Beat: Sports

Muscular Endurance Athletes Battle In Bar Brawl 8

New York City Head to Head Competition

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USPA NEWS - Bar Brawl 8 took place this past weekend in Wingate Park located in Brooklyn, NY. Hosted by the legendary Bar Club organizers, Doc Bassel and Zef Zakaveli

The main card featured Kato IG@katotrainmeplease vs Muscle Up Millz IG@muscleup_millz going through a grueling circuit of 25 muscle-ups, 50 pull-ups, and 100 push-ups using the strict form standard adopted by NYC's bar elite. Kato representing Bar Godz, and Team Boss Life and of course himself KatoTrainMePlease. Muscle-Up Millz, solid as a rock, came in representing the tough calisthenic house of Team Sparta.

The second match-up was a surprise feature of returning Bar Brawl competitor and champion Tisdale representing Team Wingate, going head to head with first-time Bar Brawl competitor, Zombie, who came into the competition calm and confident, representing Team BossLife

Muscle-Up Millz took home the win in the main event while Zombie walked away with the "W" in his first Bar Brawl. Congrats to all the Bar Athletes out there, because in the end they are all winners. I will say this every time I cover these events. There are only a few elite athletes in the world who can go through the soul crushing circuits that these amazing competitors step to in these competitions here in New York City.

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