

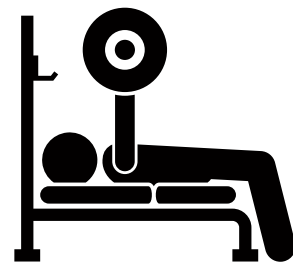
MPOWER LIFT CHALLENGE

Criteria of Exercise

- If more than 3 (failed) attempts occur within one session, participants must rest and may try again on another day (for safety reasons).
- Each exercise can be performed on separate days.
- Participants must have a spotter.
- A staff member must be present to observe the technique and record values.
- 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.



Back Squat

- 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 bottom pocket (no double bouncing to stand upright)



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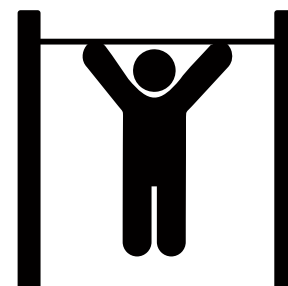
Longest Plank Hold

- Maintain a straight line from head to heels
- Engage core muscles
- Avoid sagging hips or raised hips



Longest Dead Hang

- Use a secure overhead bar. Use a step or bench so you can easily reach the bar with your arms. You don't want to jump straight into a dead hang.
- Grip the bar with an overhand grip (palms facing away from you). Aim to keep your arms shoulder-width apart.
- Move your feet off the step or bench so you're hanging on to the bar.
- Keep your arms straight. Don't bend your arms and stay relaxed.



Longest Wall Sit

- Stand with your back flat against a wall.
- Lower your body into a position where your knees and hips are at 90-degree angles.
- Hold for as long as you can while maintaining proper form.
- Push up through your heels to return to the start position.



MPOWER LIFT CHALLENGE

Dumbbell Thrusters $\frac{1}{3}$ Body Weight

- Keep your back straight and chest up
- Drive through your heels
- Use the momentum from the squat to assist the press
- Control the descent – don't drop the weight
- Move with a fluid motion

