



For Immediate Release

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LOU FERRIGNO TO CELEBRATE FITNESS WITH CELEBRITIES, FANS, AND COMPETITORS AT THE 2016 FERRIGNO LEGACY

Fans will meet Lou Ferrigno and a cast of fitness celebrity legends October 28-30th at the Ferrigno Legacy

RANCHO MIRAGE, CA (October 19) -- 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 28-30th 2016. California's newest and most prestigious IFBB Olympia and NPC national qualifier hosts 450+ athletes competing for trophies, \$33,500 in cash prizes along with more than 3,000 spectators. New this year is the addition of USA Powerlifting Southwest Regionals Competition on Sunday, October 30th.

"Many of my friends from the 'Pumping Iron' days will be joining me plus some of the best physiques of today," said Lou Ferrigno, former Mr. Universe and Mr. America.

Confirmed guests include 1983 Mr. Olympia Samir Bannout and 1977–1979 Mr. Olympia Frank Zane who will be offering a book signing. Bodybuilding Legends, Shawn Ray and Chris Cormier, Mr. Universe Bob Birdsong, IFBB Pro Sergio Oliva Jr., will also be joining Ferrigno on the Red Carpet. "We have Agua Caliente Band of Cahuilla Indians Chairmen, Jeff Grubbe, and we've confirmed "A listers" who plan on attending," said Chris Minnes, co-owner and producer of the Ferrigno Legacy.

During the two-day event, the Ferrigno Legacy brings together the best amateur athletes and the world's top pro athletes. "The new world of bodybuilding is so much more inclusive than the old days. Now we have multiple divisions and classes that welcome a more attainable look and people of all ages. The average person can watch the show and think, 'I want to look like that; I can look like that!'" said Lou Ferrigno.

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, prejudging and evening show finals in the \$76 million

showroom, 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, The Camp, Calibrated Training and Nutrition, International Protein, NPC West Coast, Tahoe Show, FerrignoFit.com, and Stops Bleeding.

Ferrigno Legacy Schedule:

Friday, October 28th

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

Saturday, October 29th

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 30th

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 or (888) 999-1995. Parking is free. For more information, visit www.ferrignolegacy.com. The show can also be watched live online for \$2.99 at www.FerrignoLegacy.com

What: Ferrigno Legacy presented by Carr Cellular Fitness

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

When: October 28-30th 2016

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

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Editors Note: For media interviews with *amateur or pro competitors, Lou Ferrigno, Lou Ferrigno Jr. or Chris Minnes* please email Ted@ferrignolegacy.com or call (707) 968-7672.

To download high res imagery please use this link:

https://www.dropbox.com/sh/vv3hgmkp0r296os/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.

The website is 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.

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.

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:

