This fun competition will assess your muscle strength for the bench press and will compare your results to others on campus.

**When/Where is the Event?**
- April 17th to April 19th in the SRWC.
- Individuals may participate
  - Tuesday April 17, 11:30am-1:00pm or 7:30pm-9:00pm
  - Wednesday April 18, 11:30am-1:00pm or 5:30pm-8:30pm
  - Thursday April 19, 11:30am-1:00pm or 7:30pm-9:00pm
**It will take approximately 10-15 minutes to complete.**

**How Do I Participate?**
- Participants must bring WU ID to enter SRWC.
- Participants should wear athletic clothing and athletic shoes.
- Participants must follow all instructions from the event officials.
  - Failure to follow the rules will result in disqualification.
- Pre-register and select a time slot at the SRWC front desk, starting April 2, 2012.
  - Guarantee a time slot
  - Register at the time of event.
  - In the event multiple participants are waiting to compete, participants will be given a number and must remain in the facility until his/her turn.

**Who Do I Compete Against?**
- Participants will compete against everyone in your gender group.

**What are the Rules for the lift?**
1. Weigh-in right before you lift.
   - There will be a scale in the Fitness Loft.
2. Participants will have a maximum of 15 minutes to reach their maximum weight.
3. Participants will have the opportunity to continue to add weight until the time is up or reached their maximum weight.
4. For the lift to count:
   - Assistance will be provided to lift the weight off the rack.
   - Back must remain flat against the pad at all times.
   - Feet must remain on the floor at all times.
   - No bouncing the bar off the chest.
   - Lower the weight towards chest until the pad touches the chest.
   - Lift the weight back up, un-assisted and lift is completed with slight bend in the elbows.
   - Failure to meet all these requirements will result in a failed lifted.

**How do I win?**
- Have the greatest percent of body weight lifted.
  - Example: If you weight 160 lbs and lift 200 lbs the percentage lifted is 125%
- There will be an overall male and female winner.
  - Winners will receive a “WU’s Most Fit” Gym Bag.