

500 & 1000 lb Club Challenge

General Information

This ongoing strength challenge includes the deadlift, bench press, and squat. The combined total of your best successful lifts must reach 500 / 1000 / 1500 lb, depending on your goal category.

- Attempts must be scheduled at the Wiesbaden Fitness Center (Clay Kaserne, Bldg. 1631)
- Participants are responsible for providing their own spotters
- Once you qualify for a club level, your score is final and cannot be improved
- If you fail to qualify, you may not re-attempt that same day, but you can try again later
- There is no limit to how many days you may attempt qualification
- Score sheets will be provided to record your name, body weight, contact info, and total weight lifted
- Qualified participants receive a 500 / 1000 / 1500 lb Club t-shirt, while supplies last

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



Scorecard

Competitor _____

ATTEMPT	DEADLIFT	BENCH PRESS	SQUAT
1			
2			
3			
TOTAL			

