



WELCOME TO THE 2018 ATL FITX GAMES

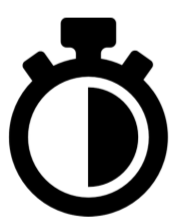
## ARE YOU THE #1 GYM IN ATL?

Is your crew Atlanta's toughest and strongest? Join us Saturday, July 14 at Historic Fourth Ward Park 8 AM-11 AM for the inaugural, ATL FITX Games.

Compete head to head against our city's fittest athletes in a combination of strength, agility and endurance challenges.



COMPETITIVE FITNESS FIELD DAY



8 STRENGTH, AGILITY +  
ENDURANCE CHALLENGES



ENDORPHINS +  
CHAMPIONSHIP PRIZES



READY TO SWEAT? JOIN THE TEAM!

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@FITXGAMES





## THE COMPETITIVE FITNESS FIELD DAY



### THE ATL FITX GAMES SCHEDULE

Teams will compete in 8 competitions over the course of the day, consisting of (2) scheduled relays, and (6) scramble games events. The full game list and rules will be released the week of the event!



### TEAM REGISTRATION

Each team will consist of 8+ participants. There is no required gender ratio, but Co-Ed teams are strongly encouraged.



### SCHEDULED RELAYS

Each team will compete in 2 scheduled relay events. In these two events, your team score is ranked against every other team participating in the event.



### SCRAMBLE GAMES

Teams will complete in 6 scramble-style games. Scramble games can be points-based challenge involving just one team, or a head-to-head matchup with another team.



# THE GAMES

FUELED BY GUSTO!

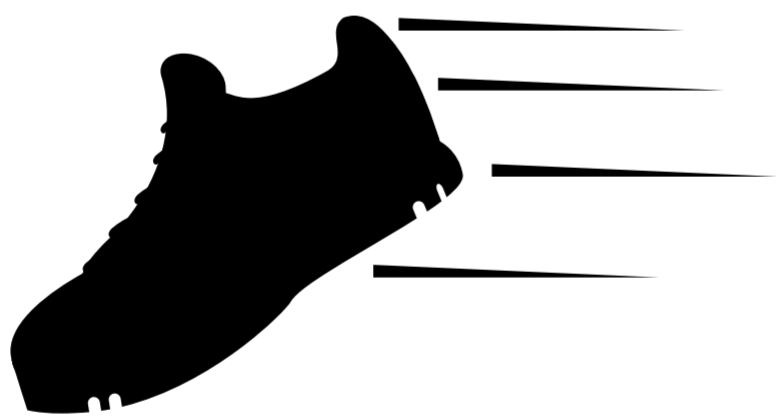


## AGILITY & STRENGTH RELAY

WHEELBARROW SQUAT RACE  
AGILITY LADDER  
40 YARD DASH  
REPEAT TWICE



15 MINS | RANKED BY TIME  
8 TEAM MEMBERS COMPETE



## SLED DASH

SLED DASH TO 10 YARD LINE  
WEIGHTED SLED DASH + 30 YARDS  
REPEAT WITH 8 MEMBERS



COMPETE HEAD TO HEAD

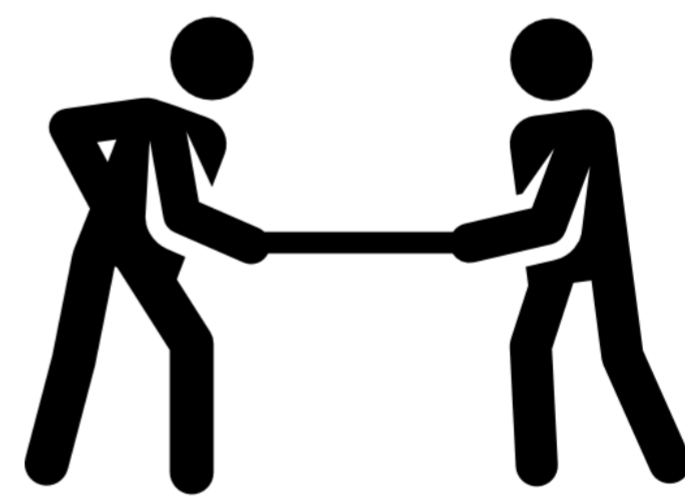


## MEDICINE BALL RELAY

MED BALL THROW  
LONG JUMP TO BALL SPOT  
MED BALL THROW  
BEAR CRAWL BACK TO TEAM



15 MINS | RANKED BY TIME  
8 TEAM MEMBERS COMPETE



## TUG OF WAR

PULL ROPE INTO TERRITORY  
BANDANA MUST CROSS  
CONES



COMPETE HEAD TO HEAD

REGISTER HERE FOR THE ATL #FITXGAMES



# THE GAMES

FUELED BY GUSTO!



