

STRICT CURL II COMPETITION



WEDNESDAY, JUNE 18
1630-1730

Miramar Sports Complex, Bldg. 2471

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.