

Raise the Bar Invitational 2025

October 4, 2025 – **Raise the Bar Fitness** – 699 Saint George Boulevard, Moncton, NB, Canada

Workout 1: Satan's Superset

Time	Lane 1	Lane 2	Lane 3
10:00 - 10:10 Heat 1	Punk Rock Daddies Open	No Reps for the Wicked Open	The Replacements Open
10:15 - 10:25 Heat 2	Lucas & Andrew Open	Going Postal Open	No Reps No Regrets Open
10:30 - 10:40 Heat 3	Carlia Open	Neighborhood Watch Open	—

Workout 2: 3, 2, 1... GO!

Time	Lane 1	Lane 2	Lane 3
11:25 - 11:35 Heat 1	Punk Rock Daddies Open	No Reps for the Wicked Open	The Replacements Open
11:40 - 11:50 Heat 2	Lucas & Andrew Open	Going Postal Open	No Reps No Regrets Open
11:55 - 12:05 Heat 3	Carlia Open	Neighborhood Watch Open	—

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Workout 3: Chippy

Time	Lane 1	Lane 2	Lane 3
12:20 - 12:38 Heat 1	Punk Rock Daddies Open	No Reps for the Wicked Open	The Replacements Open
12:43 - 13:01 Heat 2	Lucas & Andrew Open	Going Postal Open	No Reps No Regrets Open
13:06 - 13:24 Heat 3	Carlia Open	Neighborhood Watch Open	—

Finals: Last Team Standing

Time	Lane 1	Lane 2	Lane 3
14:00 - 14:10 Heat 1	Carlia Open	The Replacements Open	Neighborhood Watch Open