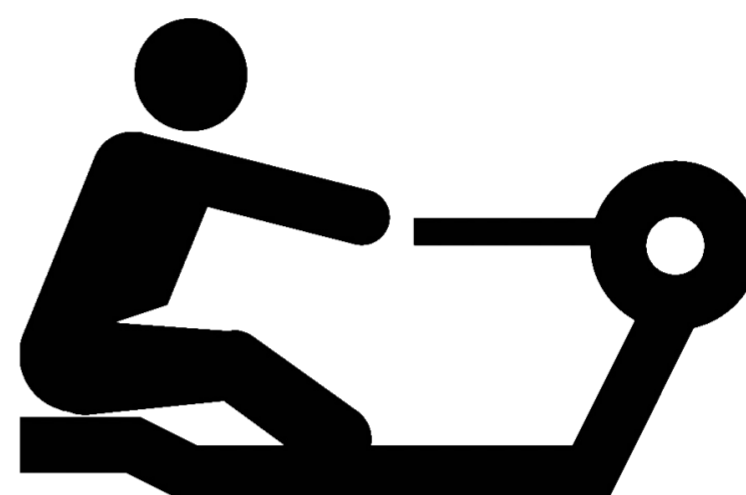
## DUELING PYRAMIDS

BURPEES TO TEAM PYRAMID

PLAYER #1-1, PLAYER #2-2,  
#3-3, #4-4, #5-5, #6-6, #7-7, #8-8  
THEN BACK DOWN TO 1



COMPETE HEAD TO HEAD



## ROW YOUR BOATS

ROW - 1 MINUTE

EACH PLAYER ROWS FOR  
1 MINUTE (8 PLAYERS)



