



The Dymatize Ultimate Teen Challenge at the 2014 Arnold Sports Festival pits teens in fun and intense strength events. **DON'T MISS IT!**

Flex Your Student Body



WITH OBESITY AND DIABETES RATES ON THE RISE AMONG ADOLESCENTS, it's easy to forget that many teenagers are intensely dedicated to staying in shape and excelling at sports. And those fit high-school students may be wondering, *Where's the love? Why don't people talk about the kids who are training and eating right?*

Well, here's the love, young athletes: The Ultimate Teen Challenge is back and better than ever! Held annually at the Arnold Sports Festival, the UTC is an exciting competition for high-school-aged boys and girls who are rewarded for strength, endurance and agility. Organized and hosted by big-time body-builder and all-world trainer Dave Hawk, the UTC features an assortment of imaginative physical challenges for both individuals and teams who compete for awards and prizes.

The Dymatize Ultimate Teen Challenge will be held on March 1 and 2 at the ASF in Columbus, Ohio. This year, organizers will feature the traditional UTC events like the tire flip and bench press, but expect a lot of new CrossFit-style challenges and football-skills competitions to spice up the action.

In addition to the exciting competition, UTC participants and fans will have the chance to meet Arnold Schwarzenegger, NFL Hall of Fame great Lynn Swann, Figure Olympia Champion Erin Stern, 1996 Olympic Gold Medalist Kurt Angle and other great athletes who will stop by to cheer on the kids.

Even if you don't compete, we guarantee you'll have fun, so get in touch with organizers and find out how you can get involved in the Dymatize Ultimate Teen Challenge.

BATTLE ROYALE

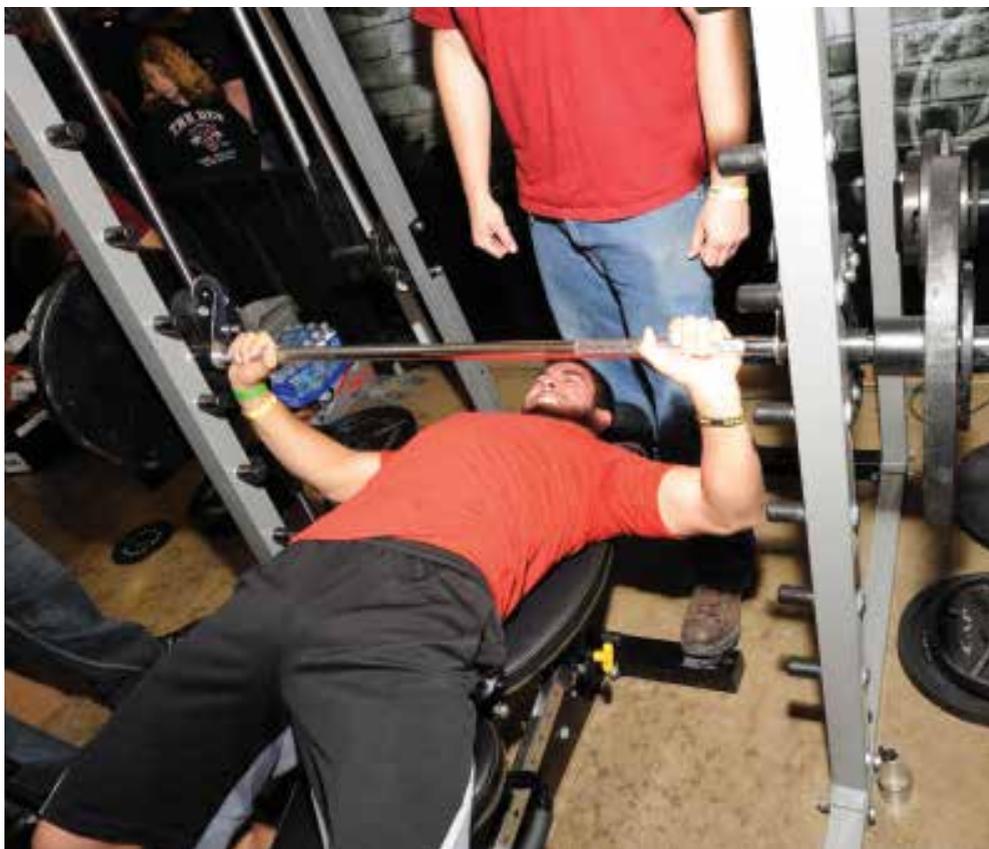
The 2014 Dymatize Ultimate Teen Challenge will consist of various skills and CrossFit-style events based on each individual's body weight and age. Some events from previous years include:

- Bench press
- Shuttle run
- Inverted pullups
- Vertical jump
- Weighted football toss

On Sunday, March 2, teams will take over the Ultimate Teen Challenge with individuals partnering with a friend or teammate for a combined score. Any two teens can sign up for this two-person competition. Events include*:

- **The Obstacle Course Relay Challenge**
Teens will run consecutively through five or six difficult training stations for a team score. "This event is not only incredibly fun to watch or participate in, but it also relies on teamwork," says Olympic Gold Medalist Kurt Angle, event cohost.
- **The Tire Flip Relay.** Teens will take turns flipping a 120-lb truck tire down a course. The fastest time wins.

**Events are subject to change to similar event or activity*



WHO'S ELIGIBLE?

Any male or female between the ages of 13 and 19 can enter. The event will feature a boys and girls division, each of which will receive awards. All participants must have proof of age with a birth certificate, drivers license/permit, or photo ID.

BIG WINNINGS

Participants of the 2014 Dymatize Ultimate Teen Challenge not only have a chance to win bragging rights and awards, but \$2,500 in scholarships are also up for grabs. In addition, **Soitec Lighting** will be sponsoring a two-person bench-press event using the **Power Plus 2** teamwork-and-strength machine. The winning team will earn a Soitec LED tube lighting system for their entire high-school weight room.

Of course, competing is its own reward. Says wrestling legend Angle: "You actively see these teen athletes grow more trusting and encouraging of their teammates through participating in these events."



Questions?

For more information about this year's Dymatize Ultimate Teen Challenge or any future UTC events, visit theultimateteenchallenge.com. If you have any pressing concerns, call Dave Hawk at (412) 736-2645, or email your questions to info@theultimateteenchallenge.com. Dave will be happy to assist you.



Get Free Stuff!

Each teen who enters receives an Ultimate Teen Challenge T-shirt and a gift bag from our sponsors, including Quality of Life Labs, Aminogen, Amino Up, Ostrim and Ganeden.