

OGI-E[®]
Presents

OKLAHOMA SENIOR GAMES



SCAN ME



WEIGHT LIFTING

Saturday, October 31

Entry Deadline: October 17

Kaizen Performance
1811 Industrial Blvd. #108
Norman, OK

Event Check In: 9:00 am

Event Begins: 10:00 am

FORMAT

Men, Women

EVENTS

Bench Press Perform correct maneuvers of 5 reps at your maximum weight.

Leg Press Perform correct maneuvers of 5 reps at your maximum weight.

20 Yard Sled Push (timed) Men 90 lbs.; Women 45 lbs. Sled is pushed 20 yards as quickly as possible.

STATE DIRECTOR

Garrison Niemiec

www.kaizenperformance.net garrison@kaizenperformance.net

303-854-7631



National
Senior Games
Association



TOMMY NIX
AUTO GROUP



the
Chickasaw
Nation



www.okseniorgames.com

(405) 821-1500

info@okseniorgames