



For Immediate Release

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LOU FERRIGNO'S COMPETITION "HULK'S OUT" IN PALM SPRINGS CA ON NOVEMBER 18 & 19

Lou Ferrigno Unveils Multi-Sport Fitness Expo with 6 Sports, Seminars, Celebrities, Fitness Fashion Shows and 200 Exhibitors at Ferrigno Legacy

PALM SPRINGS, CA (October 18th) -- The 4th Annual Ferrigno Legacy™ presented by Carr Cellular Fitness returns to Agua Caliente Casino Resort Spa in Rancho Mirage, CA near Palm Springs on November 18th & 19th 2017. California's newest and most prestigious IFBB Olympia and NPC national qualifier hosts 450+ athletes competing for handmade "incredible hulk" trophies, cash prizes and fitness recognition.

New this year is the addition of Ferrigno Legacy Expo called FLEXPO, at the Palm Springs Convention Center. This expo expands upon the core mission of the Ferrigno Legacy to bring a first class and inspiring experience for any health minded person. The FLEXPO accomplishes Lou Ferrigno's vision through a spectacular 120,000 ft² showcase of leading companies, seminars, celebrities, fitness fashion shows and six fitness sports with an additional 1,000+ athletes. FLEXPO focuses on providing a substantial attendee experience by creating easy to navigate neighborhoods including **Bodybuilding, Age Management, Extreme Fitness, Fitness Technology, Food for Fitness** and **Fitness Fashion**

Also new this year is military appreciation night by Lou Ferrigno. **The first 500 active duty and retired military receive free admission to the Ferrigno Legacy IFBB Finals Night Show** at Agua Caliente Casino on Saturday, November 18th at 7:00 PM.

"I'm so excited to be able to give back to the fitness community and now provide one of the largest fitness events in the United States. Thanks to our incredible athletes and fans, the Ferrigno Legacy has become the most talked about show and production on the West Coast. I'm looking forward to seeing everyone and showing the world a 'Hulk Style' fitness vacation experience!" said Lou Ferrigno, former Mr. Universe, and Mr. America.

Bodybuilding is the core of Ferrigno Legacy as the show continues their national qualifier status for amateur bodybuilding 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 \$38,500 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. FLEXPO competitions include; **Pole Fitness by Ms. Fitness Olympia, Oksana Grishina, CrossFit by Box Life Magazine, ISF Pro Strongman, USA Powerlifting, Pro Deadlifting, Slackline and IFBB/NPC Pre-Judging.**

Emceed by actor Lou Ferrigno, Jr. 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 inside FLEXPO, Fitness Fashion Show, Group Dance Class hosted by Oksana Grishina, Seminars and six different types of fitness competitions.

“It’s not just another Fitness Expo, this is a reinvention of an immersive fitness experience.” Said Co-owner and promoter Chris Minnes. “And when this event shakes the earth of fitness, know that this was just a warm up set.”

Key sponsors include CARR Cellular Fitness, BANG Energy, Blackstone Labs, SWAT Fuel, Muscle Monster, Infinium Works, Str8Shredded, Icon Muscle, Figur8, Ferrigno Fit, Grenade, Gaspari Nutrition, FitPro, Chagit Health Shot, World Gym, Foulger’s Soldiers, Renova Solar, Calibrated Training and Nutrition, NPC West Coast, Tahoe Show and Center Podium.

FERRIGNO LEGACY 2017 & FLEXPO SCHEDULE

Friday, November 17, 2017

TIME	EVENT	LOCATION
3:00 – 4:00 PM	IFBB Check-Ins with Lou Ferrigno – Athletes and VIP Ticket Holders Only	Bodybuilding Stage at FLEXPO
3:00 – 5:00 PM	IFBB Pro Bodybuilder Press Conference	Bodybuilding Stage at FLEXPO

Saturday, November 18, 2017

TIME	EVENT	LOCATION
9:30 AM	Expo Opens for VIP and Premier Tickets	FLEXPO – Palm Springs Convention Center
9:30 AM	BoxLife Ferrigno Legacy SoCal Throwdown	BoxLife CrossFit Arena
9:30 AM	USA Powerlifting Meet	Power Stage
10:00 AM	Expo Opens for all ticket holders	FLEXPO – Palm Springs Convention Center
10:00 AM	Early Entry to VIP Ticket holders for Coffee with Lou	Seminar Stage
10:30 AM	Coffee with Lou	Seminar Stage
12:00 PM	Oksana Grishina’s Pole Fitness Classic	Fitness Fashion Stage
12:30 PM	Pro Deadlifting	Power Stage
1:30 PM	USA Powerlifting Meet Continues	Power Stage
2:00 – 5:00 PM	IFBB Pre-Judging	Bodybuilding Stage
6:30 PM	Celebrity Red Carpet & VIP Entry	Agua Caliente Resort – Rancho Mirage
7:00 PM	Doors Open to all Ticket holders	Agua Caliente Resort – Rancho Mirage
7:30 PM	IFBB Finals Begin	Agua Caliente Resort – Rancho Mirage