CALORIES BURNED = POINTS

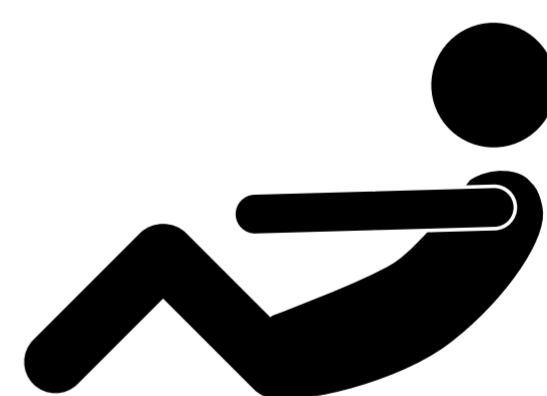


## TEAM OVER/UNDERS

SIMILAR TO LEAP FROG:  
BRIDGE  
HOP OVERS  
DOWNWARD DOG



COMPETE HEAD TO HEAD



## JENGA ATTACK

ONE HANDED JENGA

PERFORM ACTION FROM  
PULLED JENGA BLOCK



STOPWATCH ENDS WHEN  
TOWER FALLS

REGISTER HERE FOR THE ATL #FITXGAMES



# WINNERS

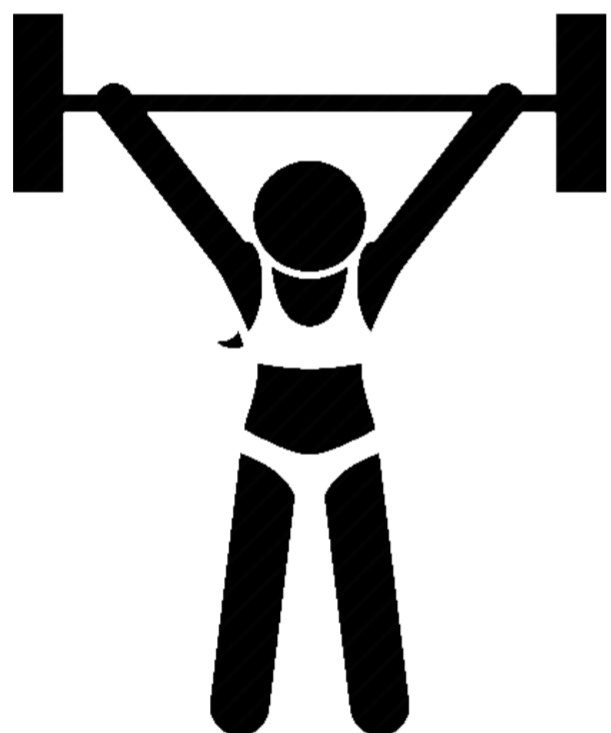
FUELED BY GUSTO!



## ATL FITX GAMES OVERALL WINNER

The team with the most points at the end of the day will take the ATL FITX GAMES trophy, gold medals and sponsor gifts back to their gym!

The winning team will be pushed around in a chariot for a victory lap by the second place team!



## LADIES OF THE LAND

The all ladies team with the most points at the end of the games will win the LADIES OF THE LAND gold medals and sponsor gifts!



## #ATLFITFAM: MOST SPIRITED

The team that is the most spirited with the best team sportsmanship and costumes will receive the #ATLFITFAM Most Spirited award! This award will be given to the team voted most spirited by the event volunteers and staff.



All game participants will receive a swag bag with sponsors gifts and ATL FITX Games t-shirt!



# TRAINING

FUELED BY GUSTO!

POWERED BY @SMALLANDSTRONG.FIT

PREPARE YOUR TEAM FOR VICTORY WITH STRENGTH, ENDURANCE AND AGILITY TRAINING.

## ATL FITX GAMES WORKOUTS

### RELAY 1: STRENGTH + AGILITY

EXERCISE	SETS	REPS
BARBELL SQUATS	5	5

#### CIRCUIT

3 ROUNDS X 45 SECS EACH

SQUATS  
SINGLE LEG BURPEES  
QUICK FEET SHUFFLES  
COMMANDOS  
WALL BOSS TOSS

SPRINT 30:30 SECS ON/OFF X 6

### RELAY 2: MEDICINE BALL TOSS

EXERCISE	SETS	REPS
SHOULDER PRESS	4	8-12
KETTLEBELL CLEANS	3	8-12

#### CIRCUIT

3 ROUNDS X 45 SECS EACH

BROAD JUMP BURPEES  
MED BALL SQUAT + PRESS  
BEAR CRAWLS  
CRAB WALKS  
MED BALL RUSSIAN TWISTS  
BOX JUMPS

### RELAY 3: SLED DASH

EXERCISE	SETS	REPS
BENCH PRESS	4	5-8
ROMANIAN DEADLIFTS	3	5-8

#### CIRCUIT

3 ROUNDS X 45 SECS EACH

SLED/PLATE PUSH  
PUSHUPS  
JUMP LUNGES  
SHOULDER TAPS  
SINGLE LEG RDL

DEADMILL SPRINTS 6 X 30 SECS

### RELAY 4: TUG OF WAR

EXERCISE	SETS	REPS
WALKING LUNGES	3	8-12
BARBELL ROWS	3	8-12
LAT PULLDOWNS	3	8-12
CABLE ROWS	3	8-12

#### CIRCUIT

3 ROUNDS X 30 SECS EACH

WEIGHTED STEP-UPS  
BATTLE ROPES (LUNGES)  
CHIN UPS (3 SEC ECCENTRIC)

FINISHER:

SLED ROWS + PUSH 20 YARDS X 6

# TRAINING

FUELED BY GUSTO!

POWERED BY @SMALLANDSTRONG.FIT

PREPARE YOUR TEAM FOR VICTORY WITH STRENGTH, ENDURANCE AND AGILITY TRAINING.

