

## **Team Elite Fitness Systems (Elitefts.com) to Participate in 2007 Arnold Classic March 2**

London, OH, February 23, 2007 --(PR.COM)-- Elite Fitness Systems will participate in the Arnold Classic, an annual bodybuilding competition, named after Arnold Schwarzenegger and is considered the most lucrative competitor bodybuilding, with a number of large prizes. "The 2007 Arnold Classic looks to be one of the greatest in history & Team EFS (Elite Fitness Systems) looks forward to competing with the best of the best," says Dave Tate, presid Elite Fitness Systems.

The 2007 Arnold Classic Team EFS will include:

- Travis Mash
- Paul Childress
- Brian Schwab
- Chris "Ox" Mason
- Steve McDonald
- Chad Aichs
- Matt Kroczaleski
- Scott Yard
- Jani Murtomäki
- Ano Turtianen:
- Matt Smith

Note: Team EFS posts daily training blogs and are available for Q & A at [www.elitefts.com](http://www.elitefts.com)

The Arnold Classic includes three competitions for women: Ms. International, Fitness International, and Fig International. It has also been expanded to feature gymnastics, cheerleading, dance, fencing, table tennis, yo martial arts, strongman competitions, archery, wrestling, and many other sports. Most notably, first prize consists \$100,000 cash, a Hummer vehicle, and a Rolex watch.

The Arnold Expo is held in the Greater Columbus Convention Center, Veterans Memorial Auditorium and Nationw Arena March 2-4.

Elite Fitness Systems strives to be a recognized leader in the strength training industry by providing the high quality strength training products and services while providing the highest level of customer service in the indust For the best training equipment, information, and accessories visit them at [www.EliteFTS.com](http://www.EliteFTS.com).

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