

500 & 1000 lb Club Challenge

Purpose

The 500 lb and 1000 lb Clubs recognize the strength, discipline, and dedication of fitness center members who achieve significant powerlifting milestones.

Overview

Participants must complete one repetition each of the Squat, Bench Press, and Deadlift. The combined weight determines eligibility:

- 500 lb Club: 500 lb or more
- 1000 lb Club: 1000 lb or more

Members who qualify will receive a club T-shirt and recognition on the fitness center website.

Participation

Schedule an appointment with an MWR Recreational Fitness Specialist at the main fitness facility (Bldg. 1631, Clay Kaserne, Wiesbaden)

- Arrive 15 minutes early and check in at the front desk
- The challenge is ongoing and may be attempted or retested at any time
- Participants must bring their own spotters

Rules

- At least one successful lift is required in each category (deadlift, bench press, squat)
- A failed attempt ends your attempts in that lift category
- Your best successful lift in each category will be added toward your total
- Minimum total: 500 lb for female lifters
- Minimum total: 1000 lb for male lifters
- Weight straps are not allowed; weight belts and gloves are permitted
- Waiver must be completed before lifting
- All three lifts must be performed on the same day within 60 minutes under staff supervision
- Only three lift attempts are allowed per lift within the time limit
- Lifts must follow standard powerlifting guidelines
- If a lifter fails to qualify, they cannot re-attempt on the same day and must reschedule



Apparel

- Shoes required
- Weightlifting belts, wrist wraps, and chalk permitted
- Wrist straps prohibited

Lift Standards

Deadlift

Barbell should be positioned over the mid-foot, close to the shins. Use a grip that is comfortable and secure, such as double overhand, mixed grip, or hook grip. Hands should be just outside the knees. Keep the back flat or slightly arched with a neutral spine position. Engage the lats to stabilize the shoulders. Lift the bar from the floor to a fully erect position with knees locked and shoulders back. Engage the core and drive through the heels, extending hips and knees simultaneously. Keep the bar close to the body throughout the lift. No downward movement is allowed until completion. Do not drop the bar.

Disqualification:

- Bar moves downward before lockout
- Failure to stand erect with shoulders back
- Knees not locked
- Bar supported on thighs
- Stepping or lateral foot movement

Bench Press

Lie flat on the bench with eyes directly under the barbell's starting position. Keep feet flat on the floor, approximately shoulder width apart, providing stability throughout the lift. Maintain a natural arch in the lower back, with shoulder blades retracted and pressed firmly into the bench to create a stable base. Head, shoulders, and buttocks must remain in contact with the bench; feet flat on the floor. Grip the bar with hands slightly wider than shoulder width, ensuring a secure grip with wrists straight and aligned with the forearms.

Unrack the bar by extending the arms fully and holding the bar directly above the shoulders with elbows locked. Lower the bar in a controlled manner to the chest. Press the bar upward by extending the elbows and returning to the start position. No bouncing off the chest is allowed.

Disqualification:

- Head, shoulders, or buttocks leaving bench
- Feet leaving floor
- No chest pause
- Failure to lock elbows
- Bar moving downward during press



Squat

Bar rests across upper back/traps (high bar) or lower on the rear delts (low bar), depending on squat style. Grip width should be comfortable, with elbows pointed downward and chest up. Lifter must stand erect before starting.

Initiate descent by hinging at the hips and bending the knees simultaneously. Keep chest up and back flat or slightly arched while maintaining a tight core. Descend until the hip crease is below the top of the knee (parallel). Return to upright position with locked knees. No double bounce is allowed.

Disqualification:

- Double bouncing or downward movement during ascent
- Failure to reach depth
- Knees not locked at start or finish

