



**✳️IT'S COMPETITION TIME✳️**

Let's see who can put their grips on the fastest!

Film your best attempt and send it to the gym via email. Your grips and wrist bands must start on the floor to be eligible.

We will be announcing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings for velcro and buckle grips.

Have your entry sent in by Friday 3 April and we will posting winners on Facebook by Monday 6 April.

Good luck!!!