

500/1000/1500 Pound Club

General Information

This ongoing program involves the dead lift, bench press, and squat. The combination of successful lifts from each exercise must equal either 500/1000/1500 pounds, depending on your total "Pounds" goal.

Participants may set up an appointment, to execute their attempts. Attempts can be made at Clay Caserne – Bldg 1631, Wiesbaden Fitness Center. Participants must provide spotters for their attempts. Once the participant has qualified for the club, there will be no other attempts allowed in the future to better their scores. If a participant fails to qualify, there will be no more attempts that day. There is no limit to the amount of times a participant can attempt to qualify. Score sheets will be provided to record name, weight, contact information and total weight successfully lifted.

Once membership has been obtained, participants will receive a 500 / 1000 / 1500 pounds club t-shirt as supply is available.

Rules:

- 1. There must be at least one successful attempt in each category. (Allowed up to 3 successful attempts to better their score.)**
- 2. Once there is a failed attempt, the participant can no longer proceed in that category. (Remember, there must be at least one successful attempt in each category to qualify.)**
- 3. Best successful effort in each category is added to the total lifted total must be at least 500 pounds for female lifters, and 1000 pounds for male lifters to qualify.**
- 4. If a lifter fails to qualify, they cannot re-attempt on the same day. (They can make as many attempts as they want until they qualify.)**
- 5. Lifters are not allowed to use weight straps.9Weight belt and gloves are allowed.)**

500/1000/1500 Pound Club

The Squat:

- After removing the bar from the rack, the lifter must move backwards and assume an upright position with both knees locked. (Lifter must be motionless.)
- The signal is given; the lifter must be bent at the knees and lower body so the line between the knees and his hip is parallel to the floor. (Only one descent is allowed per attempt.)
- A signal is given once the participant has reached the parallel position.
- The lifter must recover to an upright position with the knees locked. (During the ascent, stopping is permitted; double bouncing, stepping forward or backward and downward movement is not permitted.)
- When the participant is erect and motionless, the monitor will give the signal "RACK". The participant will place the bar on the rack.
- The lifter must make a bona fide attempt to return the bar to the rack. (This is defined as one step towards the rack then he/she may request assistance to rack the bar.)

Squat: Causes for disqualification

1. Laterally shifting the hands on the bar after receiving the signal to start. (Opening and closing the fingers is permitted.)
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with knees locked at the beginning and end of the lift.
4. Any shifting of the feet laterally or stepping forward or backward during the lift.
5. Changing position of bar across the shoulders during the lift.
6. Failure to make a bona fide attempt to return the bar to the rack.
7. Any dropping or dumping the bar.

The Bench Press:

- After removing the bar from the rack, the participant will wait motionless with elbows locked, for the signal to begin. (May have assistance with lift-off.)
- Once the signal is given, the participant must lower the bar to the chest, hold it on the chest with a visible pause, and then press upwards with an even extension of the arms, to the locked position. (The bar is allowed to stop during the upward motion.)

500/1000/1500 Pound Club

Bench Press: Causes for disqualification

1. Any change in the starting position, i.e. raising the shoulders, buttocks or feet off the floor or bench.
2. Lateral movement of the hands once the lift has started.
3. Sinking or bouncing the bar on the chest after the visible pause.
4. Uneven extension of the arms during the lift.
5. Any downward movement of the bar during the upward phase.
6. Deliberate contact of the bar and the resting uprights during the lift which would make it easier.

The Dead Lift:

- The exercise will begin with the bar, with weights, on the floor.
- The participant will squat down gripping the bar with his/her hands, (hand grip is optional) feet placed in a traditional or sumo style manner, and wait for the signal to lift.
- Once the signal to lift is given, the participant shall lift the bar until the knees are locked and body is in a rigid upright position (not forward or rounded).
Note: The shoulders do not have to be thrust back past an erect position, but this is allowed.
- The monitor will give a signal to lower the bar after successful completion of the lift.
- The participant must lower the bar to the floor in a safe and controlled manner.

The Dead Lift: Causes for disqualification

1. Supporting the bar on the thighs during the lift.
2. Stepping backward or forward during any phase of the lift. (Lateral movement of the sole or rocking the feet between the ball and heel is permitted.)
3. Lowering the bar before receiving the signal from the monitor.
4. Lowering the bar to the floor without maintaining positive control with both hands.

SCORE CARD

COMPETITORS NAME: _____

SQUAT:

1st ATTEMPT

2nd ATTEMPT

3rd ATTEMPT

BENCH PRESS:

1st ATTEMPT

2nd ATTEMPT

3rd ATTEMPT

DEADLIFT:

1st ATTEMPT

2nd ATTEMPT

3rd ATTEMPT
