

Official Rules

Mark Henry Grip Strength Challenge

1. Event Overview

The Mark Henry Grip Strength Challenge (“Competition”) is a strength-based contest hosted by Mark Henry. Participants will attempt to close progressively heavier grip strength trainers using one hand. The participant who successfully completes the highest level, or performs the most repetitions in the final round, will be declared the winner.

Participation is free and open to eligible guests who complete the required waiver. The winner of the competition will receive a \$1,000 cash prize, awarded at the conclusion of the event.

2. Eligibility

Participants must be 18 years of age or older. All participants must sign a liability waiver prior to competing. Participation is voluntary and limited to guests physically capable of safely attempting the challenge. Event staff reserve the right to refuse participation to anyone who appears intoxicated, unsafe, or unable to safely compete.

3. Equipment

Participants will use hand grip strength trainers with the following resistance levels: 140 lb resistance, 195 lb resistance, 237.5 lb resistance, and 280 lb resistance. All equipment will be provided by event staff.

4. Competition Format

Qualifying Rounds

Participants must attempt the grip trainers in ascending order of resistance using the same hand throughout their attempt.

Rules for each attempt: The participant must use only one hand. The gripper must be fully closed until the handles touch for the repetition to count. Each resistance level must be successfully completed before advancing to the next level. Participants may not switch hands during their attempt.

Progression order: 140 lb gripper, 195 lb gripper, 237.5 lb gripper, 280 lb gripper.

Participants who fail to close a gripper may not advance further.

Final Round

Any participant who successfully closes all four grippers will advance to the final round.

Final round rules: Participants will use the 140 lb gripper. Participants will have one minute to complete as many full closes as possible. Only complete repetitions where the handles fully touch will be counted. The participant with the highest number of valid repetitions within one minute will be declared the winner and will receive the \$1,000 cash prize.

5. Judging

Event staff will monitor and verify each attempt. Staff decisions regarding whether a repetition counts are final. Improper technique, incomplete closures, switching hands, or using the second hand will result in the repetition being disqualified.

6. Safety

Participants acknowledge that the competition involves physical exertion and inherent risk. By signing the waiver, participants agree to assume all risks associated with participation.

Participants must follow all instructions from event staff. Failure to do so may result in disqualification.

7. General Conditions

Event staff reserve the right to modify, suspend, or terminate the competition if necessary for safety or operational reasons. By participating, contestants consent to the use of their name, likeness, and image in event photography, video, and promotional materials without compensation.

8. Void Where Prohibited

The competition is subject to all applicable laws and regulations.