## ATL FITX GAMES WORKOUTS

### RELAY 5: DUELING PYRAMIDS

BURPEE BREAKDOWN CHALLENGE

JUMP SQUATS 3 X 15  
SUPERSET: CATERPILLARS (30s)

SNAP JUMPS 3 X 15  
SUPERSET: LAYDOWN PUSHUPS (30s)

BURPEES 3 X 10  
SUPERSET: BURPEES (30s)

LISS CARDIO - 20 MINS

### RELAY 6: ROW YOUR BOAT

#### CARDIO ACCELERATION

PERFORM ANY OF THESE EXERCISES FOR 30 SECS BETWEEN YOUR SETS:

JUMP SQUATS  
GOODMORNINGS  
JACKKNIVES  
PULL-UPS  
CRUNCHES

EXERCISE	SETS	REPS
WIDE PULLDOWNS	3	12-15
CLOSE PULLDOWNS	3	12-15
WIDE CABLE ROWS	3	12-15

ROWER -1 MINUTE X 6 ROUNDS

### RELAY 7: TEAM OVER/UNDERS

#### CARDIO ACCELERATION

PERFORM ANY OF THESE EXERCISES FOR 30 SECS BETWEEN YOUR SETS:

CHILD'S POSE PUSHUP  
PUSHUP WALKOUT  
BEAR CRAWLS  
BENCH HOP OVERS  
CATERPILLAR PUSHUPS  
GLUTE BRIDGES  
FROGGERS

EXERCISE	SETS	REPS
SQUATS	4	5
DEADLIFTS	4	5
HIP THRUSTS	3	5

### RELAY 8: JENGA ATTACK

BODY WEIGHT CHALLENGE  
RECORD HOW MANY YOU CAN DO IN 60 SECONDS! COMPARE YOUR PRS!

CIRCUIT 1 X - 60 SECS EACH X 2  
TUCK JUMPS  
DIAMOND PUSHUPS  
TOE TOUCHES

CIRCUIT 2 - 60 SECS EACH X 2  
JUMPING JACKS  
SINGLE LEG DEADLIFTS  
TOE TOUCHES

# READY TO SWEAT

©RedheadPR.com  
ATLANTA  
FIELD  
DAY 2015

## TEAM REGISTRATION

### IS YOUR FIT FAM READY TO CONQUER ATL?

Gather a team of 8+ athletes of all skill levels to compete in 8 strength, agility and endurance challenges. Be named Atlanta's #1 fitness team and win championship prizes!

## BOOTH REGISTRATION

### READY TO EMPOWER THE COMMUNITY?

Interact with the Atlanta's fitness community with exposure to 1,500+ people during the ATL FITX Games and ATL Field Day.



PREPARE YOUR  
PREWORTOUT.





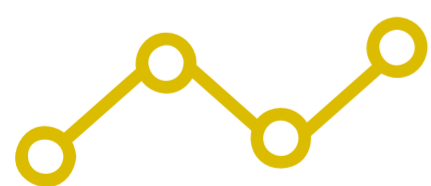
# LET'S TEAM UP

## TEAM REGISTRATION

Interact with the Atlanta fitness community with exposure to your brand in a competitive social setting! The winners of the ATL FITX Games will be pushed in a chariot ride across the field by the winning team!

## BENEFITS

- COMMUNITY ENGAGEMENT
- CORPORATE SOCIAL RESPONSIBILITY
- CREATIVE BRAND EXPOSURE
- COMPANY TEAM BUILDING



**\$45** INVESTMENT  
PER PERSON

**LOW COST.**

**HIGH RETURNS.**

**REGISTER HERE**



**A CHAMPION  
MARKETING  
SOLUTION!**



# SIGN ME UP COACH

## HOW TO REGISTER

Congrats! You're going to be competing against Atlanta's elite athletes for the title of the ATL FITX Games Champion! Let's get you set up.

## SIGN UP AS A GYM

Represent your gym with a team of 8+ members!  
We'll take care of the payment process for you!

1. Email information to [fitxgames@gmail.com](mailto:fitxgames@gmail.com):

Company Name

Billing Address

Billing Contact

Email address

Phone number

How many members on your team:

Amount:

A unique code will be sent to you!

2. Have each of your team members enter your unique team code into Eventbrite to register: [CLICK HERE](#)

\* All team members MUST register individually for eligibility.

