

Crushed to Dust!®

CHALLENGE



CTD Challenge: Rules for Certification and Official Referee Form

Rules for completing the CTD Challenge:

1. The participant must succeed in all three events within 3 minutes of starting the first event:

- closing a No. 2 Captains of Crush® Gripper
- lifting 20 kg/45 lb.* on the Hub-style Pinch Gripper™
- lifting 90 kg/200 lb.* on the Rolling Thunder® Deadlift Handle

*total weight, including loading pin and plates

2. Only genuine IronMind products may be used and they must be the current model of each.

3. The events may be completed in any order.

4. Each event must be carried out according to the CTD Challenge Rules for Certification, per the attachment.

Verification:

Gripster's Name: _____

Address: _____

Telephone: _____

Email: _____

Age: _____ Weight: _____ Height: _____

Referee's Name: _____

Certification Location: _____

Telephone: _____

Email: _____

Referee's Signature*: _____

I verify that (gripster) _____

has completed the CTD Challenge following all of the rules listed above.

In order to make our decision regarding your certification, IronMind requires that the referee return the completed Official Referee Form within 72 hours.

Please return this completed form to:
IronMind Enterprises, Inc., PO Box 1228, Nevada City, CA 95959 USA
tel: 530-272-3579; fax: 530-272-3095; e-mail: sales@ironmind.com



© 2012 IronMind Enterprises, Inc.