



MARION FAMILY YMCA BENCH PRESS FOR REPS SUNDAY, FEBRUARY 15TH AT 1:30PM

Are you strong enough to take the top spot?

Push your limits, compete with friends, and cheer on others as they aim for new personal bests!

Show up. Lift Big. Leave proud.

DIVISIONS

Teen 14-17

Senior 18-34

Master 35-49, 50-54, 55-59, 60-64, 65-69,
70 and up

Women ½ body weight rounded up to nearest
5lbs.

Sunday, February 15th

1:30pm

\$40

Each participant receives a t shirt
Top winners in each category receive an award

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RETURN BELOW INFORMATION

Name: _____

Phone Number: _____

DOB: _____

Unisex T-shirt Size: _____ Deadline to receive shirt is Feb. 1st

Email: _____

Waiver of liability

I understand that participating in the Bench Press for Reps competition involves physical risks, including possible injury. I certify that I am physically able to participate, and I agree to follow all rules and safety instructions.

By signing below, I assume full responsibility for any injury or damage that may occur and release the event organizers, staff, and the Marion Family YMCA from any liability related to my participation.

I also acknowledge that photos or videos may be taken during the event and I give my permission for these to be used for promotional purposes.

Participant Signature: _____

Parent/Guardian signature (if under 19): _____

Emergency contact name and phone: _____

RULES

- Both feet have to be flat on floor (a plate or box can used for shorter lifters)
- Head, Shoulders and Butt must stay in contact with bench
- Good rep, Chest to lock out
- Lifter must demonstrate control down to chest and on the press up, no bouncing the bar off chest
- Referee will indicate Rep or No Rep during the lift.

Tie Breaker

- Lifter with the lower body WT., will get the higher ranking.

If both lifters have the same body WT., a coin toss will determine higher ranking