3. Check in at 7:15 am on Saturday, July 14 at Historic Forth Ward Park.,  
680 Dallas Street Northeast Atlanta, GA 30308



**#ATLITFAM  
EXCLUSIVE:**

8 MEMBERS = \$350  
9 MEMBERS = \$375  
10 MEMBERS = \$400  
10+ MEMBERS =  
20% OFF



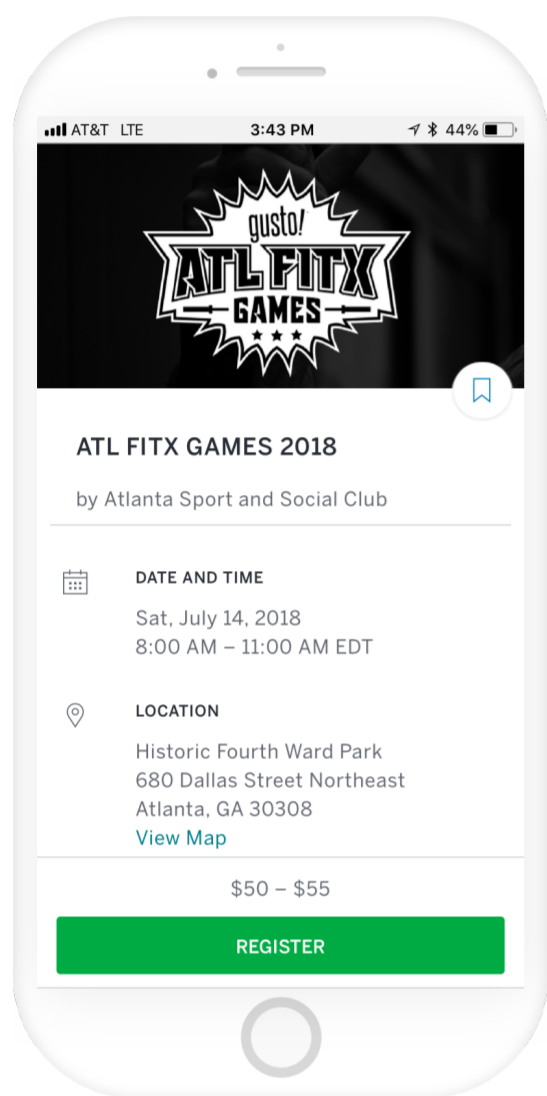
# SIGN ME UP COACH

## SIGN UP AS A TEAM

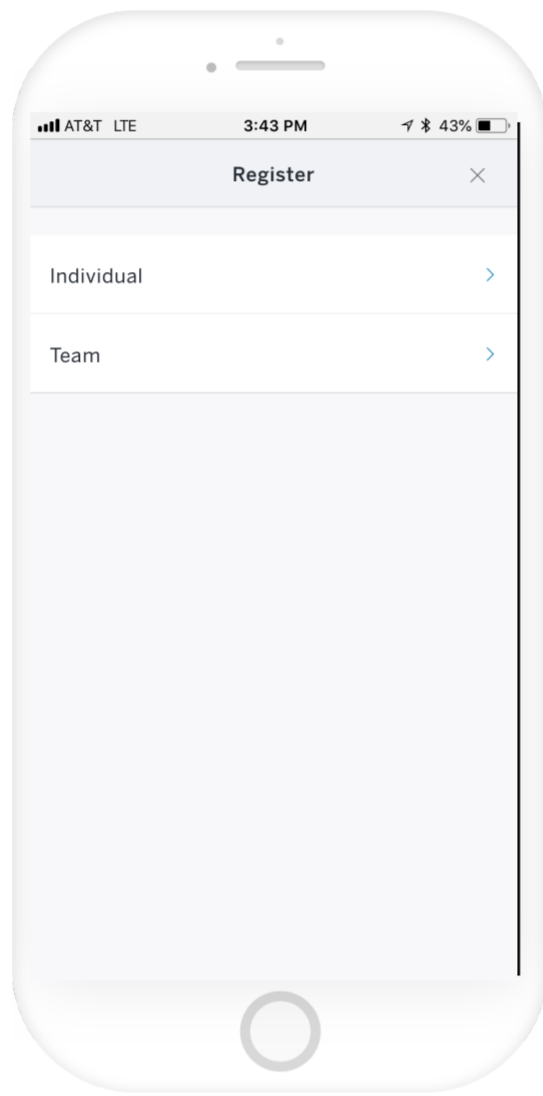
Round up your team of 8+ members and sign up on our website! It's easy!

