Regulations

1. All participants must sign an informed consent/waiver.
3. Walk-ins are welcomed, but are subject to availability. Appointments may be made in the Health and Fitness Lab (room 20A in the Preston Center).
4. Participants must be spotted/witnessed by at least one Health & Fitness Lab employee.
5. A One Repetition Maximum will be tested. No bench press shirts will be allowed.
6. Competitors will be allowed four attempts, (maximum 20 minutes) if needed.
8. Results will be posted for public

Rules

1. All participants must use a closed grip (thumb around bar).
2. The lifter must lie on his back with head, shoulders, and butt in contact with the bench surface. This position must be maintained throughout the full attempt.
3. Feet must remain flat on the floor at all times.
4. Participants must show control of the weight at all times while lowering the bar to touch the chest and back to full elbow extension. (i.e. NO BOUNCING)
5. A Health & Fitness Lab employee will judge each lift. If any of the above criteria are not met, the lift is invalid.