BEAST BOARD RULES

SQUAT

Depth: Lifter must squat until the hip crease (the deepest part of the hip flexor) is lower than the top of the kneecap.

Lifter must stand in full extension position prior to racking

Lifter loads their own bar / Spotter(s) Required

Authorized Gear: Weight Lifting Belt

PLANKS

Elbows should be bent and lowered to the ground, so forearms are flat.

Maintain a straight line from head to heels, with back, glutes, and legs aligned.

Hands can be in a fist with the pinky side of the hand touching the deck or flat palms down.

Arm(s) and/or Leg(s) are to remain in starting position at all times.

Body cannot sag or raise.

BENCH PRESS

Starting Position: Lifters must lie on their backs with their shoulders and glutes in contact with the bench. Their toes must remain in contact with the platform.

Lifter must use a pronated grip with all fingers and the thumb wrapped around the bar.

Lifter must lower the bar to the chest/abs area, ensuring it makes contact / no bouncing

The bar must be held motionless on the chest with a definite pause before the press.

The bar must be pressed back up to a full extension of the elbows.

Lifters are not permitted to place their feet on the bench / shoulders and glutes MUST remain in contact with the bench / Toes must remain in contact with the floor

Lifters loads their own bar / Lift-Offs are allowed / Spotter(s) Required

Authorized Gear: None

DEADLIFT

Lifter has the choice of Overhand or Mixed Grip to complete lift.

Lifter bends at the knees, grabs the bar, and pulls it off the floor in a single, continuous movement / no jerking

Lifter bends at the knees, grabs the bar, pulls it off the floor in a single, continuous movement / no jerking / no hitching.

Lifter loads their own bar / Straps are not allowed / Spotter(s) optional

Authorized Gear: Weight Lifting Belt

HOW TO GET ON THE BOARD

Beast Mode

Individuals meeting or surpassing the qualifying weight/time per activity

Club Beast

Individuals that successfully accumulate the total weight, via Bench Press, Squat, and Deadlift, all in succession.

Beasts

Best of the Beast. "Beasts" are the MCBH Fitness Center Record Holders

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For questions and to schedule qualification: Email KbayHealthPromotions@usmc-mccs.org or call (808) 254-7473. Scan the QR code below to learn more about Semper Fit's Performance Education Program.

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