HOW TO SET UP TEAM ONLINE:

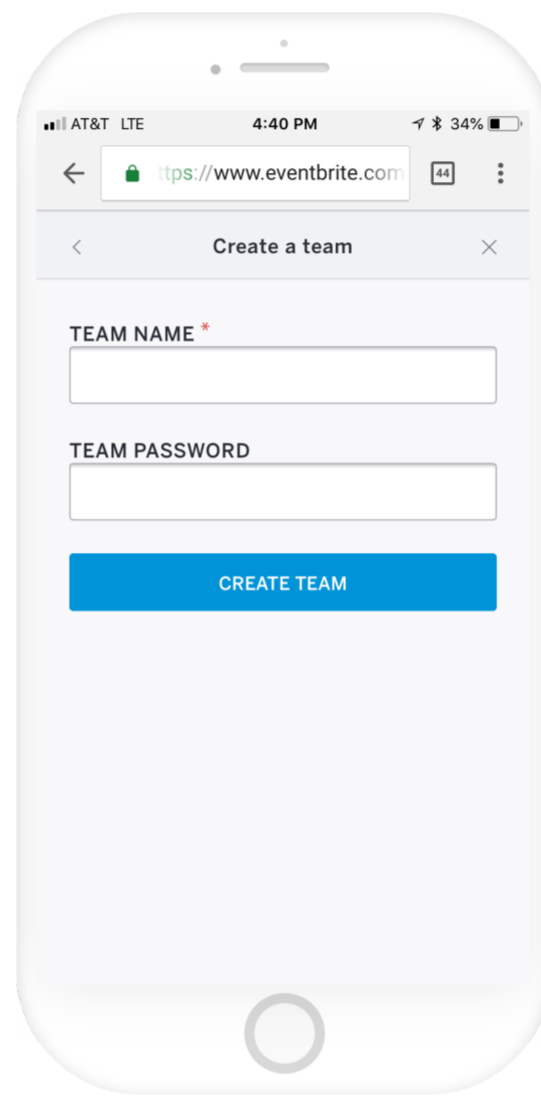
TEAM CAPTAIN:



