

PUMP N' CURL CHALLENGE at the Flying PIG EXPO!

(Fri May 2nd Duke Energy Center and Sat May 3rd at Sawyer Point, Cin, OH)



PUMP N' CURL (PNC) Event Description – 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. The top 7 men and top 7 women, who do the most curls and bench reps added together, will advance to the Championship Round, where they will compete against each other in the PUMP-OFF Championship. There will also be medals issued for preliminary round achievements, as follows: Bronze Level (10 Bench Reps), Silver Level (20 Bench Reps), Gold Level (30 Bench Reps), Bench Press Champion (Most Bench Presses-only), Curl Champion (Most Curls-only) and Total Weight Champion (Bench Weight and Curl Weight multiplied by total reps).

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 PRESS 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

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.

Location and Event Times:

Preliminary Round: Participants will pick one of the following Locations/Times.

- Friday May 2nd, Noon to 2:00PM, and 4:00PM to 8:00PM, at Duke Energy Center, 525 Elm Street, Cincinnati, Ohio 45202 (Downtown Cincinnati Convention Center).
- Saturday May 3rd, 7:30AM to 9:30 AM, at Sawyer Point.

Championship Round (PUMP-OFF): Saturday May 3rd, approx. 10:30 AM at Sawyer Pt

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 round 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 Friday Evening are guaranteed to get into the Championship Round.

Registration: On-line registration is provided at www.active.com, and this same registration link can also be found at www.pumpandruncrace.com.

Awards: The following medals and plaques will be awarded. NOTE: It is possible that the awards may have to be mailed out after 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 Curls-only)

Medals: Male and Female Total Weight Champs. Total Weight calculated using the Following Formula:
(Curl Weight x Curl Reps) + (Bench Weight x Bench Reps) = Total Weight

PUMP-OFF Weight Lifting 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)



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