



26 March 2025

Elite competition throws down fitness challenges at the Brisbane Showgrounds

One-of-a-kind functional fitness festival, The Trinity Throwdown, will take over the Brisbane Showgrounds for the first time this Saturday, bringing together athletes of all levels for an action-packed day of competition.

Expected to attract more than 2,000 people, the event in the Exhibition Building will showcase a variety of training modalities, catering to both seasoned competitors and new athletes.

Competitors will take on four adrenaline-pumping events throughout the day, which include box jump overs, toes to bar, front squats and more, testing their strength, endurance and agility.

With a prize pool of \$3,500 cash for the Advanced division and podium prizes for 1st, 2nd and 3rd place in each category, competitors will be pushing the limits to prove their fitness.

Brisbane Showgrounds General Manager of Venue Sales and Marketing Jago Coyle said they were excited to host the event for the first time.

“The Trinity Throwdown is an exciting addition to our events calendar, bringing together the local fitness community,” he said.

“We look forward to welcoming both athletes and spectators to the Brisbane Showgrounds this weekend, to enjoy the high-energy festival atmosphere.”

The event will take place from 7.30am to 5pm, with spectator tickets still available [online](#).

The Brisbane Showgrounds precinct is located 1.5km from Brisbane’s CBD and is Queensland’s largest indoor/outdoor events site. Visit www.brisbaneshowgrounds.com.au

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