



Presented by:



# The Fox Valley's Fittest 4 FLOATER: *Do You Even?*

Floater Workout:

Max Bench Press Repetitions in a Single Set.

SCORE = Reps x Weight

All Team Members Scores Will Be Added Together.

*\*Athletes determine their own weights. 5lb increments only.*

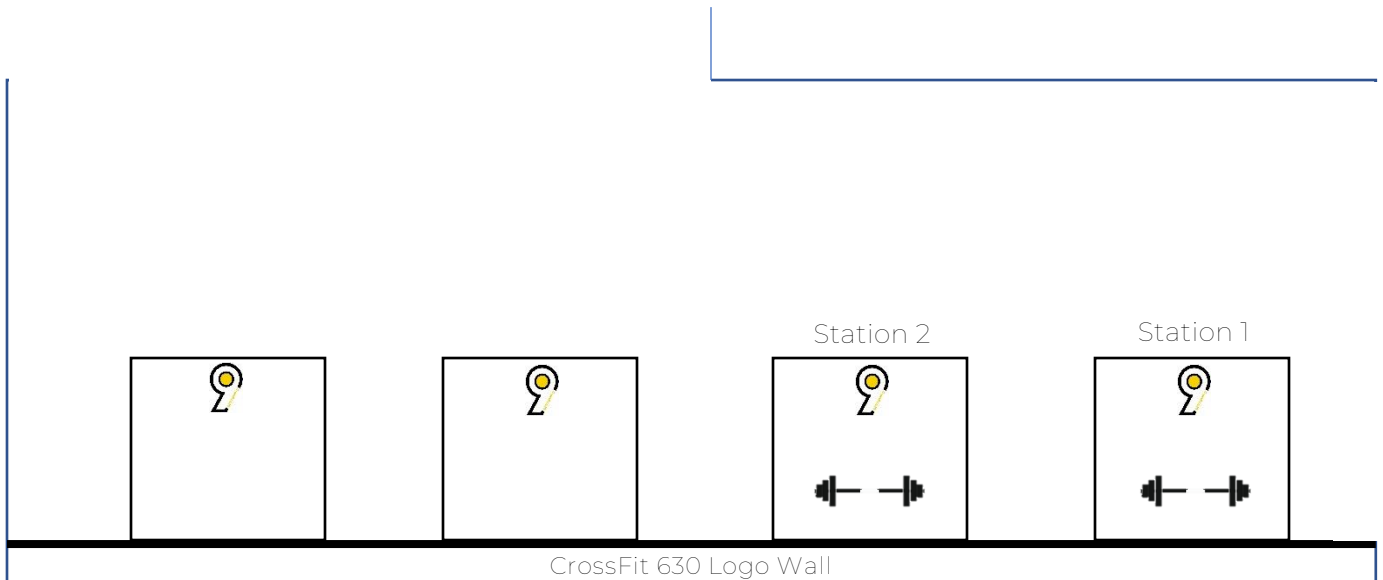
*\*Single attempt per athlete only.*

This workout begins when the athlete notifies the judge and lifts the bar off the rack. This is to be done in a single set. Athletes WILL be allowed to "rest" in the extended position, not with the bar resting on their chest.

A Spotter/Judge will be there to assist when needed. If they make contact with the bar to assist with a lift, that rep will not count.

