

# Body Weight Squatting 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. The men will have to use their own body weight, in pounds, to do as many reps as they can. The women will use half their body weight in pounds for as many reps.**
- 4. The total reps at the end of each set and number of sets will be recorded.**
- 5. Each squat rep has to go down with thighs parallel to the floor.**
- 6. This exercise is designed to hold the bar behind head but the contestant can do it in front, if prefer.**

- 7. 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. This tends to play a mind game with the competitors because, it makes it look like the contestant did more weight.**
- 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 leg pump, growth and a prize will be awarded to First Place Winner.**

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