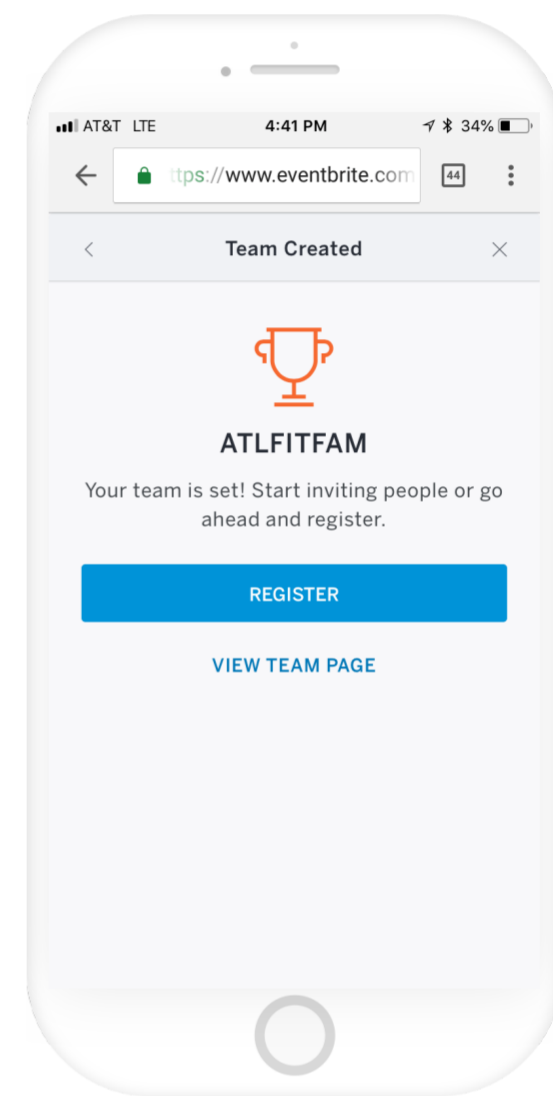
STEP 1:  
CLICK REGISTER



STEP 2:  
CLICK TEAM

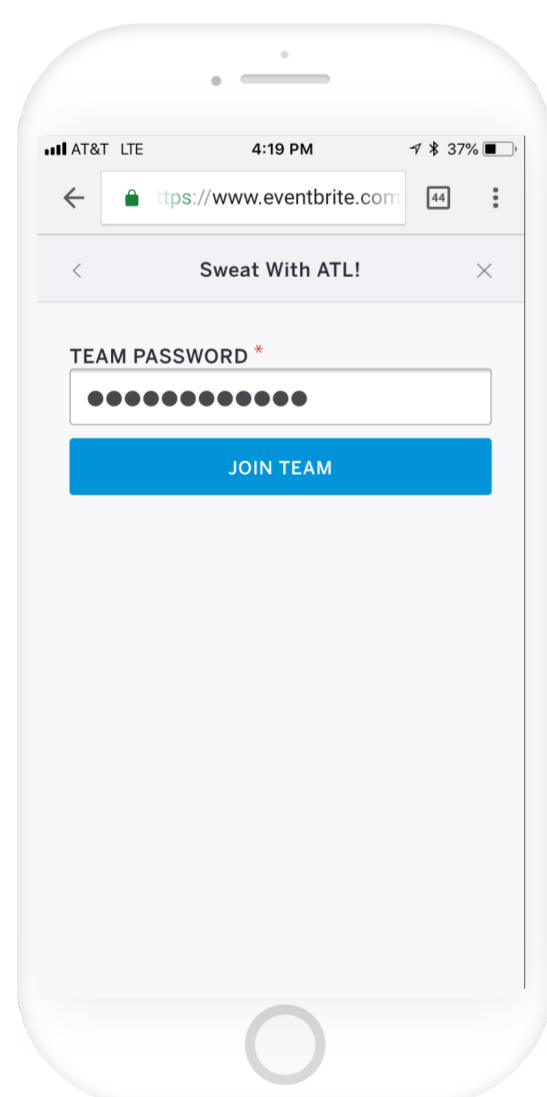


STEP 3:  
ENTER NAME +  
PASSWORD

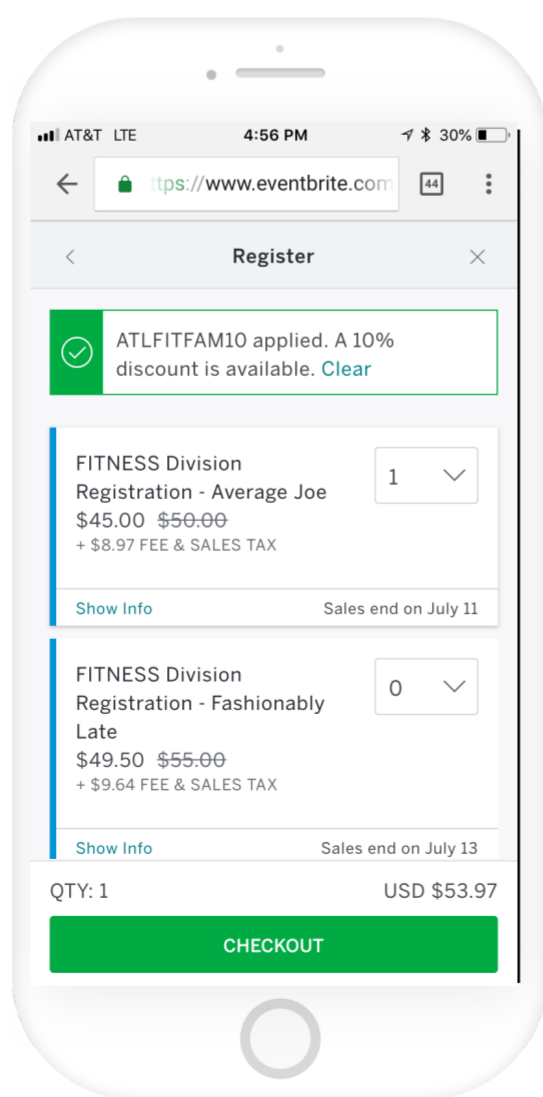


STEP 4:  
DONE! REGISTER  
YOURSELF!

