# ONE-REP MAX BENSIIIC®

— Forging Greatness —



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**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





ı				Res	sults	1	Points
		<b>1</b> Squat	1	2	3		
		2 Bench Press	1	2	3		
	S	<b>3</b> Deadlift	1	2	3		
		<b>4</b> Broad Jump	1	2	3		
6 Events to Compete in		<b>5</b> Vertical Jump	1	2	3		
	>	<b>6</b> 40 Yard Dash	1	2	3		
	Ш	<b>7</b> Mile Run					
'					Total Points		
		ATHLETES FIRST / LAST N	AMES:			WEIGHT:	SHIRT SIZE:

# **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.

We gather up all the points here.

We Tally Up

Once we have tallied up all the points, which will allow us to annouce 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.





MALE

### **POINTS**

BEG.	NOV.	NT.	ADV.	ELITE	<b>BW</b> (Bodyweight)		Squat				Bench Press				Deadlift				POINTS	Broad Jump	Vertical Jump	40 Yard Dash	Mile Run	
989	820	1000	1140	1200	310	299	378	470	571	678	224	285	356	436	519	345	431	532	761	1200	3.20m	12 Feet	4.6 sec	5:00 mins
980	820	1000	1140	1200	300	290	367	457	558	663	217	277	347	425	208	334	420	519	745	1150	3.00m	11.5 Feet	4.7 sec	5:27 mins
089	820	1000	1140	1200	290	280	356	445	544	648	210	268	338	415	496	324	408	506	729	1100	2.90m	11 Feet	4.8 sec	6:00 mins
089	820	1000	1140	1200	280	270	345	433	530	633	202	260	328	404	484	313	396	493	713	1050	2.80m	10.5 Feet	4.9 sec	6:40 mins
089	820	1000	1140	1200	270	260	333	420	516	618	194	251	318	393	472	302	383	4/9	269	1000	2.70m	10 Feet	5.0 sec	7:10 mins
089	820	1000	1140	1200	260	250	322	407	205	602	186	242	308	382	460	291	371	465	0/6	950	2.60m	9.5 Feet	5.1 sec	7:30 mins
089	820	1000	1140	1200	250	239	310	393	487	282	178	233	298	370	447	280	358	451	924 <b>662</b>	900	2.50m	9 Feet	5.2 sec	8:00 mins
089	820	1000	1140	1200	240	229	297	379	471	269	170	223	287	359	434	268	345	436	64 <b>4</b>	850	2.40m	8.5 Feet	5.3 sec	8:34 mins
089	820	1000	1140	1200	230	218	285	365	456	551	162	214	276	347	421	256	331	421 F20	520 <b>626</b>	800	2.30m	8 Feet	5.4 sec	9:00 mins
089	820	1000	1140	1200	220	207	272	351	440	534	153	204	265	334	407	244	318	405	2009	750	2.20m	7.5 Feet	5.5 sec	9:20 mins
089	820	1000	1140	1200	210	195	259	336	423	515	145	194	254	321	393	232	303	389	587	700	2.10m	7 Feet	5.6 sec	9:50 mins
089	820	1000	1140	1200	200	184	246	321	406	497	136	184	242	308	379	219	289	3/3	40/ <b>567</b>	650	2.00m	6.5 Feet	5.7 sec	10:10 mins
089	820	1000	1140	1200	190	172	233	306	389	477	127	174	230	295	364	206	274	356	546	600	1.90m		5.8 sec	10:30 mins
089	820	1000	1140	1200	180	160	219	290	371	457	118	163	218	281	348	193	259	339	525	550	1.80m		6.0 sec	11:00 mins
089	820	1000	1140	1200	170	148	204	273	352	437	109	152	506	267	333	180	244	321	<b>502</b>	500	1.70m		6.1 sec	11:24 mins
980	820	1000	1140	1200	160	136	190	256	333	415	100	141	193	252	316	166	228	302	479	450	1.60m		6.2 sec	11:50 mins
089	820	1000	1140	1200	150	123	175	239	313	393	06	130	179	237	299	152	211	283	455	400	1.50m		6.3 sec	12:20 mins
089	820	1000	1140	1200	140	110	160	221	293	370	80	118	166	221	281	138	194	264	430	350	1.40m		6.4 sec	12:50 mins
089	820	1000	1140	1200	130	86	144	203	271	346	71	106	151	205	263	123	177	243	40 <b>4</b>	300	1.30m		6.5 sec	13:25 mins
089	820	1000	1140	1200	120	84	128	184	249	321	61	94	137	188	243	108	159	223	377	250	1.20m		6.6 sec	13:55 mins
989	820	1000	1140	1200	110	71	112	164	226	295	51	82	122	170	223	93	141	201	349	200	1.10m		6.7 sec	14:50 mins

