

ONE-REP MAX



BENSWIC®

— Forging Greatness —



**2021 BENSWIC
ONE-REP MAX EVENT**
benswic.com

One-Rep MAX is created as an additional service we're offering to give our clients a competitive edge to their fitness goals. This event, hosted once a month will give Members / Non-Members a self challenge to remain accountable to their fitness journey. We look to challenge all to discover their MAX Rep through Weights; along with discovering how fast each could run in a Mile & 40 yard dash and Jumps (*vertical and horizontal*). Allowing each to set their own standards and then come back to beat it next time and to potentially get that **"W"**.

Event Director:

William Marshall

Entry Deadline:

Week before the Event.

NOTE: We will not give access to anyone after that.

Location:

Saint Nicholas Park and 133rd

Please NOTE that location could change....

Cost:

\$50 per Athlete.

UPCOMING EVENTS

May 29, 2021

July 3, 2021

August 8, 2021



6 Events to Compete in

EVENTS

	Results			Points
1 Squat	1	2	3	
2 Bench Press	1	2	3	
3 Deadlift	1	2	3	
4 Broad Jump	1	2	3	
5 Vertical Jump	1	2	3	
6 40 Yard Dash	1	2	3	
7 Mile Run				

Total Points

ATHLETES FIRST / LAST NAMES:

WEIGHT:

SHIRT SIZE:

We Tally Up

We gather up all the points here.

Rules / Score Sheet

We will Group Athletes in separate groups this way we can keep the flow of everything. Once a group or athlete is done, they have the opportunity to move on to the next event.

Every Athlete gets 3 Attempts to Reach their best effort to better his/her chances for a Higher Points. Of course, this optional for the athlete to do the 3 Attempts. The Mile Run is the ONLY event we don't do more than once.

We take your best Results to determine your points. The Chart for the Points is on the next page.

Once we have tallied up all the points, which will allow us to announce the Top 3 Athletes and the Winners - 1 Female / 1 Male.

If for whatever reason we do have enough Males or Females (at least 3), we will combine both male and female together.



2021 BENSWIC ONE-REP MAX EVENT

MALE

POINTS

										POINTS	Broad Jump	Vertical Jump	40 Yard Dash	Mile Run
BEG.	NOV.	INT.	ADV.	ELITE	BW (Bodyweight)	Squat	Bench Press	Deadlift						
680	850	1000	1140	1200	310	299	277	285		1200	3.20m	12 Feet	4.6 sec	5:00 mins
680	850	1000	1140	1200	300	290	268	277		1150	3.00m	11.5 Feet	4.7 sec	5:27 mins
680	850	1000	1140	1200	290	280	260	268		1100	2.90m	11 Feet	4.8 sec	6:00 mins
680	850	1000	1140	1200	280	270	251	260		1050	2.80m	10.5 Feet	4.9 sec	6:40 mins
680	850	1000	1140	1200	270	260	242	251		1000	2.70m	10 Feet	5.0 sec	7:10 mins
680	850	1000	1140	1200	260	250	233	242		950	2.60m	9.5 Feet	5.1 sec	7:30 mins
680	850	1000	1140	1200	250	239	223	233		900	2.50m	9 Feet	5.2 sec	8:00 mins
680	850	1000	1140	1200	240	229	214	223		850	2.40m	8.5 Feet	5.3 sec	8:34 mins
680	850	1000	1140	1200	230	218	204	214		800	2.30m	8 Feet	5.4 sec	9:00 mins
680	850	1000	1140	1200	220	207	193	204		750	2.20m	7.5 Feet	5.5 sec	9:20 mins
680	850	1000	1140	1200	210	195	181	194		700	2.10m	7 Feet	5.6 sec	9:50 mins
680	850	1000	1140	1200	200	184	170	184		650	2.00m	6.5 Feet	5.7 sec	10:10 mins
680	850	1000	1140	1200	190	172	158	174		600	1.90m		5.8 sec	10:30 mins
680	850	1000	1140	1200	180	160	146	163		550	1.80m		6.0 sec	11:00 mins
680	850	1000	1140	1200	170	148	134	152		500	1.70m		6.1 sec	11:24 mins
680	850	1000	1140	1200	160	136	122	141		450	1.60m		6.2 sec	11:50 mins
680	850	1000	1140	1200	150	123	109	130		400	1.50m		6.3 sec	12:20 mins
680	850	1000	1140	1200	140	110	96	118		350	1.40m		6.4 sec	12:50 mins
680	850	1000	1140	1200	130	98	84	106		300	1.30m		6.5 sec	13:25 mins
680	850	1000	1140	1200	120	84	70	94		250	1.20m		6.6 sec	13:55 mins
680	850	1000	1140	1200	110	71	57	82		200	1.10m		6.7 sec	14:50 mins

