

Forum:[Hack Forums](#)

Thread: [FINALLY made the 1,000 lb. Club in my School](#)

6????? - November 20, 2013, 6:08 pm

I'm a Junior at my high school and have been lifting weights since I was in 8th grade.

I came to high school lifting average weight for a Freshman but Sophomore Summer and last Summer I went hard as fuck in the gym, everyday.

At our school we have something called "The Band of Brothers," it's a 1,000 lb club, the 3 lifts are Dead Lift, Squat, and Bench.

I finally got tested for it today and everyone was there rooting for me and chanting my name when I was lifting the weight.

Here are my results:

Bench: 315

Squat: 350

Dead Lift: 405

TOTAL: 1,070 lbs.

I got my name on the wall, a plaque and a T-Shirt.

I feel so accomplished because I am the 3rd Junior to do this and the only person in the B.o.B (Band of Brothers) in my grade.

My best friend is 50 lbs off.

Wrestling starts soon and I'm feeling confident about it.

I'm so happy though! There is only 15 people in the B.o.B and it's mostly coaches.

Towns around us have the 750 lb club and the 500 lb club.

SO FUCKING HAPPY MAN ?

?????s? - November 20, 2013, 6:10 pm

Pretty nice accomplishment. I'm not into power lifting, mainly because I played QB in high school/college and focused on film and throwing. Not that I totally blew off lifting weights, but I didn't focus on heavy lifting.

Congrats tho!

Slur - November 20, 2013, 6:15 pm

Damn 315 as a junior that's a pretty big accomplishment

Truth - November 20, 2013, 10:35 pm

Is this the 5 rep or the 1 rep deal? I made this too but we had to do 5 reps.

Stapleton - November 20, 2013, 10:45 pm

Congrats mate. Glad to see your school stressing importance on sports and games.

Nakamoto - November 20, 2013, 10:52 pm

My totao for those as a high school senior was 1005

Bench was 280

Squat was 375

Deadlift was 350

I have not lifted since I have been out of high school, but we did not have a thousand pound club. I just remember we had someone set 3 records in a weight meet, in his class he set the bench record at 575 do not remember the others. Nice accomplishment by the way, I would be very proud if I were you.

DosE?q?uis - November 21, 2013, 6:22 am

Impressive lifts man! Are those all 1RM?

6????? - November 21, 2013, 1:35 pm

(Nov 21, 2013 07:22 AM)Eddie Morra Wrote: [\[CITE\]](#) Impressive lifts man! Are those all 1RM?

All you need to do is 1 rep.

wtfman

Ledara - November 21, 2013, 2:41 pm

Great job bud, my school has weight clubs as well but they include power clean instead of dead lift. From what I've read online it seems most schools do it your way with dead lift, interesting.

Anyways, here are my lifts

Bench: 235

Squat: 425

Power Clean: 350

Totals out to 1010 lbs. Dude you have a VERY high bench compared to your other two lifts, especially your squat. Do you just work bench that much extra or just have naturally strong arms? Maybe your squat technique isn't as good as it should be, fix it and your weight will sky rocket.

Keep it up dude, I am also a Junior.

6????? - November 21, 2013, 2:44 pm

(Nov 21, 2013 03:41 PM)Ledara Wrote: [\[CITE\]](#) Great job bud, my school has weight clubs as well but they include power clean instead of dead lift. From what I've read online it seems most schools do it your way with dead lift, interesting.

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Keep it up dude, I am also a Junior.

All throughout 8th grade and Freshman year I only worked my arms.

My bench press as a freshman was 190 (reps)

Then my football coach started to get me into other lifts, that's why they're so low because I

benched for 2 years straight basically everyday.

drawback - November 21, 2013, 6:05 pm

Those are great numbers dude, you definitely have the right to be proud. Do you play sports?

6?????? - November 21, 2013, 6:16 pm

(Nov 21, 2013 07:05 PM)crudohgod Wrote: [\[CITE\]](#) Those are great numbers dude, you definitely have the right to be proud. Do you play sports?

Football, Lacrosse and Wrestling. I'm very active.

drawback - November 21, 2013, 6:20 pm

(Nov 21, 2013 07:16 PM)Respawn Wrote: [\[CITE\]](#) Football, Lacrosse and Wrestling. I'm very active. That's solid dude. Good luck with all of those.