



## **BENCH PRESS CHALLENGE INFORMATION GUIDE**

### **WHAT IS THE BENCH PRESS CHALLENGE?**

Started several years ago, the Bench Press Challenge Series is several bench press contests held throughout the year at different fitness centers.

### **WHAT ARE THE RULES?**

The rules are posted, but it is best to consult with any MCCS Fitness Center Manager or Personal Trainer and get some coaching as well.

### **HOW DO I SIGN UP?**

Arrive between 1000-1130 the day of a bench press contest at the fitness center where it is held and get weighed in during that time frame. Please note that the contest on average lasts until 1300. That's how you sign up. It's that simple!

### **WHO CAN PARTICIPATE IN THE BENCH PRESS CHALLENGE?**

Active Duty military, family members, MCCS and DoD employees, retired military, and any qualified patrons who meet the MCCS Semper Fit patronage regulations. Prior lifting experience is required.

### **HOW DO YOU SCORE POINTS FOR THE BENCH PRESS CHALLENGE?**

Every participant's weight is matched up on the Wilks Coefficient Chart, which involves a formula that helps even out the different size of participants. Thus, it will clearly represent who is the strongest pound for pound. The weight you lift is multiplied by the Wilks Coefficient to figure out your points.

### **HOW MUCH IS THE ENTRY FEE?**

It's free!!!

### **POINT OF CONTACT INFORMATION**

Call Cari Gordonne, Fitness Programs Supervisor at 760-763-0657 or [gordonnecl@usmc-mccs.org](mailto:gordonnecl@usmc-mccs.org).