

THE NERENBERG WORLD CHAMPION POWER COMPETITION

Saturday, Dec. 3, 2011

Sanctioned by: World Legion of Power

A nonprofit, public service agency dedicated to serving students of power.

RAW & DRUG FREE

**Set World, National
& State Records**

Location:	Nerenberg World Champion Power Comp.	Registration
WLOP HEADQUARTERS 7238 Painter Ave. Whittier, CA 90602 562.693.8005 (Next to Whittier College)	All Wt. Classes • All Ages • Trophies Awarded Open, Masters, Youth, Amateurs, Elite Entry Fee: \$40.00 Per Event • Membership Fee: \$35.00 <i>Make checks payable to: WLOP</i>	Check In: 10:00 am Weigh In: 10:30 am Competition Starts: 11:00 am

Bench Press • T-Bar Strongman Pull • Strict Curl • Power Pull-Up



All lifts must be **Nerenberg Style:**

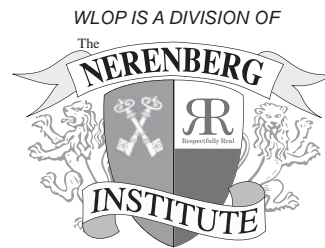
**No Wraps, No Straps, No Belt
No Bench-Press Shirt, No Drugs.
Just You!**

Steven "Hollywood" Brown
 World Champion,
 Director of the Oregon State Chapter

Captain Joel Fraker
 (United States Army)
 Military Consultant



Dr. Arnold Nerenberg, Ph.D., 70 yrs old
 World Champion Power Lifter
 Mr. Natural Los Angeles



WLOP IS A DIVISION OF

Radiant Vitality

Measured by:
**Power, Physique,
 and Original Poetry**

Street Physique

Measured by:
"Power Presence"

Push-Ups

In One Minute

Name: _____ Phone #: _____ Age: _____ Weight: _____

Address: _____ City: _____ State: _____ Zip: _____

I know that my participation in World Legion of Power activities is potentially hazardous and can cause bodily injury or death. I assume all risk for any injury resulting from my involvement in WLOP sport activities.

Email: _____

X _____ Date: _____

I'm competing in: **Bench Press** **Power Pull-Up** **T-Bar Pull**
Street Physique **Strict Curl** **Pushups** **Radiant Vitality**

(Participants Signature - Parent/Gardian Signature if participant is under 18 years old)

Becoming Men of Honor with Wisdom