

Bench Press Club:

The Bench Press Club is an opportunity for participants to demonstrate physical achievement and dedication to building upper body strength. The club creates a supportive community where members can celebrate achievements, foster a sense of camaraderie, motivate others, and add an element of fun to training. To become a member of the club, one must perform 8 reps of the Bench Press in correct form. Participants must lift the following:

- Men: 125% of body weight
- Females: 60% of body weight
- MX(Nonbinary): 75% of body weight

Rules:

- The lifter must lie on his back with head, shoulders, and hips in contact with the bench surface. The feet must be flat on the floor.
- After correctly positioning oneself, the lifter may enlist the help of the spotter in removing the bar from the rack.
- After removing the bar from the rack, the spotter may not provide any type of assistance.
- The lifter must lower the bar to the chest, touch the chest, press the bar up until elbows are straight and repeat for 8 reps.
- The lifter cannot rest at the bottom or top of the lift or bounce the bar off the chest.
- At any time if the lifter loses correct positioning, the spotter will inform the lifter and not count that rep. The lifter can continue bench pressing as long as they maintain correct form.
- If the lifter is unable to fully lift the bar, the spotter will assist in grabbing the bar and placing the bar back on the rack. No further reps will occur.

Registered Here:

<https://services.rec.rutgers.edu/Program/GetProgramDetails?courseId=91cd1cee-8fee-4103-8f57-f455f66f640a>

Bench Press Club Members 2024/2025: *(Add tab with the below information) (It can be a PDF)*

Light Weight Women (134 and below)

- Leah Japzon
- Ho Yu Ma
- Nitya Sathyavageeswaran
- Aacyndia Scott
- Chloe Wu
- Jessica Diaz
- Megan O'Grady
- May Stern

Heavy Weight Women (135 and above)

- Sarah Wenskoski
- Lujan Asturias
- Justine Alumia
- Montana Henson

Light Weight Men (159 and below)

- Ricardo Enrique Barahona
- Jean-Dordell Haeringer
- Eshan Patel
- David Peterson
- Ethan Rovins
- Tim Tran
- Ricardo Barahona
- Justine Miles
- Jacob Kim
- Tim Tran
- James Reilly
- Justin Hwang
- John Sendy Turqueza
- Gen Shimizu
- Matthew Usuquen

- Eshan Patel

Middle Weight Men (160-179)

- Jacob Bryceland
- Adaani Gray
- Dokung Kim
- Eli Meltzer
- Nate Pereira
- Connor Wood
- James Machado
- Deven Patel
- Ethan Engmann
- Justin Collantes
- Aidan Esposito

Welter Weight Men (180-199)

- Liam Bowman
- Derek Engle
- Alex Matchniff
- Greg Rosati
- Brian Song
- Dominic Scerbo
- Nicholas Valenti
- Oliver King
- Lanz Le roux
- Brian Song
- Konstantin Clark
- Anthony Ton
- Matthew Mahony

Heavy Weight (200 and above)

- Ethan Hall
- James Machado
- Thomas Quadarella
- Joshua Haddad
- Hristos Moinar

Light Weight MX (<149)

Heavy Weight MX (>159 and above)

- Maria Dreizin