

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 DEADLIFT:

WE WILL HAVE A BACK SPOTTER FOR THE DEADLIFT. THIS SPOTTER WILL GIVE THE LIFTER PLENTY OF ROOM BUT THE SPOTTER WILL BE IN PLACE IN CASE THE LIFTER LOSES HIS OR HER BALANCE AND FALLS BACKWARDS.

THE LIFTER WILL BE GIVEN A DOWN COMMAND ONCE THEY'VE LOCKED OUT THE LIFT.

HITCHING WILL NOT BE ALLOWED.

WATER AND/OR OIL ON THE LEGS WILL NOT BE ALLOWED. TALC POWDER IS ALLOWED.

LIFTING STRAPS WILL NOT BE ALLOWED

IT'S IMPORTANT THAT THE LIFTER OBVIOUSLY LOCKS OUT WITH THE WEIGHT (STANDING FULLY UPRIGHT.)

WE'D RATHER A COMPETITOR LIFT LESS WEIGHT WITH GOOD FORM (NO HITCHING AND FULLY LOCKED OUT) THAN MORE WEIGHT WITH QUESTIONABLE TECHNIQUE.

DROPPING THE WEIGHT AT ANY TIME DURING THE LIFT WILL CAUSE THE LIFT TO BE RED LIGHTED.

IF YOU HAVE ANY QUESTIONS ABOUT DEADLIFTING 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 ADDRESSED.



MHP
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