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



**FEMALE** 

### **POINTS**

EG.	JOV.	Ä	NDV.	H	BW		Squat			Bench Press					Deadlift				POINTS	Broad Jump	Vertical Jump	40 Yard Dash	Mile Run	
089	850	1000	1140	1200	260	122	174	238	311	391	19	121	170	228	146	204	274	355	442	1200	3.20m	12 Feet	4.6 sec	5:00 mins
989	850	1000	1140	1200	250	118	169	232	305	384	23	117	166	223	142	199	268	348	435	1150	3.00m	11.5 Feet	4.7 sec	5:27 mins
989	850	1000	1140	1200	240	114	164	227	299	377	27	113	161	218	138	194	262	342	427	1100	2.90m	11 Feet	4.8 sec	6:00 mins
089	850	1000	1140	1200	230	110	160	221	292	370	32	109	156	212	133	188	256	335	419	1050	2.80m	10.5 Feet	4.9 sec	6:40 mins
989	850	1000	1140	1200	220	106	155	215	286	362	36	105	152	207	129	183	250	327	411	1000	2.70m	10 Feet	5.0 sec	7:10 mins
089	850	1000	1140	1200	210	102	150	209	279	354	40	101	147	201	124	177	243	320	403	950	2.60m	9.5 Feet	5.1 sec	7:30 mins
989	850	1000	1140	1200	200	86	144	203	271	346	44	26	141	195	119	172	237	312	394	900	2.50m	9 Feet	5.2 sec	8:00 mins
089	850	1000	1140	1200	190	93	139	196	264	338	47	92	136	188	114	166	230	304	385	850	2.40m	8.5 Feet	5.3 sec	8:34 mins
989	820	1000	1140	1200	180	88	133	190	256	329	51	88	131	182	109	159	222	296	375	800	2.30m	8 Feet	5.4 sec	9:00 mins
989	850	1000	1140	1200	170	84	127	183	248	320	22	83	125	175	104	153	215	287	366	750	2.20m	7.5 Feet	5.5 sec	9:20 mins
989	820	1000	1140	1200	160	79	121	175	240	310	28	78	119	168	86	146	207	278	355	700	2.10m	7 Feet	5.6 sec	9:50 mins
089	850	1000	1140	1200	150	74	115	168	231	300	62	73	113	161	63	139	199	268	344	650	2.00m	6.5 Feet	5.7 sec	10:10 mins
989	820	1000	1140	1200	140	69	109	160	222	290	92	89	107	153	87	132	190	258	333	600	1.90m		5.8 sec	10:30 mins
089	850	1000	1140	1200	130	63	102	152	212	278	69	63	100	145	8	125	181	248	321	550	1.80m		6.0 sec	11:00 mins
989	850	1000	1140	1200	120	28	95	143	202	267	72	28	93	137	74	117	171	237	308	500	1.70m		6.1 sec	11:24 mins
089	850	1000	1140	1200	110	52	87	134	191	254	75	25	98	128	89	109	161	225	295	450	1.60m		6.2 sec	11:50 mins
			1140		100	46	79	124	179	241	78	46	78	119	19	100	151	212	280	400	1.50m		6.3 sec	12:20 mins
989	850	1000	1140	1200	90	40	71	114	167	226	81	40	70	109	54	91	139	199	265	350	1.40m		6.4 sec	12:50 mins
989	850	1000	1140	1200																300	1.30m		6.5 sec	13:25 mins
089	850	1000	1140	1200																250	1.20m		6.6 sec	13:55 mins
989	820	1000	1140	1200																200	1.10m		6.7 sec	14:50 mins

 $\textbf{NOTE:} \ \text{THESE BARBELL STANDARDS INCLUDE THE WEIGHT OF THE BAR, NORMALLY 20 KG / 44 LB.}$ 

# **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!

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12:00pm

The Awards Ceremony; Eat and Music.