**Spartan Challenge: Week 3**

**Strength of Leonidas**

**Time to get your 1 rep maxes for the squat, bench and deadlift**

* 1RM Squat *(Hip crease MUST be even with or lower than your knees for the rep to count!)*
* 1RM Bench Press *(Bar MUST touch your chest without bouncing off)*
* 1RM Deadlift *(Straight bar only/NO hexbar!)*

You do NOT have to complete all 3 lifts in one day or even do all of the lifts. Please Note though, we are judging the total weight lifted.

We are using WILKS: a bodyweight to weight lifted ratio to judge fairly

Highest Wilks total wins!

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