

PUMP'N RUN RULES

- 1. PARTICIPANTS MUST WEIGH IN ON SCALE PROVIDED BY PEAK PERFORMANCE AT THE STORE IN FRONT OF RACE REPRESENTATIVE (PEAK PERFORMANCE AND/OR MRR BOARD MEMBER) THE DAY THEY ARE TO BENCH PRESS.**
- 2. THE RACE REPRESENTATIVE WILL CALCULATE THE AMOUNT TO BE BENCH PRESSED ONCE WEIGH-IN IS DONE. THE PARTICIPANT'S LIFTING WEIGHT WILL BE ROUNDED TO THE NEAREST 5 POUNDS USING GRAPH BELOW.**

MEN

<u>AGE</u>	<u>PERCENTAGE</u>
39 & UNDER	100%
40-49	90%
50-59	80%
60 & OVER	70%

WOMEN

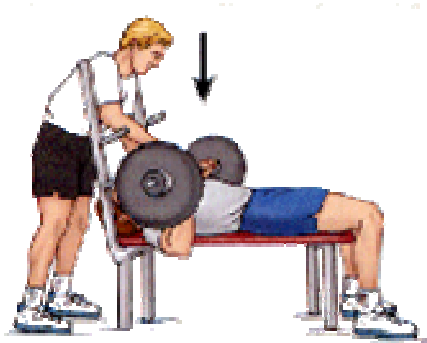
<u>AGE</u>	<u>PERCENTAGE</u>
39 & UNDER	60%
40 & OVER	50%

- 3. BENCH PRESS WILL BE DONE IN FRONT OF AND COUNTED BY RACE REPRESENTATIVE WHO WILL ALSO ACT AS SPOTTER. A FULL PRESS MUST BE DONE TO BE COUNTED (SEE ILLUSTRATION BELOW). THE PEAK PERFORMANCE EMPLOYEE WILL RECORD YOUR REPS FOR THE RACE DIRECTOR.**
- 4. THE RACE REPRESENTATIVE WILL CONFIRM COMPLETION OF EACH ACCEPTABLE BENCH PRESS BY COUNTING OUT THE NUMBER COMPLETED (IN A SINGLE SET) AND WILL RECORD FINAL NUMBER FOR THE RACE DIRECTOR.**
- 5. AFTER COMPLETING THE RUN SATURDAY EVENING, ONE MINUTE WILL BE TAKEN OFF OF THE PARTICIPANTS 5K TIME FOR EVERY TIME THEY ARE ABLE TO BENCH PRESS THE CALCULATED WEIGHT.**

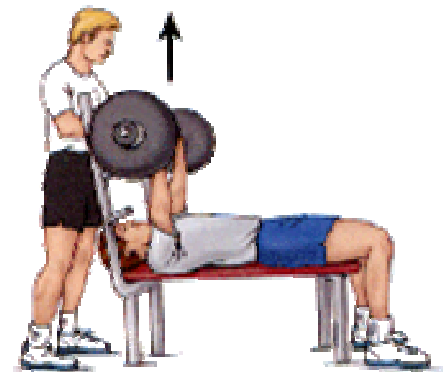
PROPER BENCH PRESS TECHNIQUE



STARTING WITH ARMS IN EXTENDED POSITION



BAR MUST TOUCH PARTICIPANT'S CHEST.



ARMS MUST RETURN TO FULL EXTENSION WITH NO HELP TO CONSTITUTE A SINGLE FULL BENCH PRESS.

ANY BENCH PRESS THAT FAILS TO BE COMPLETED AS SHOWN WILL NOT BE COUNTED!