

STRICT CURL COMPETITION



WEDNESDAY, APRIL 23
1630-1830
Barn Fitness Center, Bldg. 7115

FEATURING: THE STRONG ARMS OF MCAS MIRAMAR

For Info Call (858) 307-6147 | 6042

MCAS
SEMPER FIT

RULES
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STRICT CURL COMPETITION RULES

1. Load the desired weight attempt to the EZ curl.
2. Hold the bar with an underhand grip. Use the grip width that's most comfortable for you.
3. Make sure that your glutes and upper back are pressed against the wall. They must remain against the wall through out the entire strict curl lift.
4. Ensure that your heels are no more than 12 inches away from the wall.
5. Curl the bar toward your chest (once you get the curl command if you're in a competition). You can move your upper arms as much as you like to lift the weight.
6. The weight lifted will be divided by your bodyweight. The goal is to have the highest percentage. The participants will have two attempts.