

Compass 1000lb Challenge

Find your cumulative total of a 1 Rep Max Bench/Squat/Deadlift in one hour.

Competition Week: April 26-May 2, 2026

Target Weight Divisions:

500lb-749lb (500lb Club Division)
750lb-999lb (750lb Club Division)
1000lb-1249lb (1000lb Club Division)
1250lb-1499lb (1250lb Club Division)
1500+ (1500lb Club Division)

First Responders that successfully follow all rules and have their scores accepted by the judges will earn a custom T-shirt.

When you are ready to begin your challenge, follow the steps outlined below:

Step 1: Review

- Read through all rules, movement standards and video requirements posted in this PDF Document.

Step 2: Choose your target weight division and Register

- Go to www.compasshuntington.com/calendar to register.
- Be sure to select the correct weight division. (Note: if you are unsure of what weight division to select, contact Amy H. or one of the judges to help you make the best choice).
- You may change your weight division as late as 24 hours prior to start of Competition Week.

Step 3: Compete

- Competition Week is **Sunday April 26th, 12:00am until Saturday, May 2nd, 11:59pm.**
- Complete the challenge following all rules, movement standards and video submission requirements for each lift (Located in this PDF document) within the Competition Week time frame.
- Training can be done in any gym however, **ALL competition MUST be completed in the Compass Center on Power Rack.**

Step 4: Submit your Score

Submit your video for each lift to Amy Hanshaw via

Step 5: Judging and T-shirt

- After the judges have had a chance to review the submitted video, competitors will receive a ruling email stating if there lifts passed and if not, why.

- 150 OCC points will be awarded to every participant, pass or fail, with video submission of ALL 3 lifts.
 - If your video submission passes, you will receive your custom shirt. **T-shirts will only be awarded to those who follow all rules, movement standards and video submission.**
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General Information for Competition. PLEASE READ CAREFULLY.

Challenge and Scoring

Time: First Responder have a **1 hour time cap** to complete all 3 lifts.

- 1 Hour clock begins just before the first bench press attempt and does not include time to show competition gear to the camera as outlined below.
- Competitors must use a clock that shows time and date to validate their time window.
- Lifts must be completed in the following order: Bench Press/Back Squat/Deadlift.
- You may make as many attempts on EACH lift as your like, however all 3 lifts must fall in the 1 hour time frame.

Deadline and Submissions

- Challenge Start Date: Sunday, April 26th at 12:00am
- Challenge End Date: Saturday, May 2nd at 11:59am
- Video submissions are to be made within time frame above.
- Competitors may change divisions up to 24 hours prior to start of Competition Week. Contact Amy H. to make change.
- To be considered a competitor, first responder must register for the Challenge here: www.compasshuntington.com/calendar. Be sure to choose the correct division and follow all movement standards and video flows as outlined.
- **ALL Competition Lifts must be performed in the Compass Center.** Training leading up to Competition week can be completed anywhere.

The following information contains all movement standards and flow for each of the 3 lifts. PLEASE READ CAREFULLY TO ENSURE A SUCCESSFUL COMPETITION.

BENCH PRESS:

Equipment List:

Bars will be marked with maximum grip width for Bench Press. A designated Deadlift Bar will be available for use in the Compass Center during Competition Week only. Any of these 3 barbells can be used for the 3 lifts however, you must verbally state which one you are using prior to lift. **These 3 bars options will be the only bars permitted for competition.**

Must use weight plates provided by Compass Center.

Power Rack for all 3 lifts. Bench Press and Squat will utilize the Power Rack. Deadlift movement MUST be completed on the Compass Deadlift Platform.

Compass Bench for Bench Press.

Clock to show date and time of your event.

Cell phone to record your event.

Barbell Collars must be used for ALL lifts.

Permitted Equipment:

Weightlifting Belt
Knee/Elbow Sleeves
Wrist Supports/Wraps

Non-Permitted Equipment:

Block Chalk
Tacky of any kind
Wedges that elevate heel
Hand Grips of any kind including liquid grip
Gloves of any kind
Lifting Straps of any kind
Any Pads or additional support added to barbell

MOVEMENT STANDARDS:

Bench Press:

- Spotter may be used to help lift bar out of rack. This is **STRONGLY RECOMMENDED**. Spotter cannot help lifter, once lift has started and may not help again until lift is complete.

- Both shoulder blades and glutes must be in contact with bench pad during entire lift.
- Plates or blocks may be used under feet to establish firm footing. Feet must stay on floor or blocks during lift.
- Hooking feet around bench is not permitted.
- Max grip width is 81 cm (31.9"). This will be marked prior to competition.
- Once full unassisted control has been established with bar over chest, begin attempt. There must be clear contact with chest with no deliberate bounce off chest. Once chest contact has been made, press the bar back to starting position with elbows clearly extended and bar over chest. Once arms fully extended, you must show a pause to demonstrate control before racking.
- Camera must be at the 45 degree view angle during lifting movement.

FLOW: (See demo video for visual and flow)

Bench Press:

Start video. (Tripod is available for use, located near Power Rack in Compass Center. Use designated tape marks to set camera in correct place for each lift.)

State your Full Name and Challenge Attempt to camera, (ex. My name is Amy Hanshaw and I am attempting the Bench Press)

First Responder loads bar to initial weight, showing camera each weight added to bar.

Once bar is loaded, verbally state which bar is being used and how much weight (**total: including bar**) is being lifted in attempt.

