500 POUND CLUB

Put your strength to the test and become a member of the NAS Jax 500 lb Club! Lifters must meet or exceed 500 lbs with any combination of the three lifts: bench press, back squat and deadlift.

SCHEDULE

Set up your appointment with one of our fitness specialists.

BENCH PRESS

BACK SQUAT

DEADLIFT

JOIN

Become an official member of the NAS Jax 500 lb Club!

See back of flyer for rules & regulations.

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MWR NAS JACKSONVILLE

Rules & Regulations

- **Participants have to schedule an appointment with a fitness specialist and provide their own spotter for Bench Press and Back Squat.**
- **Belts, gloves and wrist wraps are permitted. Bench Press suits/shirts are not allowed. No wrist straps when deadlifting.**
- **Must be completed at Fitness Center or inside Hit Room in one session, monitored by the same trainer for all three lifts.**
- **The lifter must meet or exceed 500 lbs., with any combination of the three lifts.**

BENCH PRESS

1. Power arch is permitted, but glutes and upper back/shoulders MUST stay in contact with the bench at all times.
2. Feet must remain stationary throughout the lift.
3. Spotter may assist participant in lift-off, but not during lift.
4. Weight bar must come down so the elbows reach a minimum of 90 degrees.
5. Bar may touch the chest, but no bounce will be permitted.
6. Full extension must be reached before re-racking the bar.

Membership includes a certificate and lifter's name inserted on 500 lb Club Board in the Fitness Center.

BACK SQUAT

1. Participant must have full control and stability during entire movement.
2. Thighs must be parallel to the ground during completion of squat.

Bad lifts include: uneven, or excessive, leaning towards one side. Rounding of lower back. Extreme instability of bar. Taking steps during lift.

DEADLIFT

1. Lift must start from the ground.
2. Participant must maintain straight or slightly arched posture.
3. Hip and knees must move evenly during lift.
4. Body must reach full extension before dropping weight.

Bad lifts include: uneven, or excessive, leaning towards one side. Extreme instability of bar. Rounded back posture.