

LIFT FOR LIFE CHALLENGE

Criteria of Exercise

- Each exercise can be performed on the same or separate days
- A staff member does not have to be present for you to record your final values on your challenge check in sheet
- Participants will be required to complete at least 3 reps of that weight in order to record that weight as part of the challenge
- If a participant records more than 3 failed attempts in one session, participants must rest and try again another day for safety reasons.
- Olympic straight bar only.
- Weight belt allowed.
- No wrist straps allowed.

Bench Press

- Head, shoulders, and hips must be in contact with the bench.
- Feet must be flat on the floor.
- Barbell must touch the chest (slight pause) and arms must extend completely above the chest.
- Bouncing the barbell off the chest does not count.

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Squats

- Feet must be flat on the floor. (No heel lifting)
- Knees must be parallel to the floor at the bottom pocket
- Slight pause required at the bottom pocket (no double bouncing to stand upright).

Dead Lift

- Barbell must start on the floor
- Lift must be completed in one continuous motion
- Hips and knees must be fully extended at the top
- Dropping the bar before full lockout does not count as a rep

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Hip Thrusters

- Upper back must remain in contact with the bench
- Feet must stay flat on the floor
- Hips must reach full extension at the top
- Incomplete hip extension does not count as a rep