



**For Immediate Release**

Media Interviews / Contact: Ted Johanson (540) 272-1767  
[ted@ferrignolegacy.com](mailto:ted@ferrignolegacy.com)



## **"INCREDIBLE HULK's" FERRIGNO LEGACY FITNESS COMPETITION WEEKEND RETURNS TO PALM SPRINGS, CA**

**Lou Ferrigno and Lou Ferrigno, Jr. Welcome Pro and Amateur  
Bodybuilders, Powerlifters and 3,000 Fitness Fans this October 28-30th**

**RANCHO MIRAGE, CA** (September 28) -- The 3rd Annual Ferrigno Legacy™ presented by Carr Cellular Fitness returns to Agua Caliente Casino Resort Spa in Rancho Mirage, CA near Palm Springs on October 28-30<sup>th</sup> 2016. California's newest and most prestigious IFBB Olympia and NPC national qualifier hosts 450+ athletes competing for trophies, cash prizes and fitness recognition along with more than 3,000 spectators. New this year is the addition of USA Powerlifting Southwest Regionals Competition on Sunday, October 30<sup>th</sup>.

"Thanks to our incredible athletes and fans, the Ferrigno Legacy has become the most talked about show on the West Coast. I'm excited to see everyone at what will be the biggest and best Ferrigno Legacy yet!" said Lou Ferrigno, former Mr. Universe and Mr. America.

The Ferrigno Legacy is a national qualifier for amateur athletes. Top qualified amateurs may go on to compete for pro status. IFBB Pro athletes contend for the prestigious achievement of a Mr. Olympia qualification. Renowned as one of the industry's best competitions by contestants, judges and spectators alike, the event features IFBB Pro Divisions: Men's Open Bodybuilding, Men's Classic Physique, Women's Physique, and Bikini. Pros compete for \$33,500 in cash prizes and all athletes compete for the legendary custom made "Incredible Hulk" trophies. NPC divisions feature Bikini, Figure, Physique, and Men's Bodybuilding in multiple classes and levels. USA Powerlifting Southwest Regionals divisions feature Men's and Women's Powerlifting in Bench Press, Squat and Deadlift in multiple classes and age groups.

Hosted by actor Lou Ferrigno, Jr. and producer Chris Minnes, the event offers a full-slate of non-stop entertainment including a fitness celebrity red carpet event, pre-judging and evening show finals in the \$76 million theatre, coffee with Lou Ferrigno (free Q & A event at The Lounge), a Halloween themed after-party presented by World Gym, and a photo shoot with the overall winning competitors at Indian Canyons.

The title sponsor of the Ferrigno Legacy weekend and USA Powerlifting Southwest Regionals Competition is Carr Cellular Fitness. Other key sponsors include: Swat Fuel, World Gym, Str8Shredded, Muscle Icon, Posing Technology, LLC, The Camp, Calibrated Training and Nutrition, International Protein, NPC West Coast, Tahoe Show, FerrignoFit.com, and Starkey Hearing Foundation.

**Ferrigno Legacy Schedule:**

Friday, October 28<sup>th</sup>

6:00PM – 7:00PM: Press Conference/IFBB Pro Meet & Greet

Saturday, October 29<sup>th</sup>

9:00AM – Coffee with Lou Ferrigno, Q & A session at The Lounge (free admission to public)

3:30PM – Pre-Judging for all IFBB Divisions at The Show

7:00PM – IFBB Finals at The Show

Sunday, October 30<sup>th</sup>

9:00AM – USA Powerlifting Southwest Regionals & Ferrigno Open at Agua Caliente Ballroom

9:30AM – NPC Pre-Judging at The Show

5:00PM – NPC Finals at The Show

Tickets are \$15.00–\$60.00 at [www.hotwatercasino.com](http://www.hotwatercasino.com) or (888) 999-1995. Parking is free. For more information, visit [www.ferrignolegacy.com](http://www.ferrignolegacy.com).

What: Ferrigno Legacy presented by Carr Cellular Fitness

Press Check-In: October 28<sup>th</sup> at 5:00PM (please contact in advance for TV & media truck parking)

When: October 28-30<sup>th</sup> 2016

Where: Agua Caliente Casino, 32-250 Bob Hope Drive, Rancho Mirage, CA 92270

# # #

**Editors Note:** For media interviews with *amateur or pro competitors, Lou Ferrigno, Lou Ferrigno Jr. or Chris Minnes* please email [Ted@ferrignolegacy.com](mailto:Ted@ferrignolegacy.com) or call (540) 272-1767.

To download high res imagery please use this link:

[https://www.dropbox.com/sh/vv3hgmkpqr296os/AAC3KpEHgeoZxMwGV-aN\\_Gt3a?dl=0](https://www.dropbox.com/sh/vv3hgmkpqr296os/AAC3KpEHgeoZxMwGV-aN_Gt3a?dl=0)

**About Lou Ferrigno**

Lou Ferrigno achieved bodybuilding icon status with back-to-back Mr. America and Mr. Universe titles. He starred in "The Incredible Hulk," "Pumping Iron," "Sinbad of the Seven Seas," "Hercules," "The Avengers" and other films and TV shows. He is the founder of Ferrigno Fit and a California Reserve Deputy Sheriff.

Website is [www.louferrigno.com](http://www.louferrigno.com).

**About Ferrigno Legacy**

The 3rd Annual Ferrigno Legacy is produced by bodybuilding competitor and promoter Chris Minnes, Lou Ferrigno, and Lou Ferrigno, Jr. For more information, visit [www.FerrignoLegacy.com](http://www.FerrignoLegacy.com).

**About Agua Caliente Casino Resort Spa**

Located near Palm Springs, California, the four-diamond property offers fine dining, spas, casino, luxurious hotel rooms, nightclub, on-site fitness center and the \$76-million "The Show" theatre awarded "Best in America" with headliners like Billy Joel, Tony Bennett and Jay Leno. Visit [www.hotwatercasino.com](http://www.hotwatercasino.com).

**Relevant video links:**

Ferrigno Legacy Sizzle: <https://youtu.be/BXshsoLG30M>

Live on KTLA: <http://ktla.com/2014/11/25/the-ferrignos-want-viewers-to-participate-in-the-ferrigno-legacy/>

Celebrity Sweat: <https://www.youtube.com/watch?v=bLL7ERjX9GI>

Ferrigno Legacy social media links:

