

## **EQUIPMENT**

**Strong Life is fully equipped with squat racks, benches, deadlift platforms, an arsenal of Olympic weights, and custom-built Texas Power Bars specially designed for the three competitive lifts. The gym also has 15 pound training bars and 10 pound training discs for younger lifters to assist them in progressing to the 45 and 55 pound Texas Power Bars and 45 pound Olympic plates.**



*Mia setting a new deadlift record of 142 pounds at the 2021 R.A.W. United Federation Championships*

**The team currently utilizes a combo rack from West Cary Barbell for competitive events. Our goal over the next twelve months is to purchase a second combo rack from Rogue Fitness, affording us the ability to expand our existing floor space and create a permanent, competitive platform area.**