



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## COMPETE FOR THE CAUSE CORPORATE CHALLENGE

### BENCH PRESS

- One repetition max lift within designated weight class and age group.  
Age divisions: 39 & under and 40 & up  
Women's weight classes: 104 lbs. & under, 105-113 lbs., 114-122 lbs., 123-131 lbs., 132-147 lbs., 148-164 lbs., and 165 lbs. & up  
Men's weight classes: 132 lbs. & under, 133-148 lbs., 149-164 lbs., 165-180 lbs., 181-197 lbs., 198-219 lbs., 220-241 lbs., and 242 lbs. & up
- Each participant gets 3 attempts, rotating through all weight and age group categories. Three attempts per contestant.
- Each participant will decide on weight they will attempt.
- Contestants may wish to pass on any attempt. Each contestant only needs one good lift.
- Noelbow wraps/Velcro bands/wrist wraps.
- No bench, denim, polyester, or canvas shirts.
- Collars required.

#### Process:

1. Three lifts will be permitted. Best lift will count.
2. Cannot decrease weights once written down.
3. Lift-off by spotter is acceptable.

4. Shoulder blades, buttocks, and head must remain in contact with the lifting platform during the grab-able time until bar is racked.
5. Feet must stay in place (flat) without movement at all times.
6. Must receive bar at arm's length after lift-off.
7. Must slightly pause at chest before lift.
8. Good lifts must have simultaneous elbow lock.
  - Once lifter has attempted a weight, he/she may not decrease that weight.
9. It is at the discretion of the YMCA official(s) whether a lift or form is legal within the event.

## THE MISSION BEHIND THE COMPETITION

### The Y for All Campaign

As a participant in Corporate Challenge, you support the Y cause! Corporate Challenge is held to benefit the Y for All Annual Campaign, which is our fundraising campaign to make sure the Y's facilities and services remain **accessible to everyone in our community**.

100 percent of Y for All funds come from generous donations from the community. Those donations are then given back to those in the community who need a little support. Y for All provides **financial assistance** for Y memberships and programs, such as camp and early childhood education.