



**Register Here**

# **DEKA Atlas is Coming to Spooky Nook**

## **JUNE 7th 8am-12pm**

**DEKA ATLAS is a 10 zone fitness test with a 30 minute time cap designed to highlight humans who have a well-rounded strength foundation and strong work capacity engine, and is also an attainable strength test goal for the world to train for.**



**Zone 1. 20 Barbell Thrusters**  
**Zone 2. 20 Barbell Burpee over**  
**Zone 3. 20 Surrender Lunge**  
**Zone 4. 20 Dumbbell Ground to Overhead**  
**Zone 5. 40m Bear Crawl**

**Zone 6. 20 Situps**  
**Zone 7. 60m Farmer Carry**  
**Zone 8. 20 Shoulder to Overhead Press**  
**Zone 9. 100 Single Under Jump Rops**  
**Zone 10. 100m Atlas Carry**





ATTENTION MANHEIM!

MANHEIM, PA | SATURDAY, JUNE 7, 2025 | HEATS START AT 8AM

Spartan is inviting you to a DEKA ATLAS hosted by  
SPOOKY NOOK SPORTS, MANHEIM, PA

Spartan DEKA ATLAS Peak and DEKA ATLAS Foundation are 10 zone fitness tests designed to highlight humans who have a well rounded strength foundation and strong work capacity as well as creating an attainable strength test goal for the world to train for.

Put yourself to the test, celebrate your fitness, earn your DEKA ATLAS mark and get your results on the DEKA global leaderboard! Sign up NOW.  
Space is limited.



VISIT [RACE.SPARTAN.COM/EN/DEKA](https://RACE.SPARTAN.COM/EN/DEKA) | IG: @DEKA.FIT