



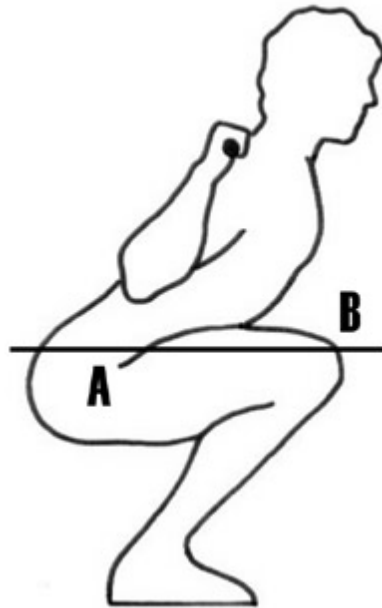
NOTHING BUT PLATES!

Big Wheel Club Attempt Protocol

- Must be a member of the fitness center in good standing for at least 30 days
- Must demonstrate proficiency through multiple workouts prior to attempt
- Must contact a fitness specialist to set up a date and time for the attempt
- All attempts will be judged and filmed for use on the fitness center lift archive page
- All attempts must meet the following standards outlined for each lift
- Successful attempts will earn a spot on the big board

Squat

- The starting position must be completely upright, with the knees and the hips fully extended and with the chest up.
- The hips are lowered until the top surfaces of both of the legs at the hip joint are lower than the knees.
- The bottom position is identified by A) the apex of the crease in the shorts formed as the hips are lowered, B) the surface of the top of the patella, C) the plane formed by a straight line between the two, and D) the dipping of the hip end of that plane below horizontal.
- The finish position is the same as the starting position, and the lifter must return to it before the bar is racked.
- Male attempt load: 315lbs, Female attempt load: 150lbs



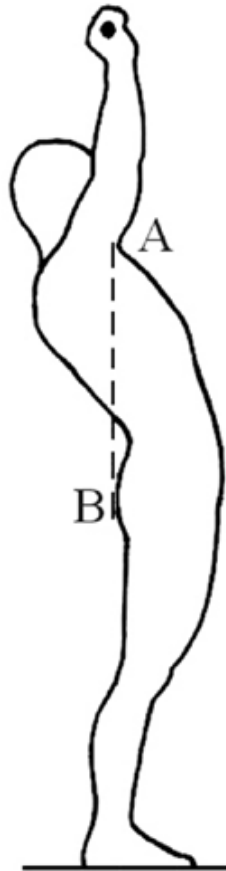
Deadlift

- The deadlift is performed with the bar on the platform or floor.
- The lifter assumes a position facing the bar.
- The bar is gripped with both hands, and pulled with one continuous uninterrupted movement until the lifter is standing erect with knees and hips fully extended, the chest up and shoulders back.
- Any halt in the upward motion of the bar (hitching, double knee bend, supporting bar on legs) constitutes a missed attempt, as does failure to assume a fully erect position with both knees and hips extended.
- Once this position is attained and the bar is motionless, the bar is lowered under control with both hands back to the ground; the bar may not be dropped.
- Male attempt load: 405lbs, Female attempt load: 185lbs



Press

- The starting position must be upright, with the knees and hips fully extended and the chest up.
- The bar must be in contact with the top of the shoulders or the chest, whichever individual flexibility permits.
- After the starting position is correctly assumed, the bar is pressed overhead until the elbows are completely extended, with the bar in a position directly above the ears.
- Once this position has been attained, the bar is lowered back to the front of the shoulders and walked back into the rack and replaced.
- Any bending of the knees, use of an exaggerated counter movement, or excessive backward lean as identified by A) the position of the most anterior aspect of the armpit, B) the most posterior aspect of the buttocks, C) the plane formed by a straight line between these two points, and D) the movement of that plane to a position behind the vertical, will result in a missed attempt.
- Male attempt load: 135lbs, Female attempt load: 75lbs



Bench Press

- Lifting position that must be maintained will have lifter's feet flat on the floor, glutes against the bench, and upper back against the bench.
- The lift will begin with the arms fully extended and bar over the chest.
- The bar will be lowered under control, contact the chest, and be paused in this position before being pressed back up to the starting position.
- Bouncing the bar off the chest or bridging the back and bringing the glutes off the bench will result in a missed attempt.
- Male attempt load: 225lbs, Female attempt load: 105lbs