



For Immediate Release

Media Interviews / Contact: David J. Kuff (323) 848-8332
davidjeffrey99@gmail.com

Power & Poses With Muscles En Masse

2ND ANNUAL FERRIGNO LEGACY BODYBUILDING WEEKEND BRINGS WORLD'S BEST BODIES TO AGUA CALIENTE CASINO NOV. 20-21

***"Incredible Hulk" Lou Ferrigno and Lou Ferrigno, Jr.
To Host 400 Athletes and 2,000 Fitness Enthusiasts***

RANCHO MIRAGE, CA (Nov. 10) -- The 2nd Annual Ferrigno Legacy™ Bodybuilding Fitness Weekend will be held at Agua Caliente Casino Resort Spa in Rancho Mirage, CA on November 20-21. California's newest and most prestigious IFBB Olympia and NPC national qualifier features 400 athletes competing for trophies and cash prizes with more than 2,000 on-site spectators and fitness fans. Website is www.ferrignolegacy.com.

"This exciting event celebrates California's legendary bodybuilding culture and raises the bar for health, fitness and friendly competition," said Lou Ferrigno, former Mr. Universe and Mr. America.

Hosted by Lou Ferrigno, Lou Ferrigno, Jr. and producer Chris Minnes, the event offers a full-slate of non-stop entertainment featuring prejudging and evening show finals in the \$76 million theatre, a celebrity red carpet, training by IFBB Pro Chris Cormier, new products showcase, VIP after party and Indian Canyons fitness fashion shoot.

Ferrigno Legacy is a national qualifier for amateur athletes. IFBB Pro athletes contend for the prestigious achievement of a Mr. Olympia qualification. IFBB Pro Divisions Men's Physique, Women's Physique, Men's Open Bodybuilding and Bikini include \$32,000 in cash prizes. NPC divisions feature bikini, figure, physique and men's bodybuilding in multiple classes and levels.

The event is raising awareness and funds for IFBB Pro [Kris Dim](#) who is fighting to walk again after a spinal cord injury. New this year, a competitor will win a personal workout with Lou Ferrigno, a two-day pass to Gold's Gym in Venice, CA, lunch with Lou and hotel stay at Venice Suites on the world famous Venice Boardwalk. The day will be shared on [Lou's Facebook](#) page, with 2.4 million fans. Last year's Ferrigno Legacy earned 55 million impressions.

Agua Caliente Casino Resort Spa is at 32-250 Bob Hope Drive, Rancho Mirage, CA 92270. Ferrigno Legacy prejudging and shows are on Friday at 5:00 pm and Saturday at 9:00 am and 6:30 pm. Tickets are \$25.00-\$60.00. Parking is free. For information and tickets visit www.ferrignolegacy.com or call (775) 375-5438.

Ferrigno Legacy sponsors are Bodybuilding.com, Carr Cellular Fitness, World Gym, Pro Fight Nutrition, Cellucor, KLON LLC, Muscle Thug, CoAg Medical, The Tahoe Show, FerrignoFit.com, and Starkey Hearing Foundation.

About Lou Ferrigno

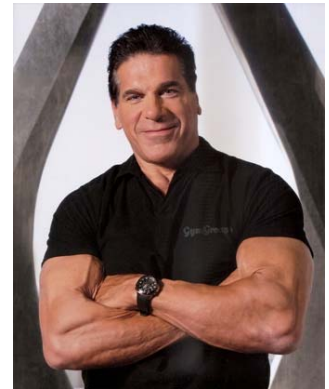
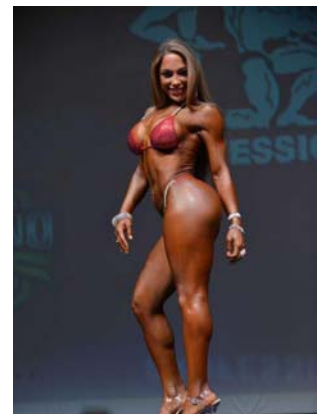
Lou Ferrigno achieved bodybuilding icon status with back-to-back Mr. America and Mr. Universe titles. He starred in "The Incredible Hulk," "Pumping Iron," "Sinbad of the Seven Seas," Hercules," "The Avengers" and other films and TV shows. He is founder of Ferrigno Fit and a California Reserve Deputy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

About Ferrigno Legacy

The 2nd Annual Ferrigno Legacy is produced by bodybuilding champion and promoter Chris Minnes, Lou Ferrigno, and Lou Ferrigno, Jr. For more information visit 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.



Editors Note: For media interviews with *amateur or pro competitors, Lou Ferrigno or Chris Minnes*, please email davidjeffrey99@gmail.com. Phone is (323) 848-8332.

Click on these video links:

FERRIGNO LEGACY VIDEO HIGHLIGHTS

LOU FERRIGNO BEATS UP SON & PROMOTER

FERRIGNO LEGACY HIGHLIGHTS BY SHAWN RAY

ABC News: FANS PUMPED UP TO SEE LOU FERRIGNO

KEYT-TV: WORLD'S BEST BODIES MUSCLE INTO LEGACY

Ferrigno Legacy social media links:

