

PUMP & RUN

WEIGH-IN RULES

- Weigh-in with running shoes, shorts, and shirt on
- Body weight will be rounded to the nearest 5 pound increment

PUMP RULES

- No bench press warm-up will be provided
- Lift starts with the bar in the extended position
- Bar must touch the chest and be fully extended on each press for the rep to count
- No bouncing the bar off the chest
- Shoulders and rear must stay in contact with the bench during lift
- No hooking the bench support with feet or legs
- Feet must remain in contact with the floor during the lift (plates may be placed under the lifter's feet if necessary)
- No belts, wraps, gloves, or lifting suits
- Stopping during a press terminates the lift. You may stop in the lock-out position.

LIFTING CHART

- Each contestant will bench press a percentage of their body weight according to age and sex
- Each rep (30 max) will take 30 seconds off your 5K time

AGE	MEN % of body weight	WOMEN % of body weight
39 and under	100%	70%
40 – 49	90%	60%
50 – 59	80%	50%
60 – 69	70%	40%**
70 and over	60%	40% **

** Minimum lift 45 pounds