

The Cage

BOOTH #419

FRIDAY 3/6

11:00am

The CAGE Opens

11:30am

Open Lifting Contest

12:30pm

Exhibition: The Deadlift with
Nick Winters

1:30pm

Seminar: House's Offseason
Training Splits

2:30pm

"Pros vs. Bros"
Bench: G Diesel vs Big Al
Curls: Ox vs Big C

3:30pm

Exhibition: The Bench Press with
Bobby Fields

4:30pm

Open Lifting Contest

6:00pm

The CAGE Closes

SATURDAY 3/7

9:00am

The CAGE Opens

9:15am

Open Lifting Contest

10:00am

Seminar: Ox's "Art of Dieting"

11:00am

"Pros vs. Bros"
Squat: ragingmuscle vs The Freak
Curls: The House vs Hola Bola

12:00pm

The Blackout (By Invite Only)

1:00pm

Exhibition: The Squat with Big Byrd

2:00pm

Exhibition: The Deadlift with Sgt. Rock

3:00pm

Open Lifting Contest

4:00pm

Seminar: Machine's "Powerbuilding 101"

5:00pm

Seminar: Get Trained by IFBB Pros
Vinny and The Freak

6:00pm

The CAGE Closes

SUNDAY 3/8

10:00am

The CAGE Opens

10:30am

Open Lifting Contest

11:30am

Exhibition: The Bench with
Nick Winters

12:30pm

Seminar: Wrath & G Diesel
"Train Like An Animal"

1:30pm

"Pros vs. Bros"
Bench: JUGGERNAUT vs Big Wides
Deadlift: Machine vs McFly

2:30pm

Open Lifting Contest

4:00pm

The CAGE Closes

WEB: www.animalpak.com

The FORVM: forum.animalpak.com



Bear witness to the

BLACKOUT...

THE CAGE

