

Time Table: ARNOLD Powerlifting & Bench Press Championships 5-7 May 2017

Fri 5th May: Weigh-In 08h00 – 09h30 Start 10h00 Session 1 – **Raw Powerlifting Women**

Weigh-In 13h00 – 14h30 Start 15h00 Session 2 – **Raw Powerlifting Men**

Saturday morning: 08:30 **Seminar by Daiki Kodama – 13 Time World Bench Press Champion**

Sat 6th May: Weigh-In 10h00 – 11h30 Start 12h00 Session 1 – **Raw Bench Press Women/Men**
Weigh-In 10h00 – 11h30 Start 12h00 Session 2 – **Equipped Bench Press Women/Men**

Session: 1 – Raw Bench Press – Group 1 – Women

Session: 2 – Raw Bench Press – Group 2 – Men

Session: 3 - Equipped Bench Press - Group 3 – Women & Men

After Equipped Bench Press medal ceremony, “**Lifting with the Legends**” session (Q&A and training session with some of South Africa’s top powerlifters). All welcome, featured lifters will be announced on Facebook.

Sun 7th May: Weigh-In 08h00 – 09h30 Start 10h00 Session 1 – **Equipped Powerlifting Women / Men**

After Equipped Powerlifting medal ceremony, “**Lifting with the Legends**” session (Q&A and training session with some of South Africa’s top powerlifters). All welcome, featured lifters will be announced on Facebook.

Weigh-In 13h00 – 14h30 Start 15h00 Session 2 – **Double Deadlift** 2 Men, 2 Women, Man/Woman