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

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

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

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Workout 3: Chippy

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

Finals: Last Team Standing

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