

2015 SUMMER SERIES
Bench Press Competition

Check-In

JULY 11th

9:00am Maxfit Sports Nutrition 5082 Hwy 90, Pace FL 32571

JULY 18th

9:00am Maxfit Sports Nutrition 99 Eglin Parkway, Fort Walton Beach FL 32548

Criteria/Regulations

- **BODY WEIGHT REPS** – You will be weighed onsite and your bar will be set with that weight, rounded down to the nearest 5 pounds. (Example: you weigh 177 pounds, your bar will be set for 175). Rep it as many times as you can. The bar must touch your chest for the rep to count.
- **MAX WEIGHT** – We will use the Schwartz/Malone scale for this lift. There is no limit on the number of successful attempts. There will be a limit of 2 scratches on the same unsuccessful weight attempt.
- **MYSTERY LIFT** – We will draw for 5 contestants from the entries in this category. Those contestants will then draw a weight attempt. They can accept or decline the attempt, and if successful win an immediate cash prize.
- **HIGH SCHOOL STUDENT** - We will use the Schwartz/Malone scale for this lift. There is no limit on the number of successful attempts. There will be a limit of 2 scratches on the same unsuccessful weight attempt.
- **Cash and prizes awarded in accordance with how many entries received. Maxfit will provide matching funds and prizes to create significant winnings.**



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Present



**2015 SUMMER SERIES
BENCH PRESS COMPETITION
OFFICIAL ENTRY FORM
SATURDAY, July 18, 2015**

ELIGIBILITY: Open to everyone ages 16 and over.

CONTEST LOCATION: 99 Eglin Parkway NE, Fort Walton Beach, FL

ENTRY FEE: \$10.00 per category

For Information:

www.iammaxfit.com or email: iammaxfit@yahoo.com or call 850-499-2508

BODY WEIGHT REPS

3 places awarded

One Class

MAX WEIGHT (S/M Scale)

3 places awarded

One Class

MYSTERY LIFT Xtra Cash

One Class

HIGH SCHOOL STUDENT

Male

Female

Name: _____ Age: _____

Address: _____ City: _____

State: _____ Zip: _____

Email Address: _____ Telephone: _____

In consideration of your accepting this entry, I hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against Russell Mese, MFSN Inc, MRP2 Inc, RRJM Inc., MAXFIT Sports Nutrition, Workout Anytime, The Bar Strength & Conditioning, Crossfit Patriot Pride, Militia Fitness, CBRE and Family Center LLC. The sponsors and/or their agents, representatives and assignees for any and all of their agents, successors and licensees and assignees, the right to photograph and or reproduce (whether by film, tape, still photography, or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photograph motion pictures, radio, television, video printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with and the foregoing.

Signature: _____ Parent/Guardian, if minor: _____ Date: _____