9th Annual
BIG RED REP-OFF

WHAT:
Who can do the most reps?
CHALLENGE OF UPPER BODY MUSCULAR ENDURANCE.

WHEN:
Mar 23 from 5:00-7pm
Mar 24 from 5:00-7pm
Mar 25 from 5:00-7pm

WHERE:
FITNESS CENTER IN PRESTON CENTER

www.wku.edu/healthfitnesslab
Big Red Rep Off 2015

Who can do the most reps? The Big Red Rep Off will challenge you to test the muscular endurance and compare your score with other patrons. Participants will perform a bench press exercise.

Regulations

1. The event will be held in the Fitness Center on:
   Monday, Feb 23 @ 5-7:00pm
   Tuesday, Feb 24 @ 5-7:00pm
   Wednesday, Feb 25 @ 5-7:00pm
2. Walk-ins are welcome, but are subject to availability. Sign-up in the Health and Fitness Lab for a time slot!
3. All participants must sign an informed consent/waiver.
4. All participants must weigh in. Weigh-ins will be held directly before the lift.
5. Participants are recommended to perform at least 5 minutes of a cardiovascular warm-up before beginning the Rep Off.
6. Participants must be spotted/witnessed by at least one Health & Fitness Lab employee.
7. Winners will be determined by:
   Male – most reps completed of body weight
   Female – most reps completed of 50% body weight.
8. Male and female winners will receive a $15 Gift Card to Walmart. All participants’ names will be entered into a raffle for a $10 Gift Card to the WKU Store.
9. Competitors will be allowed a maximum of 10 minutes to complete the lift.
10. Results will be posted for public display, unless requested otherwise.

Lifting Rules

1. Each participant will get one chance to complete as many reps as possible (no second or third chances).
2. The lifter must lie on his back with head, shoulders, and butt in contact with the bench surface. This position shall be maintained throughout the 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.