

2XL POWER LIFTING

eXtreme training
eXtreme results

Whether you are a novice or experienced, if you want to improve yourself and excel, this is the place to be.

Our Powerlifting gym offers everything you need to meet and exceed your goals.

We provide open training hours, a competitive powerlifting team, and personal training.

We are open three main times per week for the three main lifts and assistance work: squat, bench, and deadlift.

Additionally, we offer scheduled accessory training weekly. Chalk and powder are welcome.

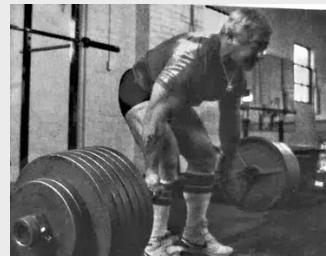
Our facility boasts all competition quality equipment including two adjustable benches, one standard bench, two deadlift platforms, two Elite monolifts, one Elite rack, free weights, stadium quality turf and cardio equipment.

GRAND OPENING EVENTS

Ernie Frantz Deadlift Clinic 9am-11am

Come learn better form and technique from the Godfather of powerlifting, Mr. Ernie Frantz. You receive personalized deadlifting advice, lunch, a signed copy of newest edition of his book, Ten Commandments of Powerlifting and optional entrance into the deadlift competition at the end of the day for \$125. Space is limited. To register go to <http://bit.ly/2014frantzclinic>.

Deadlift Competition 11am-1pm



Need an event to train for? Consider our deadlift competition. Prizes will be awarded, via coefficient, to the best overall men's, best women's, and best novice lifter (novice meaning this is their VERY FIRST competition). Those enrolled in the Frantz Deadlift Clinic are receive a **complimentary entry** into the Competition. To register go to <http://bit.ly/2014entryform>

Open House 1pm-4pm

Come see what our facility has to offer. Bring your workout bag to start getting extreme results now!

DEADLIFT COMPETITION

We will follow a similar rules format to the one outlined in Ernie Frantz's book and the APF. However, a one piece lifting suit is **not** required. Lifters will have three attempts and may not attempt a weight lower than one already attempted. Awards will be done through coefficient. **All lifters will receive a certificate of participation signed by Ernie Frantz.**

Entry is included if participant is registered for the Ernie Frantz Deadlift Clinic. For all other lifters the fee is \$40.

Lifting Session

Competition will begin at 11 am

Place

2XL Powerlifting, 8 Yorktown Shopping Center, Lombard, Illinois

Weigh-ins

8am at the same location and day of the competition

Awards

At a minimum we will award the following, via coefficient: Best Male Lifter, Best Female Lifter, & Best Novice Lifter (someone's FIRST meet EVER),

Registration &/or Entry Form

In consideration of the acceptance of this entry, thereby for myself, my heirs, and administrators waive and release any and all claims and damages against Eric Stone, Jackie Stone, Joe Atef, Howard Penrose, 2XL Powerlifting, LLC, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the event. I attend and verify that I have full knowledge of the risks involved with my participation in this event, and that to the best of my knowledge, I am physically fit and able to participate in this event.

Signature of participant: _____ Date: _____

Parent/Guardian Signature (if under 18): _____

Print Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Date of Birth: _____ Age: _____ Gender: _____

Choose one of the following three options:

\$125 Clinic

\$125 Clinic and Competition

\$40 Competition Only

Please mail this form and payment to:

Jackie Stone

16B Kingery Quarter #207, Willowbrook, Illinois 60527

Competition Director

Jackie Stone (708)769-5225 or millikinjax@gmail.com