

BODYBUILDING.COM PRESENTS MHP'S

KINGS OF THE BENCH 5 CLASH OF THE TITANS IV

PRO POWERLIFTING AT THE

RONNIE COLEMAN CLASSIC EXPO SAT. APRIL 2ND, 2011

BASIC NOTES ON THE BENCH

WE WILL HAVE TWO SIDE SPOTTERS FOR THE BENCH. AGAIN, THE SPOTTERS WILL STAY CLOSE FOR SAFETY BUT THE SPOTTERS WILL NOT BE "HUGGING" THE PLATES. THE SPOTTERS WILL ONLY JUMP IN IF A LIFTER IS IN DANGER, IF THE BAR STARTS DRIFTING BACK DOWN OR IF THE HEAD OFFICIAL TELLS THEM TO.

IF A LIFTER NEEDS A HANDOFF PERSON, WE WILL PROVIDE AN EXPERIENCED ONE FOR THAT LIFTER.

A LIFTER'S FEET OR TOES CAN BE ON THE FLOOR (A PERSON DOESN'T HAVE TO BE FLAT FOOTED.) ONCE THE LIFT STARTS, A PERSON'S FEET CANNOT COME UP OFF THE FLOOR OR SLIDE AROUND ON THE FLOOR.

THE PRESS COMMAND WILL BE GIVEN THE SPLIT SECOND THE BAR STOPS ON THE LIFTER'S CHEST. BUT, IT'S IMPORTANT TO NOTE THAT THE BAR HAS TO COME TO A COMPLETE STOP. THE LIFTER WILL NOT BE REQUIRED TO PAUSE THE LIFT FOR MORE THAN HALF A SECOND BUT THE LIFT WILL BE TURNED DOWN IF THE LIFTER ATTEMPTS A BOUNCE N' GO, A HEAVE N' GO OR IF THE LIFTER BEATS THE PRESS COMMAND.

THE LIFTER WILL BE GIVEN A START COMMAND, A PRESS COMMAND AND A RACK COMMAND.

THE LIFTER'S BUTT AND SHOULDERS MUST REMAIN IN CONTACT WITH THE BENCH THROUGHOUT THE ENTIRE LIFT.

WHAT'S MOST IMPORTANT TO US, IN REGARDS TO GETTING A LIFT PASSED, IS THAT THE LIFTER WAIT FOR THE COMMANDS, THAT THE LIFTER'S BUTT AND SHOULDERS STAY IN CONTACT WITH THE BENCH PAD AND THAT THE LIFTER FULLY LOCKOUT AT THE END OF THE LIFT.

IF YOU HAVE ANY QUESTIONS ABOUT BENCHING IN THIS COMPETITION, PLEASE FEEL FREE TO CONTACT SEAN KATTERLE AT 1.503.221.2238 OR SEANZILLA@HARDCOREPOWERLIFTING.COM AND HE'LL BE HAPPY TO DISCUSS THIS TOPIC WITH YOU UNTIL ALL OF YOUR QUESTIONS AND CONCERNS HAVE BEEN ANSWERED.



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