



Push yourself to the limit with five, timed, 1-minute challenges. It's you against you!

FITNESS CHALLENGE EXERCISES TO BE DONE:

TUCK JUMPS • BURPEE • MILITARY PUSH UPS • SQUAT FRONT KICK • SIT UPS

1 minute each

Tuck Jumps: Jumping in air tucking knees to chest, be sure to point toes toward the ground and press hands down during jump. As soon as feet touch floor jump right back up and repeat. The jump cannot be counted if knees are not properly tucked to chest. The knees must come at least to the competitor's waist. The counter should have hands set at that height.

Burpee: Stand up tall like a rocket getting ready to blast off. Squat down and put your hands on the floor. Kick your feet back so your body is straight like a plank (like you're about to do a push-up). Jump your feet back in toward your hands. Jump up high with your hands in the air like you just scored a goal and clap the hands of the assigned counter for drill to count.

Push Ups: Military style pushups. Full extension of arms, chin down to floor. Counts if the body/head raises back up to start position where the counter's hand touches the top of the participants head.

Squat Kicks: There must be a chamber with each kick. Starting position for drill is a fighting stance. Following the stance, squat down, coming back up with a chamber and a front kick to the center line in front of competitor (center line would be center of the judge/counter). Then kicks are then alternated between legs with a squat in between each kick.

Sit Ups: Starting position for drill is laying your back on the floor, knees bent, and feet anchored (assigned counter will anchor the competitors feet). The body will rise up and touch the shoulders of the counter and then lower the body down to the floor and repeat.

Rules:

- The total of all 5 drills equals competitor score and placement 1st, 2nd 3rd in each division.
- If the competition stops at anytime during the drill for more than 5 seconds, the assigned counter must stop counting and the competitor will be disqualified from the drill.
- Assigned counters will be in place – no one but the competitor may enter the ring/division all others must cheer from the side lines.
- Competitor may have water in hand during the transition from each drill.