Sunday, November 19, 2017

TIME	EVENT	LOCATION
8:30 AM	VIP & Premier Ticket Entry	FLEXPO – Palm Springs Convention Center
9:00 AM	Doors Open to EXPO	FLEXPO – Palm Springs Convention Center
9:00 AM	BoxLife Ferrigno Legacy SoCal Throwdown	BoxLife CrossFit Arena
9:00 AM	USA Powerlifting Meet	Power Stage
9:30 AM	NPC Pre-Judging – All Classes	Bodybuilding Stage
10:00 AM	Master’s Dance Class with Ms. Fitness Olympia	Fitness Fashion Stage
1:00 PM	NPC Pre-Judging ends (approximately)	Bodybuilding Stage
1:00 PM	ISF Pro Strongman	Power Stage
1:00 PM	Fitness Fashion Show	Fitness Fashion Stage
4:00 PM	Expo Ends	FLEXPO – Palm Springs Convention Center
4:00 PM	NPC Doors Open	Agua Caliente Resort – Rancho Mirage
5:00 PM	NPC Finals Begin	Agua Caliente Resort – Rancho Mirage

Tickets are \$25.00–\$500.00 at www.hotwatercasino.com or (888) 999-1995. Parking is free. For more information, visit www.ferrignolegacy.com.

What? Ferrigno Legacy & FLEXPO

When? November 18th & 19th 2017

Press Check-In: Friday, November 17th at 3 pm (please contact in advance for TV & media truck parking)

Where?

FLEXPO: Palm Springs Convention Center, 277 N Avenida Caballeros, Palm Springs, CA 92262
Ferrigno Legacy IFBB & NPC Finals Events: Agua Caliente Casino, 32-250 Bob Hope Drive, Rancho Mirage, CA 92270

Why? Lou Ferrigno's Ferrigno Legacy & Expo. A first-class and inspiring fitness vacation experience in Palm Springs California to take your fitness journey to the next level.

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Editor's Note: For media interviews with **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.

Website is www.louferrigno.com.

About Ferrigno Legacy

The 4th 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. Lou Ferrigno demands the best so the Ferrigno Legacy was born from the idea that everyone deserves a first-class experience. The largest and most beautiful of any California bodybuilding venue, it is perfectly suited to the needs of a competitor and fans.

About FLEXPO

The FLEXPO is the Ferrigno Legacy Expo. This expo expands upon the core mission of Ferrigno Legacy to bring a first class and inspiring experience for everyone involved. FLEXPO accomplishes Lou Ferrigno's vision through a spectacular 120,000 ft² showcase of leading companies, seminars, and six different fitness related sports including **Pole Fitness by Ms. Fitness Olympia, Oksana Grishina, CrossFit by Box Life Magazine, ISF Pro Strongman, USA Powerlifting meets, Slackline and IFBB/NPC Pre-Judging events**. FLEXPO focuses on providing an incredible attendee experience by creating easy to navigate neighborhoods include **Bodybuilding, Age Management, Extreme Fitness, Fitness Technology, Food for Fitness and Fitness Fashion**.

About Palm Springs Convention Center

Discover your Meeting Oasis – The Palm Springs Convention Center. An extraordinary venue in a very special destination. Allow us to boast about our 112,000-square foot fully-carpeted exhibit hall – Envision a welcoming registration area in which to greet your guests, our lobby framed by awe-inspiring panoramic mountain views. And did we mention the clear blue skies? It's all about sunshine in Palm Springs...join us outside year-round to find some very special venues where your guests will enjoy the opportunity to thaw out and warm up, brainstorm, network and recharge their batteries. Your program is the palette...our sky is the limit! Visit www.PalmSpringsCC.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.

PHOTO CAPTIONS:

Photo #1: Agua Caliente Casino's "The Show" Venue

Photo #2: Lou Ferrigno welcomes audience at 2016 Ferrigno Legacy NPC Finals

Photo #3: Palm Springs Convention Center

Photo #4: IFBB Pro Bodybuilders on stage at 2016 Ferrigno Legacy Finals

Photo #5: FLEXPO Logo & Palm Springs Convention Center

Photo #6: Lou Ferrigno with Division Sponsor Muscle Monster at Arnold Expo 2017

Relevant video links:

Ferrigno Legacy 2017 Preview with Muscular Development <https://www.youtube.com/watch?v=Po92AXQK1XM>

Ferrigno Legacy 2016 Sizzle: <https://www.youtube.com/watch?v=7LyMhsdy7RU>

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:

