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Introducing a New Standard in Hybrid Athlete Competition: Life Time Debuts LT Games Presented by Ten Thousand Oct. 25-26 in Minneapolis; Registration Now Open

Innovative 17-stage event challenges men & women in strength, endurance, power and agility with consistent judging standards

CHANHASSEN, Minn., Sept. 9, 2025 /PRNewswire/ -- Life Time (NYSE: LTH), today announced the October debut of its much-anticipated **LT Games**, presented by Ten Thousand, a unique hybrid-athlete competition that sets a new standard in the emerging field of hybrid fitness competitions. Combining Life Time's premium athletic country clubs, elite coaches, unmatched equipment and proven track record of orchestrating iconic athletic events, the LT Games will not only feature top-tier competitions but also inspire, train and recognize the next wave of hybrid athletes through dedicated programs and classes in its clubs.

Registration is now open online for athletes linked here. The LT Games are open to both members and nonmembers of Life Time.

The inaugural LT Games will debut at Life Time Target Center in Minneapolis on **October 25 and 26,** bringing together hundreds of athletes to test themselves in 17 unique stages that measure strength, endurance, power and agility. A hallmark of the LT Games structure is the choose-your-own-adventure approach, which balances intensity and accessibility. Using a weight-to-repetition scaling system, participants customize their efforts to align with their strengths. For example, opting for heavier weights means fewer repetitions, whereas choosing lighter weights requires more reps. This ensures the competition is equitable and more accessible.

"The vision for Life Time's LT Games is to set a new standard in the hybrid competition space with top-tier experiences through our premium clubs, our incredible coaches, training programs and unmatched equipment to set us apart," said Wes Robertson, LT Games Race Director at Life Time. "This event is the result of months of testing to ensure a fair, repeatable format, including consistent judging standards, that truly challenges athletes. It's also a great experience for spectators, with layouts that make it easy to follow and cheer on an athlete. Our long-term vision includes expanding with club-level competitions and a true national championship with regional winners."

The 17 stages of the LT Games are as follows (each listed with the male/female stage requirements):

- Treadmill Run: 1,000M
- Barbell Deadlift: Accumulate 10,000/7,500lbs
- Row Machine: 1,000M/750M
- Wall Ball: Accumulate 1,000/750lbs
- Ski Erg: 1,000M/750M
- Box Jump: Accumulate 1,000/700 inches
- Treadmill Run: 600M
- Barbell Shoulder to Overhead Press: Accumulate 6,000/4,500lbs
- Row Machine: 600M/450M
- Medicine Ball Box Step Over: Accumulate 600 inches with a 40-pound ball/Accumulate 450 inches with a 20-pound dead ball
- Ski Erg: 600M/450M
- Burpee Box Jump Over: Accumulate 600/450 inches
- Treadmill Run: 400M
- Dumbbell Ground to Overhead: Accumulate 4,000/3,000lbs
- Row Machine: 400M/300M
- Medicine Ball Over Shoulders: Accumulate 400/300lbs
- Treadmill Run: 200M

The LT Games will award a total of $20,000 in prize money across both male and female categories, with $5,000 for first place, $3,000 for second $1,000 for third, $750 for fourth and $500 for fifth.

To help athletes prepare, Life Time has launched LT Games Training Classes at its Target Center, Minneapolis location. These classes focus on the specific movements and skills featured in the LT Games, helping participants refine their technique, build confidence and maximize performance on competition day. LT Games classes will expand to other Life Time clubs as the competition grows. An 8-week training program can also be found complimentary Life Time app.

Presented by Ten Thousand, the LT Games share a common mission of celebrating progress. Ten Thousand's commitment to grit, tenacity and continuous improvement mirrors the challenge athletes will face throughout the competition, making them a natural partner for this groundbreaking event.

The LT Games build on Life Time's expanding lineup of athletic competitions and events, joining offerings like the LT Open singles tournament for pickleball, its robust portfolio of more than 30 athletic events, and HPLT, the company's high-performance training program. These offerings underscore Life Time's commitment to creating top-tier athletic experiences to help inspire members and athletes at its clubs nationwide.

Follow along at LifeTime.Life on Facebook and on Instagram at @LifeTime.Life and on LinkedIn.

About Life Time
Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of 185 athletic country clubs across the United States and Canada, the complimentary, comprehensive Life Time app and nearly 30 of the most iconic athletic events in the country. The health and wellness pioneer uniquely serves people 90 days to 90+ years old through its healthy living, healthy aging, healthy entertainment communities and ecosystem, along

with a range of healthy way of life programs and information, and highly trusted LTH nutritional supplements and products. Life Time was recently certified as a Great Place to Work®, reinforcing its commitment to fostering an exceptional workplace culture on behalf of its more than 49,000 dedicated team members.



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