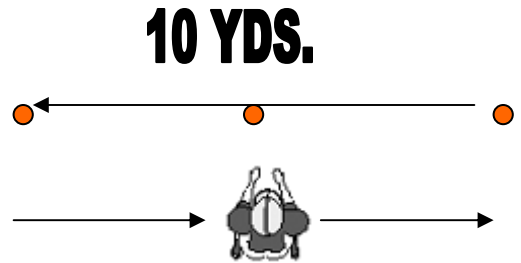
EACH TEAM MEMBER DOES THE DRILL TWICE - WE WILL TAKE BEST TIME FOR EACH AND AVERAGE.



EVENT #5 - "ROOT HAWG"



EVENT #6 - PRO SHUTTLE



LINEMEN CAN
START TO LEFT OR
RIGHT

<http://www.performanceworkouts.com/exercise/proshuttle>

VIDEO LINK FOR PRO SHUTTLE
EACH TEAM MEMBER WILL DO
PRO SHUTTLE TWICE WITH
BEST TIMES AVERAGED

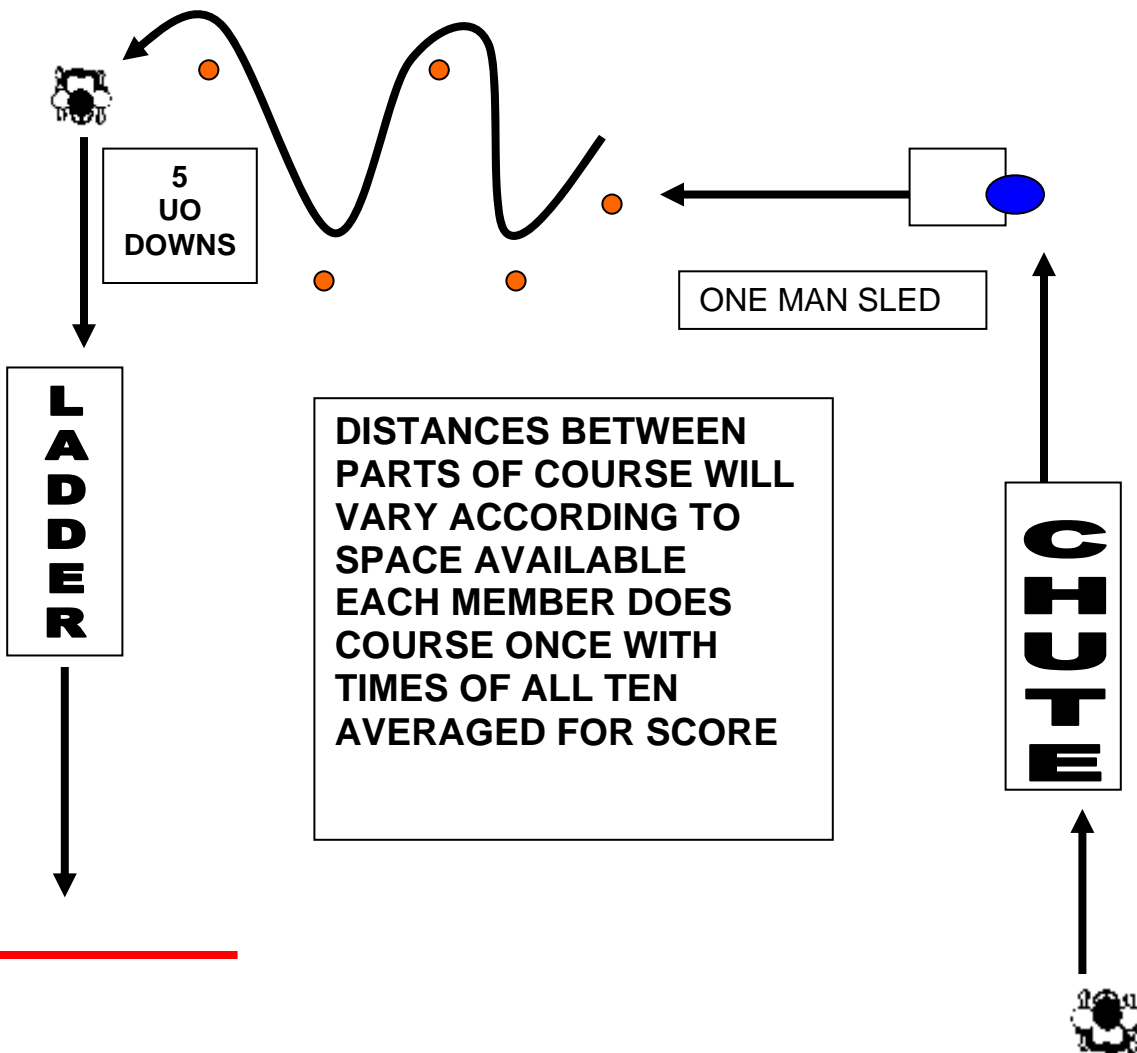


EVENT #7 - MAX REP. 185LB BENCH PRESS

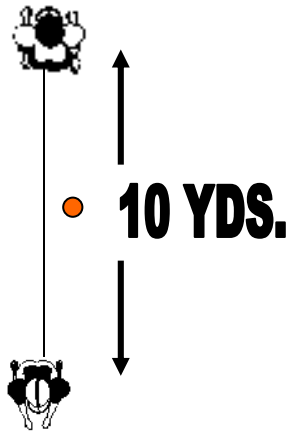


EACH TEAM MEMBER MAX REPS
