

934th Airlift Wing Fitness Center

Purpose: The Brag Board is designed to create friendly competition between service members, civilian employees and others awarded access to the Fitness Center. The Brag Board will be displayed TBD in a Fitness Center passageway or the weight room.

Objective: To explain the rules for each exercise/activity and how the scoring will work.

Participants

When a participant wants to attempt to become the record holder, they will inform the Fitness Center Staff person available. Staff will then review the rules for the specific event. Scores will not be official unless a staff member has briefed the participant prior to their attempt.

Brag Board

Each quarter the board will be updated with the previous quarter record holder's name and score/weight/time in the "Historical" place. During the Quarter any gym member may attempt to beat the previous record. If they beat the "Historical" record, their name will be entered in the "Honorable Mention" place until either another member beats the "Honorable Mention" or until the end of the quarter at which point the board will be updated.

Stair Stepper

- The participant will have 10 minutes to complete as many flights of stairs using any speed or degree of difficulty.
- Around the 9 minute mark staff will be present to verify and record the score.

Bench Press

- You must lie flat with your head, shoulders, and buttocks in contact with the bench surface. The feet must also be flat on the floor and not be in contact with the bench or its supports. The referees will look for this position before giving you the start command. Furthermore, if you have long hair, you are required to tie it up so that the referees can see that the back of your head is in full contact with the bench press. Maintaining contact with these areas must remain consistent throughout the execution of the movement.
- You must wrap your thumb around the bar. No reverse or "suicide grip" is allowed either.
- The barbell cannot touch your belt. The barbell can touch anywhere on your chest or stomach, but it cannot touch your belt
- The whole of the bar must travel upward after the participant starts. This means that you cannot 'heave' the bar into the chest or have any downward movement as you're attempting to lock the weight out.

Squat

- You need to bend your knees and lower the body until the top surface of the leg (upper quad at the hip joint) is lower than the top of the knee (explained in more detail below)
- You need to have your knees locked at both the beginning and end of the movement.
- You can't step forward or backward, or move your feet laterally while squatting — you can't lose your balance.
- You must listen to the referees signals (explained in more detail below)
- You can't touch your elbows or arms with your legs which deliberately supports the movement.
- You can't 'double bounce' at the bottom (go up, down, then up again), or have any downward movement of the bar.

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Dead Lift

- The bar cannot travel downward before reaching the final position
- You must stand erect with the shoulders back
- You must stand with your knees straight at the completion of the lift
- You cannot have the bar rest on the thighs during the lift
- You cannot step forward or back or move the feet laterally during the 'up phase'
- You must return the bar to the floor while maintaining control with both hands

Push Up

- The participant will have 2 minutes to complete as many proper push-ups as possible.
- A proper push-up is when the participant starting in the plank position with hands shoulder width apart.
- In one movement the entire body goes down by bending at the elbow.
- The participant must break the 90 degree plane, then push themselves back into plank position.
- Participants may only rest in the plank position.

Sit Up

- The participant will have 2 minutes to complete as many proper sit-ups as possible.
- The participant's hands must stay in contact with their shoulders at all times, participants may not grab the shirt.
- The bottom of the shoulder blades must make contact with the floor and then elbows must touch between the knee and thigh.

2000 Meter Row

- The participant will row 2000 meters as quickly as possible using any settings and difficulty.

Burpees

- The participant will have 1 minute to complete as many Burpees as possible.
- Begin in a standing position, move into a squat position with your hands on the ground.
- Kick the feet back into a plank position, while keeping the arms extended.
- Immediately return to feet into a squat
- Stand up from the squat

One Lap Run

- The participant will run as fast as possible around the track one complete time.

Tank Pull

- Participants will be timed as they pull the tank half the distance of our basketball court at medium resistance with 200lbs (men) and 100lbs (women) using a 6 foot length of rope and handles.