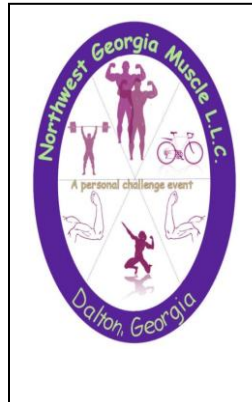


# Grip Competition

## At Northwest Georgia Muscle 2011



North West Georgia  
Trade & Convention Center  
Exit 333 off I 75 in NW Georgia  
2211 Dug Gap Battle Road  
Dalton, GA. 30720  
Nov. 5<sup>th</sup> & 6<sup>th</sup>, 2011

**This competition is being run by Andrew Durniat and Scott Shetler**

### Andrew Durniat

Kettle Bells Event at Show  
Grip Competition  
Certified USAW Sports  
Performance Coach  
American Record Holder  
One Arm Snatch 147 reps, 32 kg

This last year he added a 535# dead lift to his accomplishments. You say not so great? He did it with one hand!

<http://www.durniatstrength.com/>

### Scott Shetler

Kettle Bells Competition at show  
NSCA-CPT  
World Kettle Bell Master Trainer  
<http://www.extreme-fitness.org/>

The grip competitions will be open for anyone at the Grip Booth any time during the day with prizes available if you meet the limit set.

Kettle Bells will also be on hand at this same booth.