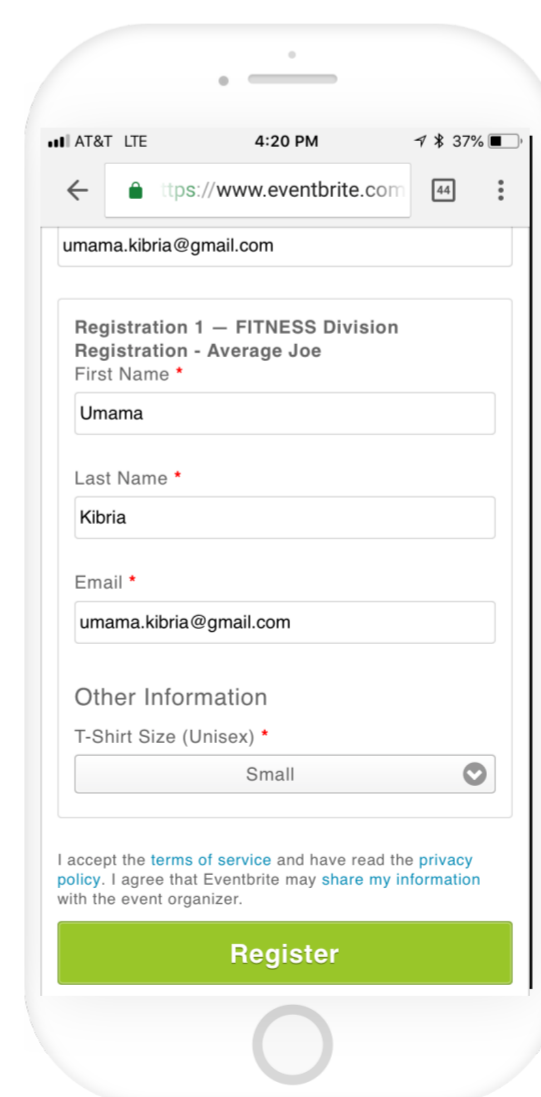
TEAM MEMBER REGISTRATION:



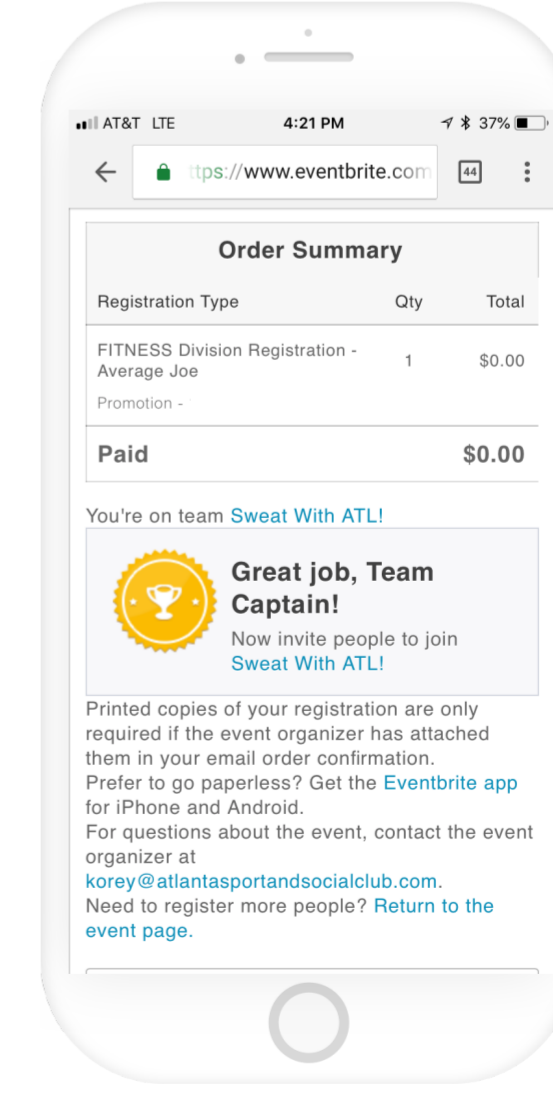
ENTER TEAM  
NAME &  
PASSWORD



ENTER  
PROMO CODE  
OR TICKET QTY: 1  
  
10% OFF = ATL FITFAM10



ENTER  
INFO + EMAIL +  
T-SHIRT SIZE



GET READY  
TO SWEAT!

