



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Bench Press Challenge

What is the Bench Press Challenge?

The event provides an opportunity for members to build relationships through a common interest in strength training. Each contestant will be given three attempts to lift as much weight as possible for one repetition on the bench press.

Where is the Bench Press Challenge taking place?

Lobby at the Alexander YMCA

Who can participate in the Bench Press Challenge?

Any Alexander Family YMCA member age 16 and up

When is the Bench Press Challenge?

The event will be on Wednesday May 10 at 6:30 p.m. Mandatory weigh-ins will take place between 5:45 - 6:30 p.m. This time is also used to warm up. The event should last 60 - 90 minutes.

What does it cost?

This event is free for Alexander Family YMCA members.

How do I register?

Register online at YMCATriangle.org

What do I need to bring?

Please wear regular athletic attire. No special bench press suits will be allowed. Optional: Wrist wraps are permitted.

Awards and Association Bench Press Qualification:

Prizes will be given to the top lifters in each weight class, top overall lifter and to the top pound for pound lifter.

Contact Jessica Chorba, Senior Healthy Living Director

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Please see reverse side for competition rules



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Bench Press Divisions/Prizes

We will have two divisions: Male and Female. In addition to every participant receiving a free shirt, awards will be given to the top three lifters in each of the following categories:

Strongest Man - most weight bench pressed
Strongest Woman - most weight bench pressed
Best Male Overall - based on *DOTS score
Best Female Overall - based on *DOTS score

*The DOTS powerlifting calculator provides a DOTS score which can be used to compare the strength levels of lifters adjusted for bodyweight.

Bench Press Rules

The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform.

After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks.

After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with straight arms elbows locked for the Judge's "Start" signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to "Re-place" the bar if after a period of five seconds he is not in the correct position to begin the lift. The Judge will then convey the reason why the signal was not given.

After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone), and lightly touch before returning the bar to straight arm's length elbows locked. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.

There will be three rounds with each participant performing one lift per round. The lifter can increase the amount of weight to lift each round if they succeeded in their previous lift. If they do not successfully lift the weight they can retry to lift the same amount of weight in the next round (unless it was the third lift) but are unable to reduce the amount of weight on the next lift.