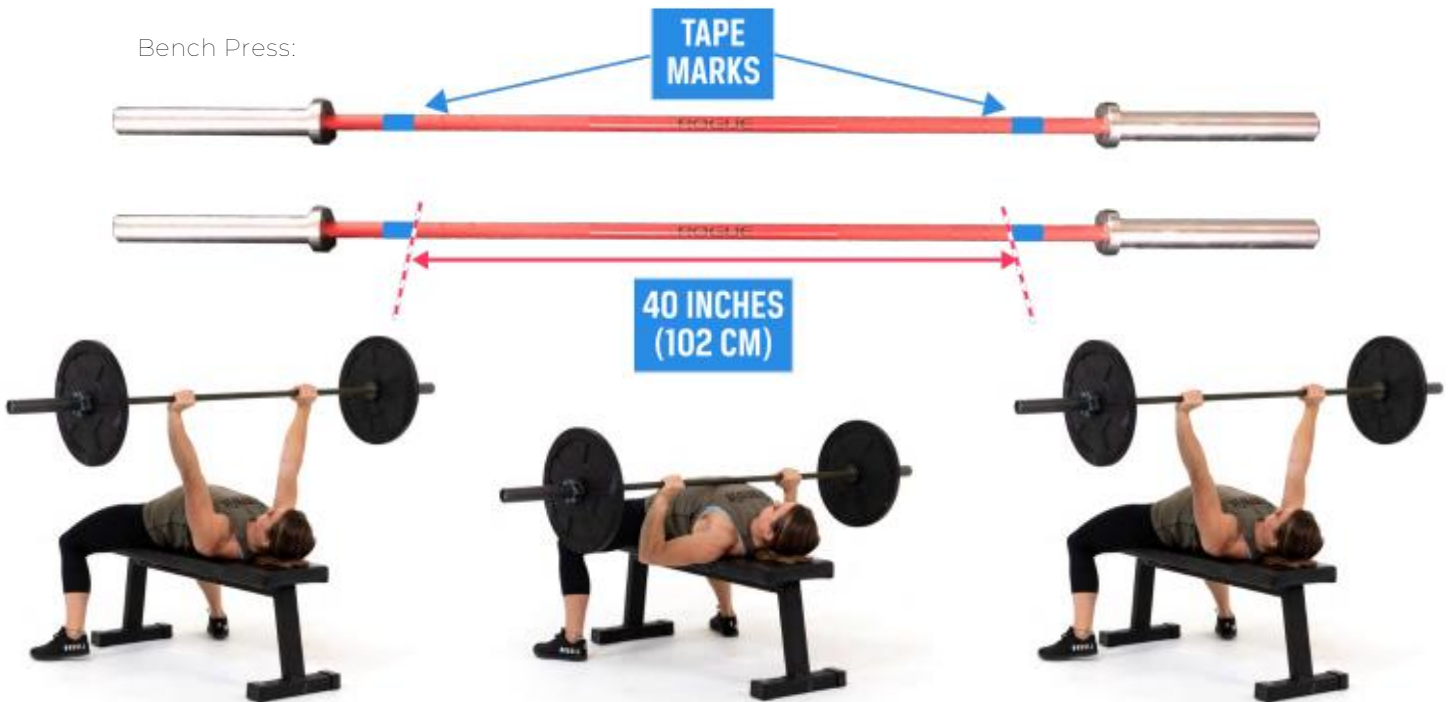
The Spotter/Judge will not help with a "lift-off" the rack to start.

Floor Plan Floater:



## The Fox Valley's Fittest 4 FLOATER: *Do You Even?*

Movement Standards Floater:



- Athletes may place bumper plates under their feet.
- Athletic tape on the bar must be used to establish a 40-in (102-cm) width.
- No part of the athlete's hands may be wider than 40 in (102 cm).
- If any part of the athlete's hand makes contact with the tape at any point, the attempt will not count.
- The athlete must use a standard, pronated grip. The thumb must be wrapped around the bar.
- Athletes MUST declare the load they are attempting before starting to lift.
- Each attempt starts with full extension of the arms.
- Both feet must remain on the floor (or bumper plates) throughout the entire rep.
- The shoulders and buttocks must remain in contact with the bench throughout the rep.
- During the lift, if the feet come off the floor (or bumper plates) at any point, or the shoulders and/or buttocks come off the bench, the attempt will not count.
- The bar must make contact with any part of the torso at the bottom.
- The athlete may NOT pause or rest with the bar on the torso. They may rest in fully extended position.
- The rep counts when the arms return to full extension with the bar over the athlete's torso.