**Bench Press**

**Room: Weight Room**

**Advisor(s): Stocker, Nadeau**

**StGovtContact: Brandon Bashant**

*Teacher Advisor: Please read these rules to the students before the activity begins. Thank you!*

*~ Student Government*

The object of this activity is to…

The object of this activity is to bench press 75% of their body weight as many times as possible.

The rules of this activity are…

to be determined by the advisor.

The winner of this activity will be based upon …

winning; the class who wins earns 4 points, second greatest earns 3 points, third greatest earns 2 points, and the class with the fewest participants earns 1 point. If there is a class that has no participants in the activity, they will earn 0 points.

**Bench Press**

**Activity Period 1**

**11:45-12:15**

(circle ONE grade level for each place below)

1st Place (4 points): 9 10 11 12

2nd Place (3 points): 9 10 11 12

3rd Place (2 points): 9 10 11 12

4th Place (1 point): 9 10 11 12

0 participants (0 points): 9 10 11 12

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**Bench Press**

**Activity Period 2**

**12:20-12:50**

(circle ONE grade level for each place below)

1st Place (4 points): 9 10 11 12

2nd Place (3 points): 9 10 11 12

3rd Place (2 points): 9 10 11 12

4th Place (1 point): 9 10 11 12

0 participants (0 points): 9 10 11 12

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**Bench Press**

**Activity Period 3**

**12:55-1:25**

(circle ONE grade level for each place below)

1st Place (4 points): 9 10 11 12

2nd Place (3 points): 9 10 11 12

3rd Place (2 points): 9 10 11 12

4th Place (1 point): 9 10 11 12

0 participants (0 points): 9 10 11 12