



PURPOSE: The purpose of the 1000 and 500 pound club is to acknowledge the physical achievement and dedication to training of fitness center members.

OVERVIEW: To become a “member” of the club, one must perform one repetition of a Squat, Bench Press, and Dead Lift. After all 3 lifts are successfully completed, the pounds of weight lifted are combined for the grand total. To be member of the 500 lb club (women only), the total weight lifted must be 500 lbs or greater. To be a member of the 1,000 lb club (open), the total weight lifted must be 1,000 lbs or greater. All members of the club will receive a t-shirt and have their names listed on the fitness center wall and website. Cost is \$15.00 to participate.

HOW TO PARTICIPATE: Contact Sylvia at 301-677-2349 or email at sylvia.l.garcia.naf@mail.mil to set up an appointment to have your lifts judged. This challenge is ongoing and can be completed anytime but all tests must be scheduled no less than 48 hours in advance. Participants may retest at any time, but must be scheduled on a different day with the appropriate advance notice and scheduling.

RULES: All participants must complete a waiver form prior to performing the lifts. All lifts must occur on the same day within a 60 minute time period under the guidance of the fitness center staff. The participants may perform the challenge at Gaffney Fitness Center. All lifts must be performed under the guidelines below. The fitness center staff will judge whether a lift is good or no good. A participant may have multiple attempts on the same lifts in the given hour. *(All guidelines have been adapted from standard IPF powerlifting rules.)*

TESTING PROCESS:

- Schedule an appointment by contacting Fitness Coordinator Sylvia at 301-677-2349 or email at sylvia.l.garcia.naf@mail.mil
- Participant must coordinate with Gaffney Fitness Center to reserve his/her desired squat rack, lifting bench, and deadlift platform for the scheduled lifting hour.
- Participant MUST provide his/her own spotter(s) for the Bench Press and Back Squat. Gaffney Fitness Center is not responsible for spotting the lifter.

For more information, contact Sylvia at 301-677-2349 or email at sylvia.l.garcia.naf@mail.mil
GAFFNEY FITNESS CENTER*6330 BROAD FOOT ROAD
*FORT MEADE, MD 20755

EQUIPMENT ALLOWED

- ◆ Weight lifting belt
- ◆ Liquid or powdered chalk
- ◆ Olympic lifting shoes
- ◆ Knee and elbow sleeves (mild compression/neoprene)
- ◆ Wrist wraps
- ◆ Singlet (non-supportive)

PROHIBITED EQUIPMENT

- ◆ Gloves
- ◆ Wrist (lifting) straps
- ◆ Knee and Elbow wraps (elasticized)
- ◆ Bench suits/shirt
- ◆ Squat suit (supportive)

BACK SQUAT RULES AND STANDARDS

Participants must approach the bar with hands inside inner collars and un-rack. Spotters may assist. Lifters must show control and be motionless before receiving the command to ‘SQUAT’ accompanied by a downward motion of the judge’s hand. Once command is given, lifter must squat deep enough for the hip joint to go below the knee joint, then return to an upright position with knees and hips fully locked and motionless. Lifter will receive the command To ‘RACK’. Spotters may assist lifter in re-racking the bar. *Reasons for disqualification: squatting before the command is given, stepping sideways/backwards during the lift, failure to make depth, double bouncing at the bottom of the lift, failure to complete the lift, dumping the bar, racking before command is given. Thumb-less grip prohibited.*

BENCH PRESS RULES AND STANDARDS

An arch is permitted but participant’s hips and shoulders MUST remain in contact with the bench at all times. Feet must remain stationary throughout the lift with index fingers at or inside 81cm hashmark. A spotter may assist participant in lift-off, but must step away during the lift. When the lifter has control of the bar and is motionless, the judge will give the command ‘START’ with a downward motion of his/her hand. The lifter will then lower the bar evenly to TOUCH the chest with the bar. The bar must be motionless before the lifter raises the bar until the elbows are fully extended. The judge will look for a ‘show of control’ where the bar and body must be completely still before receiving the ‘RACK’ command. The spotter(s) may assist in re-racking once the command is given by the judge. *Reasons for disqualification: bouncing or heaving the bar off the chest, contact with bar on uprights as to assist lift, uneven extension of arms during lift, feet leaving the floor, failure to complete the lift, hips leaving the bench during the lift. Thumb-less grip prohibited.*

DEAD LIFT RULES AND STANDARDS

Lifters may use conventional or sumo stance with any grip of choice. Participant will approach the platform and initiate the lift when he/she is ready. The lifter must lift the bar until the body is in a completely extended/straight position, knees and hips locked, shoulders back. Once the lifter is motionless, he/she will be given the command ‘DOWN’ accompanied by a downward motion of the judge’s hand. The lifter must return the bar to the platform. *Reasons for disqualification, movement of the feet, dumping (dropping) the bar at any time, failure to fully extend with joint lockout, hitching (supporting) the bar at any point on the thighs so as to assist the lift, any downward movement of bar before completion of the lift.*