WOD 4 TOYS | WORKOUT 1

5-REP MAX BENCH PRESS

WOMEN: 0:00-5:00	TRANSITION: 5:00-6:00	MEN: 6:00-11:00

WORKOUT DESCRIPTION

Each athlete has their team's designated 5-minute window to establish their heaviest successful set of 5 bench press repetitions. Women compete first, followed by a 1-minute transition, then men. Athletes may take as many attempts as time allows. Each segment must begin with a completely unloaded 45 lb barbell.

WORKOUT FLOW

0:00-5:00 WOMEN	Both female athletes share 5 minutes and may alternate attempts. Start with an unloaded 45 lb bar. Female teammates only: load, unload, and spot. Five valid reps must finish before 5:00.
5:00-6:00 TRANSITION	Completely unload the barbell.
6:00-11:00 MEN	Both male athletes share 5 minutes and may alternate attempts. Start with an unloaded 45 lb bar. Male teammates only: load, unload, and spot. Five valid reps must finish before 11:00.

MOVEMENT STANDARDS

- Position: Shoulders and buttocks must remain in contact with the bench throughout the lift. The lower back may arch and come off the bench.
- Bottom: The bar must touch the athlete's chest on every repetition.
- Top: Both elbows must fully extend and the bar must be controlled.
- Valid attempt: Accumulate 5 successful reps at the same weight. A no-rep does not end an attempt; continue until 5 good reps are achieved.
- Time: The fifth successful rep must be completed before the athlete's segment buzzer. Incomplete attempts do not count.

SPOTTING RULES

- Only same-sex teammates may spot. Women spot women; men spot men.
- Spotters may assist with the initial liftoff and reracking.
- If a spotter touches the bar during a repetition, that repetition is a NO-REP.
- If the bar is touched for assistance or safety, the athlete may continue only if safe; the touched repetition does not count toward the five.

BARBELL LOADING RULES

- Every athlete uses the same 45 lb barbell standard; no alternate bar weights.
- Both sex-specific segments must start with the bar completely unloaded.
- Only same-sex teammates may load or unload the barbell.
- Weight may increase or decrease between attempts. Load both sides evenly and secure all plates with collars.

SCORING

Team score = sum of all four athletes' heaviest successful 5-rep attempts.

Female 1: 115 lb	Female 2: 135 lb
Male 1: 225 lb	Male 2: 275 lb
EXAMPLE TEAM TOTAL	**750 LB**

KEY REMINDERS

- 45 lb naked bar to start each group.
- Only same-sex teammates may load, unload, and spot.
- Any touch of the bar during a rep = NO-REP.
- All 5 successful reps must be finished before the buzzer.