185 LBS ONE TIME. AVERAGE OF
10 MAX REPS WILL BE JUDGED.
FEET MUST BE FLAT AND BACK
FLAT AT ALL TIMES. JUDGE
WILL COUNT REPS IF DONE
PROPERLY. MUST TOUCH CHEST
AND FULLY EXTEND

EVENT #8 - HAWG-ON-A-MISSION OBSTACLE COURSE

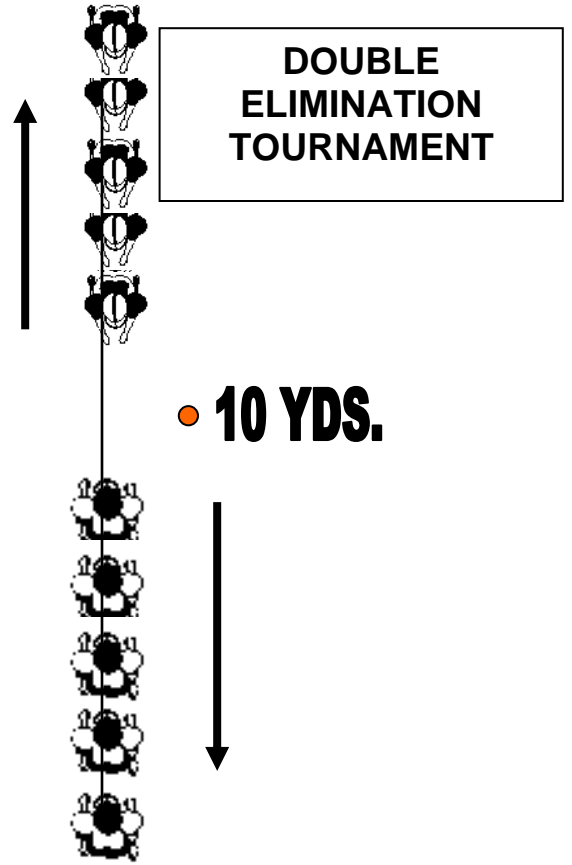


EVENT #9 - "THE BULL PULL"

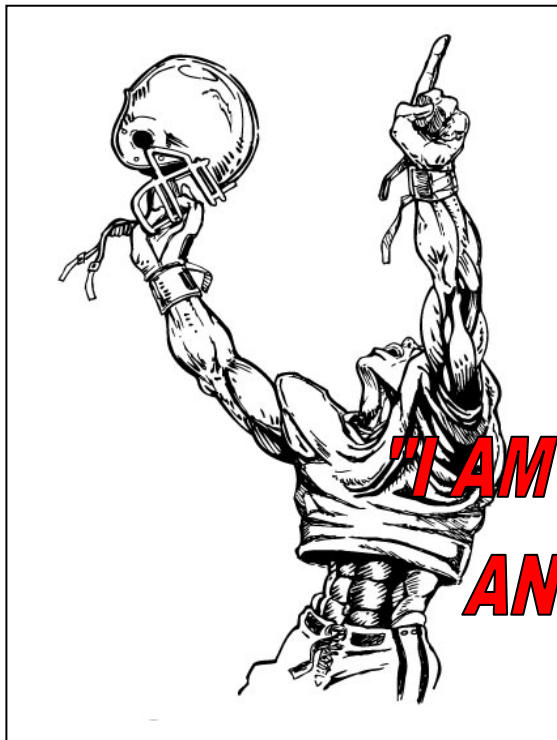


TWO ENTRANTS FROM EACH TEAM
DOUBLE ELIMINATION TOURNAMENT

EVENT #10- TEAM TUG-OF-WAR



10 MAN TEAMS



***"I AM THE STRONGEST...
AND THE TUFFEST!"***



WELCOME TO THE

HAWG TUFF! EXPERIENCE!