

Description of Weightlifting Events

Saturday, October 31, 2020

Kaizen Performance Center

1811 Industrial Boulevard

Norman, OK

State Director:

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Leg Press

You will complete 5 reps on the leg press. For each rep to count you must break 90 degrees between the knees and hips, and then you must press the sled back out until your legs return to a straight position without locking the knees. You may have 1 extra rep in case any of the previous reps did not count. Your score will be based off the Wilks Scoring system, which will use your weight and the weight you moved. You will have 2 attempts at this event.

Barbell Bench Press

You will complete 5 reps on the barbell bench press. For each rep to count you must break 90 degrees between the elbow and shoulder, and then you must press the bar back out until your arms are in a straight position. You may have 1 extra rep in case any of the previous reps did not count. Your score will be based off the Wilks Scoring system, which will use your weight and the weight you moved. You will have 2 attempts at this event.

20yd Sled Push

You will push a weighted sled 20 yards as fast as you can. Women will push a sled with 25lbs added on, and men will push a sled with 45lbs added on. The timer will begin once the sled breaks the starting line and will end once the entire sled crosses the finish line. You will be scored off time alone. You will have 2 attempts at this event.

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