



Weight Lifting Rules

BENCH PRESS RULES

- 1.) During weigh-in, minimum attire must be Shorts, T-Shirts and Socks.
- 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, smooth outer rings of Olympic Bar (see attached page)
- 5.) NO BOUNCING BAR OFF CHEST. Rep will not count if bar bounces off chest.
- 6.) Motion must be continuous with no rests or pauses at the top and chest positions. A noticeable resting pause will nullify previous rep.
- 7.) Liability Waiver must be signed, prior to pumping.

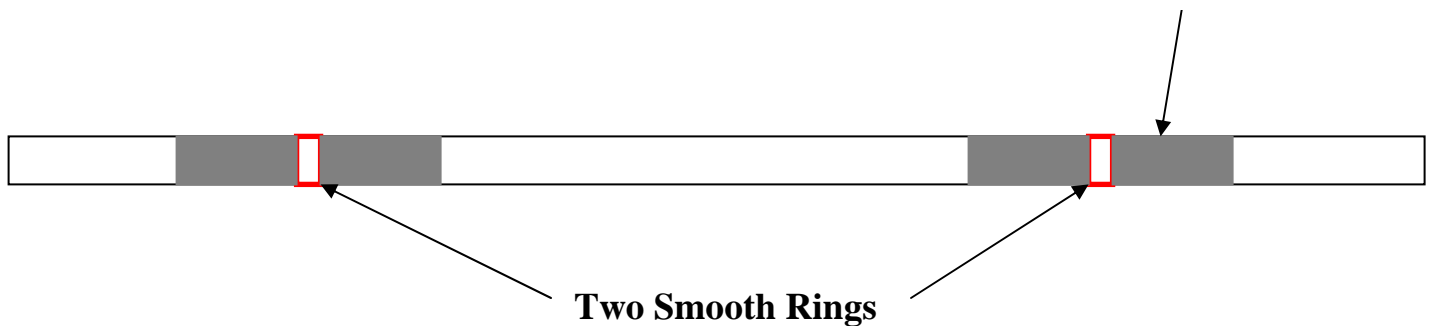
2-ARM CURL RULES

- 1.) Curling begins 15 seconds after last Bench Press.
- 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.) Back must be remain straight (perpendicular to ground) and still.
- 7.) No bouncing bar off of thighs!
- 8.) An E-Z Curl Bar will be used. Beginning at outer ends of bar, both hands must be placed within area where the bar begins to curve upward.
- 9.) Liability Waiver must be signed, prior to curling.

LORD'S GYM

Placement of Hands on Olympic Bar for Bench Press!

Gray areas represent
“Knurled” areas on
Olympic Bar



NOTE: Hands must be either inside, or touching the two smooth rings!



Hand Placement on E-Z Curl Bar