Show time and date to camera using clock provided. **This is when the 1-hour time window starts.**

Complete lift following Movement Standards above.

If adding weight for multiple attempts, verbally state new weight amount for each lift to camera.

First Responder may make as many attempts at each movement as they want as long as everything falls within 1-hour time limit.

Additional person may be used to add/deduct weight from barbell.

****All attempts for EACH lift must be completed with camera continuously running.**

Video Submission:

Please submit your video to Amy Hanshaw via

BACK SQUAT:

Equipment List:

Bars will be marked with maximum grip width for Bench Press. A designated Deadlift Bar will be available for use in the Compass Center during Competition Week only. Any of these 3 barbells can be used for the 3 lifts however, you must verbally state which one you are using prior to lift. **These 3 bars options will be the only bars permitted for competition.**

Must use weight plates provided by Compass Center.

Power Rack for all 3 lifts. Bench Press and Squat will utilize the Power Rack. Deadlift movement MUST be completed on the Compass Deadlift Platform.

Compass Bench for Bench Press.

Clock to show date and time of your event.

Cell phone to record your event.

Barbell Collars must be used for ALL lifts.

Permitted Equipment:

Weightlifting Belt
Knee/Elbow Sleeves
Wrist Supports/Wraps

Non-Permitted Equipment:

Block Chalk
Tacky of any kind
Wedges that elevate heel
Hand Grips of any kind including liquid grip
Gloves of any kind
Lifting Straps of any kind
Any Pads or additional support added to barbell

MOVEMENT STANDARDS:

Back Squat:

- Barbell begins in the squat rack.
- The barbell must be unracked without assistance
- Step back to begin squat.

- Must squat to a depth **below parallel** where the hip crease is clearly below the top of the knee with the barbell controlled in the back rack position.
 - High or Low Bar positions are both acceptable
- Competitor must then stand, without assistance to a position where the knees and hips are fully extended with the barbell supported in the back rack position.
- Must rereack the barbell without assistance to complete the lift
- Camera must be at the 45 degree view angle during lifting movement.

FLOW: (See demo video for visual and flow)

Back Squat:

Start video. (Tripod is available for use, located near Power Rack in Compass Center. Use designated tape marks to set camera in correct place for each lift.)

Show time/date device to the camera to confirm all 3 lifts take place within 1 hour of each other.

State your Full Name and Challenge Attempt to camera, (ex. My name is Amy Hanshaw and I am attempting the Back Squat)

With bar already on rack, load the bar to initial weight, showing each weight being added clearly to the camera

Once bar is loaded, verbally declare initial weight to camera.

Complete lift. See Movement Standards above.

If adding weight for multiple attempts, verbally state new weight amount for each lift to camera.

First Responder may make as many attempts at each movement as they want as long as everything falls within 1-hour time limit.

Additional person may be used to add/deduct weight from barbell.

****All attempts for EACH lift must be completed with camera continuously running.**

Video Submission:

Please submit your video to Amy Hanshaw via

DEADLIFT:

Equipment List:

Bars will be marked with maximum grip width for Bench Press. A designated Deadlift Bar will be available for use in the Compass Center during Competition Week only. Any of these 3 barbells can be used for the 3 lifts however, you must verbally state which one you are using prior to lift. **These 3 bars options will be the only bars permitted for competition.**

Must use weight plates provided by Compass Center.

Power Rack for all 3 lifts. Bench Press and Squat will utilize the Power Rack. Deadlift movement MUST be completed on the Compass Deadlift Platform.

Compass Bench for Bench Press.

Clock to show date and time of your event.

Cell phone to record your event.

Barbell Collars must be used for ALL lifts.

Permitted Equipment:

Weightlifting Belt

Knee/Elbow Sleeves

Wrist Supports/Wraps

Non-Permitted Equipment:

Block Chalk

Tacky of any kind

Wedges that elevate heel

Gloves of any kind

Lifting Straps of any kind

Any Pads or additional support added to barbell

MOVEMENT STANDARDS

Deadlift:

- Barbell begins on the floor.
- This is a traditional deadlift with the hands outside of the knees (Sumo is not permitted).
- Any style of grip is allowed
- The bar is lifted to the finishing position where the hips and knees are fully extended with the head and shoulders behind the bar.

- Once the required finishing position is reached, lower the barbell to the ground while maintaining control of the bar. Dropping the bar is NOT allowed.
- Camera must be at the 45 degree view angle during lifting movement.

FLOW: (See demo video for visual and flow)

Deadlift:

Start video. (Tripod is available for use, located near Power Rack in Compass Center. Use designated tape marks to set camera in correct place for each lift.)

Show time/date device to the camera to confirm all 3 lifts take place within 1 hour of each other.

State your Full Name and Challenge Attempt to camera, (ex. My name is Amy Hanshaw and I am attempting the Deadlift.)

This lift MUST occur on the Deadlift Platform. Make sure bench has been removed from the Deadlift Platform to allow plenty of room.

With the bar on the platform, load the bar to the initial weight, showing each weight being added to the camera.

Once loaded, verbally declare total weight, including bar weight.

Complete lift. See Movement Standards above.

If adding weight for multiple attempts, verbally state new weight amount for each lift to camera.

First Responder may make as many attempts at each movement as they want as long as everything falls within 1-hour time limit.

Additional person may be used to add/deduct weight from barbell.

****All attempts for EACH lift must be completed with camera continuously running.**

Video Submission:

Please submit your video to Amy Hanshaw via