

# FITNESS CHALLENGE

• SIT-UPS • PUSH-UPS • PULL-UPS

**EVENT DATE:** Saturday, April 19 – Wednesday, April 23

**ENTRY DEADLINE:** Friday, March 21

**LOCATION:** Lifestyles Family Fitness Centers

4/19-12am	Countryside	727-724-0300
4/20-2pm	East Bay	727-518-6558
4/21-1pm	Palm Harbor	727-784-2052
4/22-11:30am	Tyrone	727-347-7701
4/23-9:30am	Seminole	727-398-1775



**EVENT FEE:** \$5.00 for ALL 3 Events

**Florida State Senior Games Qualifier:** **NO**

**EVENT DIRECTOR:** Bob Simons

**PHONE:** (727) 365-4296

## FORMAT:

1. Participants will compete in the respective senior age group.
2. Participants will be required to do as many correct sit ups, pushups, and pull ups in a two minute timed period (2 minutes per exercise), with a two minute rest between each event.
3. Exercises will be accomplished in order and each participant will be given one recorded attempt.

## SPORTS RULES:

1. **SIT-UPS:** Starting in a supine position, knees bent at approximately 45 degrees, feet secured, fingers interlaced between ones head, competitors are to raise ones upper body to at least a perpendicular position, then return to the supine position with shoulder blades touching the floor, without bouncing or raising the hips off the floor between sequential repetitions.
2. **PUSH-UPS: For Men:** The push-up begins with the face downward in a prone position with arms extended and the lower body supported by the toes only. The hands must be approximately shoulder width. A push-up is completed when the competitor lowers his chest to within four inches of the floor (a folded towel may be used to gauge this distance) and returns to the upright position. The body must remain virtually straight and rigid during the push-up.  
**For Women:** The women's starting position allows the lower body to be supported by the knees rather than the toes. Pauses are allowed only in the upright position.
3. **PULL-UPS:** The pull-up begins with the competitor holding onto the bar. A pull-up is completed when the body is pulled upwards until the chin is above the bar. No swinging motion may be used to assist the lifting of the chin above the bar.