

# ***PUMP CURL N' ROW CHALLENGE***

## ***at The Flying PIG EXPO!***

***(Fri May 2<sup>nd</sup> Duke Energy Center and Sat May 3<sup>rd</sup> Sawyer Point, Cincinnati , OH)***



**PUMP CURL N' ROW (PCNR) Event Description:** This exciting “Full Fitness Competition” uniquely combines Bench Press, Curling and Rowing. Contestants will bench press and curl a percentage of their body weight, depending upon their age and gender, and according to the charts below. Contestants will begin with the bench press, and do as many repetitions as they can. Then after a 15-second pause, contestants will do as many curls as they can. Then after 30 additional seconds, the contestant will complete a 500 meter row on a Concept-2 Rowing Machine, set on the “No 5” Tension setting. For each bench press and curl repetition, the athlete will get 1 second off the Row Time, and the fastest “Net Row Time” will win! “Net Row Time” is the “Actual Row Time”, less the weight lifting handicap. Contestants will compete for all of the same weight lifting awards as the PUMP N' CURL Challenge Contestants (i.e. Bench Press Champion, Curl Champion, Total WT Champion and PUMP-OFF Champion), however there will also be additional Male and Female awards as follows: Fastest Net Row Time (includes weight lifting handicap) and Fastest Actual Row Time (does not include weight lifting handicap). See below for a detailed listing of the awards, and a description of the PUMP-OFF Championship.

### **CURLING CHART**

Jr. Men 15 to 18.....	Contestants will curl 40% of their weight
Men 19 to 39.....	Contestants will curl 45% of their weight
Men 40 to 49.....	Contestants will curl 40% of their weight
Men 50 to 59.....	Contestants will curl 35% of their weight
Men 60 and over.....	Contestants will curl 30% of their weight

Jr. Women 15 to 18 .....	Contestants will curl 30% of their weight
Women 19 to 39 .....	Contestants will curl 35% of their weight
Women 40 to 49 .....	Contestants will curl 30% of their weight
Women 50 to 59 .....	Contestants will curl 25% of their weight
Women 60 and over .....	Contestants will curl 20% of their weight

## CURLING RULES

- 1.) Arm Curl Weight is determined by Age and Gender per chart above, with weight rounded to nearest multiple of 5.
  - 2.) 2-Arm Curl begins at full arm extension with bar resting on thigh. A Full Rep is defined by raising bar up to touch chest, then lowering back down to touch thigh.
  - 3.) Back and legs must be straight at all times and perpendicular to ground.
  - 4.) Movement must be continuous with no resting at thigh or chest position (a noticeable resting pause at either the thigh or chest position will nullify previous rep).
  - 5.) No using back and legs to help lift bar!
  - 6.) No bouncing bar off of thighs!
  - 7.) Liability Waiver must be signed, prior to curling.
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## BENCH CHART

Jr. Men 15 to 18.....Contestants will bench press 85% of their weight  
 Men 19 to 39.....Contestants will bench press 100% of their weight  
 Men 40 to 49.....Contestants will bench press 90% of their weight  
 Men 50 to 59.....Contestants will bench press 80% of their weight  
 Men 60 and over.....Contestants will bench press 70% of their weight

Jr. Women 15 to 18.....Contestants will bench press 55% of their weight  
 Women 19 to 39.....Contestants will bench press 70% of their weight  
 Women 40 to 49.....Contestants will bench press 60% of their weight  
 Women 50 to 59.....Contestants will bench press 50% of their weight  
 Women 60 and over.....Contestants will bench press 40% of their weight

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## BENCH PRESS RULES

- 1.) Bench Press weight amount determined by Age and Gender (see chart above). Lifting Weight will be rounded to the nearest multiple of 5.
- 2.) Rep begins at full arm extension, then bar is lowered down until touches chest, then back to full extension. Arms must “lock-out” at top position
- 3.) Back and Rear must be flat on bench, and both feet must be flat on ground.
- 4.) Hands must be inside, or touching, the smooth rings on an Olympic Bar.
- 5.) During weigh-in, minimum attire must be Shorts, T-Shirts and Socks.
- 6.) NO BOUNCING BAR OFF CHEST. Rep will not count if bar bounces off chest.
- 7.) Motion must be continuous with no rests or pauses at the top and chest positions. A noticeable resting pause will nullify previous rep.
- 8.) Liability Waiver must be signed, prior to pumping.

## **Event Locations and Times:**

**Preliminary Round:** Participants will do their Bench Press, Curling and Rowing Friday May 2<sup>nd</sup> at DUKE ENERGY CENTER, from Noon to 2:00PM or 4:00PM to 8:00PM.

**PUMP-OFF Championship/Awards Ceremony:** Begins at approx 10:30AM Saturday May 3<sup>rd</sup> at Sawyer Point Park. Top 4 Male and 4 Female performers Friday Night, are guaranteed to make the championship round Saturday.

**PUMP-OFF Championship:** The top 7 Males and top 7 Females with the most bench and curl reps added together in the preliminary round will compete in the championship right before the awards ceremony. The order in which they compete will be based upon their achievement in the preliminary round (the athlete with the highest Bench and Curl Total gets to go last!). There are separate Male and Female competitions, and contestants will lift the same weight, as lifted in the preliminary round. The top 4 performers on Friday will be guaranteed a spot in the Championship round on Saturday.

**Registration:** On-line registration is provided at [www.active.com](http://www.active.com), and this same registration link can also be found at [www.pumpandruncerace.com](http://www.pumpandruncerace.com).

**PUMP CURL N' ROW Awards:** The following medals and plaques will be awarded. NOTE: It is possible that the awards may have to be mailed out after the event, due to time constraints.

### **Preliminary Round Weight-Lifting (All Participants):**

Medals: Bronze "10-PUMP Club" (10 Bench Reps )

Medals: Silver "20-PUMP Club" (20 Bench Reps)

Medals: Gold "30-PUMP Club" (30 Bench Reps)

Medals: Male and Female Bench Press Champions (Most Bench Reps-only)

Medals: Male and Female Curl Champions (Most Curl Reps-only)

Medals: Male and Female Total Weight Champs. Total Weight calculated using the following Formula:  $(\text{Curl Weight} \times \text{Curl Reps}) + (\text{Bench Weight} \times \text{Bench Reps}) = \text{Total Weight}$

### **PUMP-OFF Championship (Top 10 Female/10 Male Finalists):**

Plaque: PUMP KING, Overall PUMP N' CURL Champion (Most Bench Reps and Curls added together)

Plaque: PUMP QUEEN, Overall PUMP N' CURL Champion (Most Bench Reps and Curls added together)

### **Awards which include Rowing:**

Medals: Fastest Net Row Times (includes weight lifting handicap) Jr. Male, Jr. Female, Adult Male, and Adult Female

Medals: Fastest Actual Row Times (no weight lifting handicap) Jr. Male, Jr. Female, Adult Male, and Adult Female

NOTE: Junior age Group is 15-18 Years Old. Adult is over 18 years old



All proceeds go to The LORD'S Gym, part of FOCAS MINISTRIES, a nonprofit which serves under-resourced people in Cincinnati's Inner City!