

5 Minute Bench Press Contest

Rules:

- 1. A gym instructor or trainer has to be present, to keep it equal for all contestants.**
- 2. Don't worry if you are smaller than most people in gym. This contest is designed to make it equal ability for anyone.**
- 3. You will have 5 minutes to lift as much total pounds as you can.**
- 4. The total reps at the end of each set, will be recorded.**
- 5. Each contestants total reps and total weight in pounds will be posted. Example 200 lbs for 15 reps = 3,000 total lbs for that set.**
- 6. You decide how many pounds to use for each set.**
- 7. You can rest or pause as long as you want during the 5 minutes time limit. The end of the sets repetitions will be determined when the bar is racked.**

8. The contest will run for 6 weeks.

9. Each contestant can do the contest as many times as they want during the 6 week time period.

10. All competitors will get a massive chest pump, growth and a prize will be awarded to First Place Winner.

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Fitness and Body Image assumes no liability and shall not be liable for any damages, suits from or in connection with the exercise contest and recommends especially if you have any medical condition, first talk to your own personal physician.