

MWR FITNESS PRESENTS:

1,000-pound club (men) + 650-pound club (women)

Join the 1,000-pound for men and the 650-pound club for women at Smith Fitness Center! Are you looking to make an un-official title official? Would you like to see your name on a leader board at Smith Fitness Center? Been there, done that, need a t-shirt?

MWR Sports & Fitness invites serious weightlifters to join the 1,000-pound for men and the 650-pound club for women at Smith Fitness Center.

Participants must lift a combined 1 Repetition Maximum total of 1,000/650 pounds in a 60 minute time period or less between squat, deadlift, and bench press. Lifts must be supervised and approved by MWR Smith Fitness Center staff.

Appointments must be made 48 hours in advance by emailing Jamie Milburn at jamie.m.milburn.naf@army.mil.

Lifters who achieve the 1,000/650 pound mark will receive a t-shirt and an opportunity to be on our "Leader Board". The leader board will be posted at Smith Fitness Center with the top 5 total weights and the lifter's name. As the program moves out to our other facilities, the leader board will post the top 5 of each facility as well as the top 3 on the installation.

Check out below for exact rules to participate and workout tips for you!

For more information and any questions, please contact Jamie Milburn at 706-545-5452 or jamie.m.milburn.naf@army.mil.

1,000/650 POUND CLUB RULES

GENERAL:

Permitted Equipment:

- Weightlifting belt
- Knee/elbow sleeves
- Wrist supports/wraps
- Mouth guards

NOT Permitted Equipment:

- Tacky of any kind
- Wedges or anything to elevate the heels
- Hand grips of any kind including liquid grip
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body, or bar (including spray or other)
- Multiple layers of sleeves/wraps on top of each other
- Lifting straps of any kind
- Knee wraps or elbow wraps
- Specialty barbells including safety squat bars, trap bars, etc.

Squat:

- Barbell must be unracked without assistance.
- After un-racking the bar, the athlete must step back to establish the starting position.
- High or low bar positions are both acceptable.
- The athlete must squat to a depth below parallel where the top surface of the legs at the hip joint is lower than the top of the knees.
- The athlete must stand without assistance to a position where the knees and hips are fully extended with the barbell supported in the back rack position.
- The athlete must rerack the barbell without assistance to complete the lift.
- Causes for disqualification: double bouncing at the bottom of the lift or any downward movement during the ascent, failure to assume an upright position at the beginning or at the completion of the lift.

Bench Press:

- Proper starting position: Shoulder blades and glutes must be in contact with the bench at all times, if either comes off the bench during the lift, the lift will not count. To achieve firm footing, the lifter may have flat plates or blocks under their feet. If either foot comes off the floor during the lift, the lift will not count. Hooking of the feet or legs around the bench supports is not permitted. Placing the feet on the bench is not permitted.
- Hand spacing cannot exceed 81 cm (31.9 in) measured between the index fingers. The maximum grip width permitted will have each index finger on or inside the 81 cm mark. If the hands move outside the designated markings during a lift attempt, the lift will not count. The use of reverse grip is not permitted. A thumb around grip is required.

- Spotters may be used to assist the athlete taking the bar out of the rack to the starting position with the athlete's arms fully extended and the bar fully supported over the chest by the athlete.
- When the athlete has full unassisted control of the barbell extended over their chest after the initial un-rack, they may begin their attempt by lowering the bar to the chest. There must be clear contact with the chest with the underside of the elbow joint level with or below the top surface of each shoulder joint. Once contact has been made the athlete will then press the bar back to the starting position with the elbows clearly extended and the bar over the chest. Once the arms are fully extended, the athlete must show a pause to demonstrate full control prior to re-racking the barbell.
- Deliberately bounding the barbell off the chest may be interpreted as trying to gain an unfair advantage and could result in a lift not counting.

Deadlift:

- Barbell begins on the floor, any raising of the bar or any deliberate attempt to do so will count as an attempt.
- Any style grip is allowed.
- The bar is lifted to the finishing position when the hips and knees are fully extended with the head and shoulders behind the bar.
- Once the athlete has reached the required finishing position, they will LOWER the barbell to the ground while maintaining control of the bar. Dropping the bar is NOT allowed.
- Causes for disqualification: Any downward movement of the bar before it reaches the final position. Failure to reach the finishing position with head and shoulders behind the bar. Supporting the bar on the thighs during the performance of the lift. Dropping the bar after the lift.

1,000/650 POUND CLUB WORKOUT TIPS

1. Deadlifts require a strong grip to prevent the bar from slipping. Work on grip strength with exercises like weighted carries, towel pull-ups, and grip crushers.
2. For bench press, pause all reps at the bottom. This requires more strength because you're pressing from a dead stop. Supplement your bench press by strengthening the triceps as well as the upper back and rotator cuff with exercises like dips, rows,

and external rotation exercises. Press with your entire body; tense the lower body and drive through your feet to create stability.

3. The squat requires your thigh bone to be parallel to the floor. To do this, make sure your stance is wide enough. For variety, add these moves into your workouts: front squats, box squats, split squats, hack squats, and goblet squats.

Sample workouts to help improve your lifts:

Boost your squat:

Back squat 5 X 10, 5, 5, 3, 3 (increase weight each set)

Alternating lunges 3 X 10 each side

Swiss ball leg curl 3 X 12-15 (or glute-ham raise 3 X 6-10)

Standing calf raise 3 X 15-20

Boost your deadlift:

Deadlift 5 X 3, 3, 2, 2, 1 (increase weight each set)

Barbell hip thrusts 3 X 8

Pull-ups 3 X as many as you can

Dips 3 X as many as you can

Boost your bench:

Bench press 5 X 5

Chest supported rows 3 X 12

Foot elevated pushups 3 X 12

Face pulls 3 X 12

Other methods to consider:

- The Texas Method – work out 3 times a week (Volume Day, Recovery day, Intensity day). The key to the Texas Method is weekly progress rather than workout to workout progress.
- The Madcow 5X5 program – 5 sets of 5 reps at 80-85% of your 1RM. This program follows a linear progression, the sets and reps remain the same and the only variable is the load on the bar.

- The Westside Method – uses a large number of sets (8-12) with very few reps (1-3) working up to 90 –95% max. The following shows an example of preferred progression:

Preferred Progression

- 135 (26% 1RM) x 3
- 225 (44% 1RM) x 3
- 275 (54% 1RM) x 3
- 315 (62% 1RM) x 3
- 365 (72% 1RM) x 3
- 405 (79% 1RM) x 3
- 455 (89% 1RM) x 1
- 475 (93% 1RM) x 1
- 495 (97% 1RM) x 1

Total Volume = 6585 Counterproductive Progression

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- 225 (44% 1RM) x 3
- 315 (62% 1RM) x 3
- 405 (79% 1RM) x 3
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Total Volume = 5715