

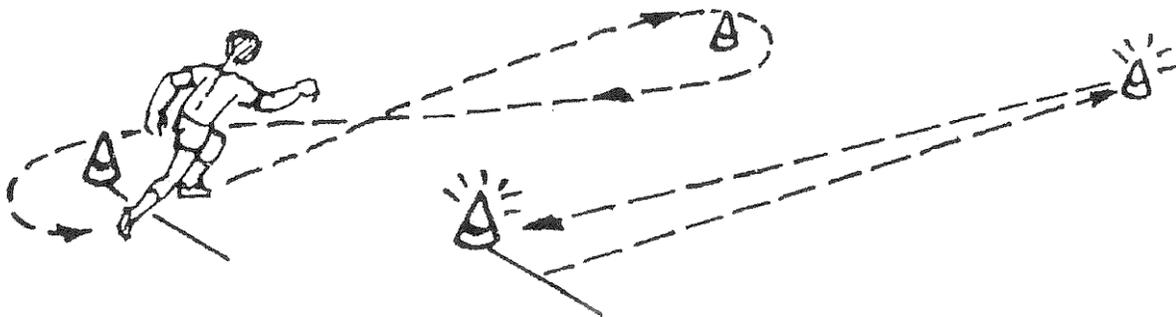


FITNESS CHALLENGE EVENTS

Shuttle Run – Needed: two cones about 10-12 inches high placed 30 feet from each other.

Stand at the starting line to the right of cone #1. On the signal run forward toward cone #2. Run around cone #2 with your right shoulder nearest the cone and return to cone #1. Run around cone #1 with your left shoulder nearest the cone so that your path forms a figure 8. Now run back to cone #2 but do not run around it – only touch it with a hand and return the shortest way to cone #1. **When cone #1 is touched with a hand,** the time stops.

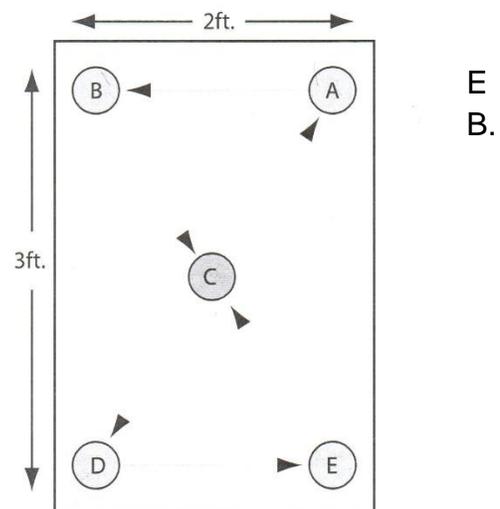
Time is recorded to the nearest **tenth of a second.** **Two tries** will be allowed and the best one will be used as the score.



Dot Drill - This exercise will improve balance, coordination and quickness of the feet. It will also increase leg strength and stability of the ankles and knees.

Needed will be a template of dots. (see diagram)
There are 5 dots. Each dot should be 4" in diameter. Dots A and B are 2 feet apart, D and E are also 2 feet apart and are 3 feet from A and B. Dot C is centered between the other dots.

Dots can be painted on a surface, drawn with chalk or made out of floor tape.





Poly spots slide too much during the test.

Start with feet on A and B. Jump quickly to C with both feet. Then jump and split feet to D and E. Come back the same way jumping backward. Repeat the above pattern for one minute.

Scoring - When the performer returns to dots A & B they have completed ONE cycle. The test continues for **60 seconds** – their score is the number of **completed** cycles they do in one minute.

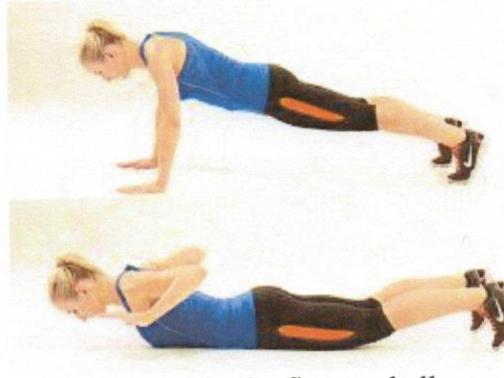
Hand Release Push-Up - This exercise is a modification of a traditional push-up that reduces occurrences of poor or incomplete repetitions during fitness testing. By removing the hands from the ground following the lowering phase it forces participants to perform a full range of motion, regenerate momentum during each repetition, and the introduction of the hand release provides some additional benefit for the upper back by engaging the trapezius muscles during the hand-release phase.

Beginning Body Position: Begin lying face down on the ground with hands flat on the floor in preparation to do a push up. The participant's toes should be ready to support the body during this phase of the exercise. Feet may be together or separated no more than 12 inches between the inside edges of the feet.

Pressing Phase: Press the body away from the ground until the arms are fully extended.

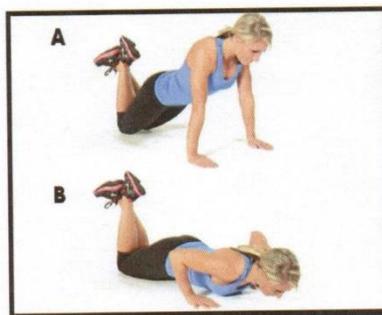
Lowering Phase: Lower the Chest to the floor until the body rests on the floor.

Hand Release Phase: Lift the hands off the ground slightly while the chest remains on the floor. During the hand release keep the knees off the floor if possible. Return hands to the ground and repeat the pressing phase.



Scoring The participants will receive a score based on the number of complete repetitions they can perform in **60-seconds**.

Modification: To increase participation in the fitness challenge a push-up **modification is available to the M/W 50-59 and M/W 60+ divisions**. Hand Release Modified Push-Ups may be performed with knees on the ground and the torso angled at approximately 45 degrees. An asterisk (*) must be placed next to the number of push-ups completed if the modification was used by a participant.



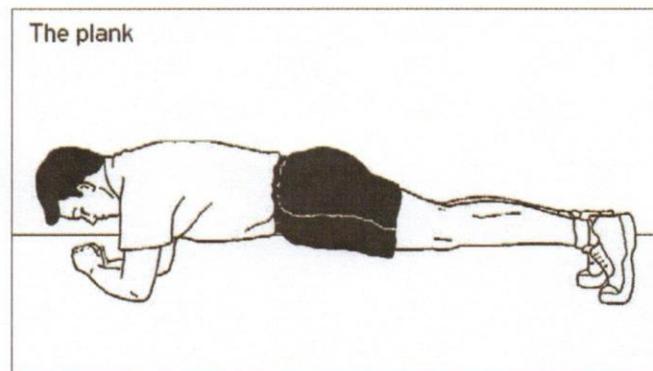
The notation of a modification will only be used to break a tie. Participants completing the same number of repetitions without a modification will be placed ahead of participants performing the same number of repetitions with the use of a modification.



Plank Hold: The plank is an isometric core strength exercise that requires a participant to maintain the described body posture for an extended period of time.

Body Position: The front plank will be used for this competition. In the front plank position the body is held in a push-up position, with a flat back, supporting body's weight on the forearms, elbows, and toes. Feet may be together or separated no more than 12 inches between the inside edge of the feet. Do not rest chest on arms.

A participant's body parts other than forearms, elbows, and toes must remain off the ground during the timing of this event. Once a body part other than those listed touches the ground the time is stopped for that participant.



Scoring: Times will be recorded to the **nearest second**. If a participant holds the plank for 4 minutes they will receive the maximum number of points.