

## What Is Maxed Out Monday??

Maxed Out Monday is a weekly fitness competition open to DOD I.D. card holders that allows participants to “test their strength” by lifting their maximum bench press weight!!!!\*\*\*

**\*\*\*Weight will be based on percentage of weight lifted over body weight**

**Example: Weight 200lbs**

**Lift: 210lbs**

**Percent over body weight: 5%**

**The higher the percentage the better!!!!**

Each day a winner will be announced and the winner will have his/her\*\* (there will be a separate male and female category) picture and Max Bench Press amount posted to the MCCS website ...If you don't win....relax.....you can always try again the following week!!!!

### **Rules:**

#### **Max Bench Press:**

1. The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface.
1. Shoes must be flat on the floor. Risers will be used for those individuals where their feet may not touch the floor. This position must be maintained during repetition.
2. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks.
3. After receiving the bar the lifter shall lower the bar to his chest and await the referee's signal.
4. The signal to commence the lift shall be the audible command “**Press**” and will be given as soon as the bar is motionless on the chest.
5. After the signal to commence the lift has been given, the bar is pressed vertically until arms are fully extended and held motionless until the audible command “**Rack**” is given.
6. Sleeves must be used for the safety of all members.