

1 Rep Max Challenge FAQ

When: November 16th @2:00-4:00pm

Who: Members 16+

Where: YMCA wellness floor squat racks

Fees: None

Registration: October 13th-November 15th Online, at the front desk, or at the wellness desk

About: A friendly competition to lift the most and beat your personal best. Get your name on the podium, bragging rights as champion, and win a prize

*Prize: TBD

One Rep Max Squat Challenge – Participant Rules

- All lifts must be performed in the squat rack with safety arms.
- Judge will give commands: 'Squat' to start, 'Rack' to finish.
- A good lift requires: controlled descent, knees at a right angle or below, and standing back to full extension.
- Each lifter has 3 attempts; weights must increase with each attempt.
- 60 seconds to complete lift once called.
- Spotters may only assist if the lift is failed.
- Warm up beforehand (suggested sets: empty bar, 50%, 70%, 80%).
- Best successful lift is your official score.
- Scoring will be adjusted using DOTS equation for fairness across bodyweights.

Have fun, lift safely, and go for your max!