

## **Bench-a-Nuke Challenge**

1. The purpose of “Bench-a-Nuke” Incentive Program is to promote and encourage customers to participate in year-round weightlifting regimen to achieve and maintain good health. The goal is to accumulate and track number of pounds lifted until you reach a total equal to the weight of an ICMB 79,432lbs for females and for males an ICMB and a Transporter-Erector combined 147,832 lbs. **\*\*PLEASE ENSURE YOU HAVE A SPOTTER THAT CAN ACTUALLY HELP\*\***
2. Eligibility:
  - Open to military members, DOD civilians, and their dependents; age restrictions apply IAW AFI 34-266. Participants 13-15 years old need to be supervised by their parents/legal guardian.
3. There are many ways you can earn credit; activities listed below can be mixed together to accelerate lbs requirements.
  - Free weights bench
  - Plate loaded chest
  - Select chest press machines
4. Total amount of weight of a Minuteman III ICBM (LGM-30G) is equal to 79,432 lbs (female requirement) and PT (Tractor and trailer) is equal to 68,400 lbs for a grand total of 147,832 lbs (male requirement) ; annotate the total amount of lbs you lifted during your workout. The award for completing the requirements above are: first four to reach their goal will receive \$100 gift card to Total Nutrition and Tanning; all who complete their goal will receive a T-Shirt.
5. Customers must register for the program prior to logging their workout. Log cards are available (and kept) at the Fitness Center customer service desk.