NOTE: THESE BARBELL STANDARDS INCLUDE THE WEIGHT OF THE BAR, NORMALLY 20 KG / 44 LB.



2021 BENSWIC ONE-REP MAX EVENT

FEMALE

POINTS

	680	850	1000	1140	1200	BW				POINTS	Broad Jump	Vertical Jump	40 Yard Dash	Mile Run
						Squat	Bench Press	Deadlift						
	680	850	1000	1140	1200	260	122	119	121	1200	3.20m	12 Feet	4.6 sec	5:00 mins
	680	850	1000	1140	1200	250	118	117	117	1150	3.00m	11.5 Feet	4.7 sec	5:27 mins
	680	850	1000	1140	1200	240	114	113	113	1100	2.90m	11 Feet	4.8 sec	6:00 mins
	680	850	1000	1140	1200	230	110	109	109	1050	2.80m	10.5 Feet	4.9 sec	6:40 mins
	680	850	1000	1140	1200	220	106	105	105	1000	2.70m	10 Feet	5.0 sec	7:10 mins
	680	850	1000	1140	1200	210	102	101	101	950	2.60m	9.5 Feet	5.1 sec	7:30 mins
	680	850	1000	1140	1200	200	98	97	97	900	2.50m	9 Feet	5.2 sec	8:00 mins
	680	850	1000	1140	1200	190	93	92	92	850	2.40m	8.5 Feet	5.3 sec	8:34 mins
	680	850	1000	1140	1200	180	89	88	88	800	2.30m	8 Feet	5.4 sec	9:00 mins
	680	850	1000	1140	1200	170	84	83	83	750	2.20m	7.5 Feet	5.5 sec	9:20 mins
	680	850	1000	1140	1200	160	79	78	78	700	2.10m	7 Feet	5.6 sec	9:50 mins
	680	850	1000	1140	1200	150	74	73	73	650	2.00m	6.5 Feet	5.7 sec	10:10 mins
	680	850	1000	1140	1200	140	69	68	68	600	1.90m		5.8 sec	10:30 mins
	680	850	1000	1140	1200	130	63	63	63	550	1.80m		6.0 sec	11:00 mins
	680	850	1000	1140	1200	120	58	58	58	500	1.70m		6.1 sec	11:24 mins
	680	850	1000	1140	1200	110	52	52	52	450	1.60m		6.2 sec	11:50 mins
	680	850	1000	1140	1200	100	46	46	46	400	1.50m		6.3 sec	12:20 mins
	680	850	1000	1140	1200	90	40	40	40	350	1.40m		6.4 sec	12:50 mins
	680	850	1000	1140	1200					300	1.30m		6.5 sec	13:25 mins
	680	850	1000	1140	1200					250	1.20m		6.6 sec	13:55 mins
	680	850	1000	1140	1200					200	1.10m		6.7 sec	14:50 mins

NOTE: THESE BARBELL STANDARDS INCLUDE THE WEIGHT OF THE BAR, NORMALLY 20 KG / 44 LB.

EVENT SCHEDULE

9:00am

WarmUps:

Dynamic Drills;
Dynamic Stretches;
Mobility Work;
Olympic Lifting Preparations;

9:30am

The Start of One-Rep
MAX.

9:40am

The Start of Weight
Lifting:
**Squat; Deadlift and
Bench Press.**

Explain the Rules and
How we are going to
run the Event.

Break Competitors
into Groups.

10:30am

SMALL BREAK with a light snack to Refuel.

10:40am

The Start of **Vertical /
Broad Jumps.**

11:10am

The Start of the **40 Yard Dash**

11:40am

The **LAST AND FINAL
EVENT.** The Mile Run!

12:00pm

The Awards Ceremony;
Eat and Music.

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