

# BENCH PRESS

NAME \_\_\_\_\_

1<sup>st</sup>

2<sup>nd</sup>

3<sup>rd</sup>

RACK HEIGHT - PIN NO \_\_\_\_\_

LIFT OFF: SIDE  CENTRE  NONE

SIGNED \_\_\_\_\_

# BENCH PRESS

NAME \_\_\_\_\_

1<sup>st</sup>

2<sup>nd</sup>

3<sup>rd</sup>

RACK HEIGHT - PIN NO \_\_\_\_\_

LIFT OFF: SIDE  CENTRE  NONE

SIGNED \_\_\_\_\_

# BENCH PRESS

NAME \_\_\_\_\_

1<sup>st</sup>

2<sup>nd</sup>

3<sup>rd</sup>

RACK HEIGHT - PIN NO \_\_\_\_\_

LIFT OFF: SIDE  CENTRE  NONE

SIGNED \_\_\_\_\_

# BENCH PRESS

NAME \_\_\_\_\_

1<sup>st</sup>

2<sup>nd</sup>

3<sup>rd</sup>

RACK HEIGHT - PIN NO \_\_\_\_\_

LIFT OFF: SIDE  CENTRE  NONE

SIGNED \_\_\_\_\_

# BENCH PRESS

NAME \_\_\_\_\_

1<sup>st</sup>

2<sup>nd</sup>

3<sup>rd</sup>

RACK HEIGHT - PIN NO \_\_\_\_\_

LIFT OFF: SIDE  CENTRE  NONE

SIGNED \_\_\_\_\_

# BENCH PRESS

NAME \_\_\_\_\_

1<sup>st</sup>

2<sup>nd</sup>

3<sup>rd</sup>

RACK HEIGHT - PIN NO \_\_\_\_\_

LIFT OFF: SIDE  CENTRE  NONE

SIGNED \_\_\_\_\_