

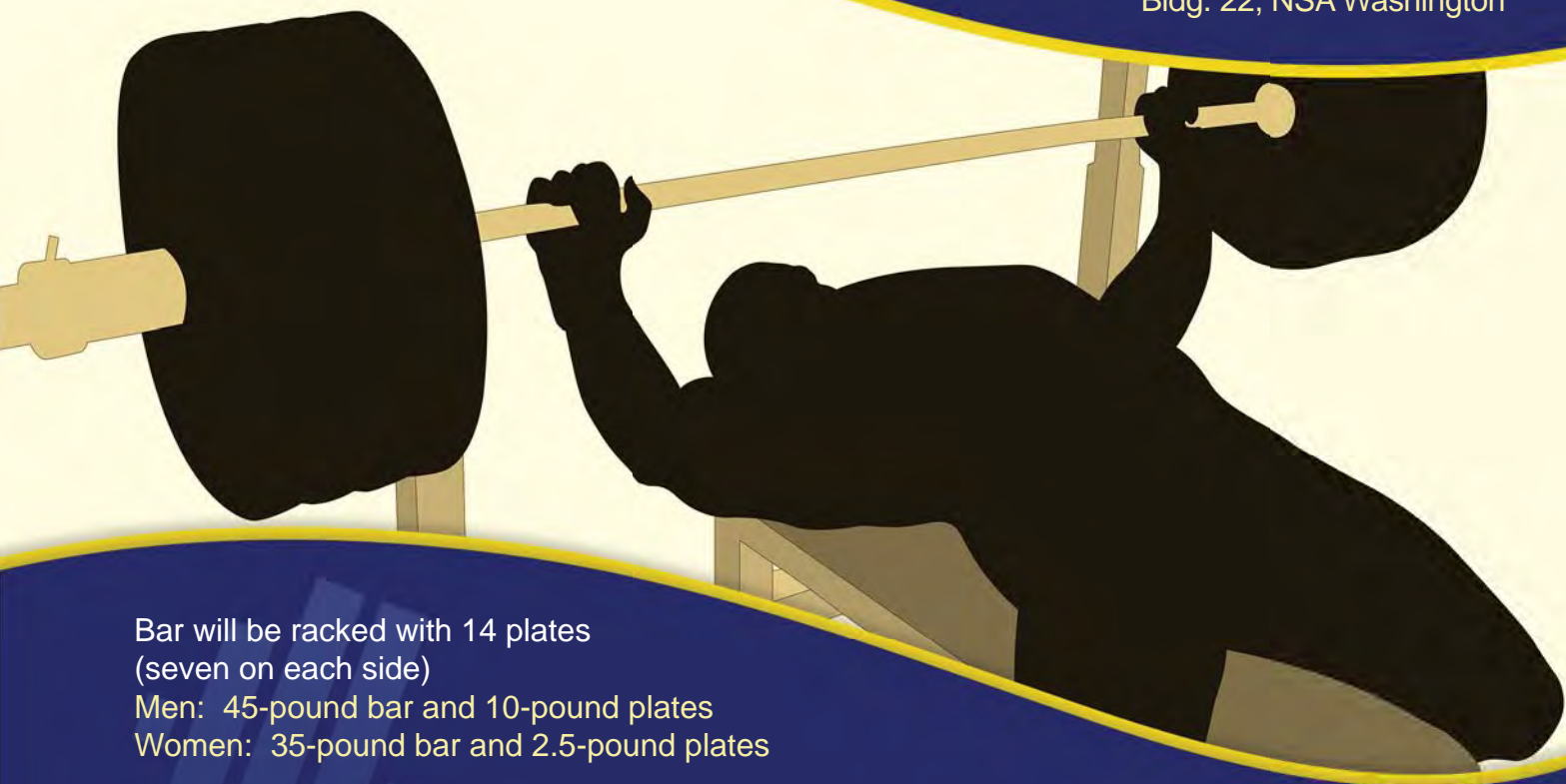
# BENCH PRESS BURNOUT

**FREE**

Register at Fitness Center  
front desk by Dec. 11.

**Wednesday, Dec. 13**

11 a.m.-1 p.m., Fitness Center  
Bldg. 22, NSA Washington



Bar will be racked with 14 plates  
(seven on each side)

Men: 45-pound bar and 10-pound plates

Women: 35-pound bar and 2.5-pound plates

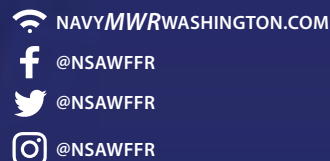
- On command, participant must successfully bench press weight
- After each successful bench press, one plate will be removed from each side
- Once all plates are removed, participants must bench press bar for maximum burnout reps

## **RULES**

- Five-second re-rack
- Two-second allowance between reps
- Bar cannot rest on chest at any point in competition
- Full arm extension
- Wrist wraps and gloves are allowed

Eligible patrons: Active-duty, reserve and retired military;  
dependents, DoD civilians and contractors

**STAY  
CONNECTED**



For more information, please call Delvin at  
202-433-2282 or email [mwr.fitness.nsaw.fct@navy.mil](mailto:mwr.fitness.nsaw.fct@navy.mil)