

# LSOG SPORT: FITNESS CHALLENGE

## EVENT (recreational)

Weightlifting: Standing arm curl, bench press, & leg press

Calisthenics: Push-ups & sit-ups (crunches)

Walk: One mile walk on road, track, or tread mill

Optional events: Participants can select bench press or push-ups

## COMPETITION FORMAT

The event is a test that uses performance standards to measure the participant's individual physical fitness level. Scoring will be based on the number of repetitions attained in the lifting & calisthenics events and time performance in the walk. The weight that a participant lifts in the three lifting events is determined by the participant's age and body weight. Body weight will be rounded to the nearest pound, and lifting weight to the nearest five pound increment. Participants will get three attempts in each of the weightlifting events to get the first legal repetition. Body weight will not be a consideration in push-ups and sit-ups. *The lifting weights and performance standards for each event and age group are published below.*

## AWARDS

Gold, Silver, or Bronze Medals will be awarded to the participants that achieve the following standards. Gold: the gold standard for their age group in four of five events, and not less than bronze in the fifth. Silver: the silver standard for their age group in at least four of five events, and no less than bronze in one. Bronze: no less than the bronze standard for their age group in all five events. Participants that achieve the Gold standard in all five events will be awarded a Master of Physical Fitness Certificate. The athlete must achieve the standards at a sanctioned district games or event or at the annual State Games.

## LIFTING WEIGHT ASSIGNMENT TABLES (expressed in percent of body weight)

### ARM CURL

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>M</b>	45%	45%	40%	40%	35%	30%	25%	20%	15%
<b>F</b>	35%	30%	25%	35%	20%	20%	15%	15%	10%

### BENCH PRESS

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>M</b>	100%	95%	90%	85%	75%	70%	50%	40%	30%
<b>F</b>	45%	40%	35%	35%	30%	25%	20%	15%	15%

### LEG PRESS

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>M</b>	175%	175%	165%	165%	150%	150%	125%	115%	100%
<b>F</b>	125%	125%	115%	115%	100%	100%	90%	90%	80%

**PERFORMANCE STANDARDS: Gold, Silver, Bronze (Male & Female expressed in repetitions)****ARM CURL & BENCH PRESS**

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>G</b>	10	10	10	10	10	10	10	10	10
<b>S</b>	7	7	7		7	7	7	7	7
<b>B</b>	3	3	3	3	3	3	3	3	3

**LEG PRESS**

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>G</b>	15	15	15	15	15	15	15	15	15
<b>S</b>	10	10	10	10	10	10	10	10	10
<b>B</b>	5	5	5	5	5	5	5	5	5

**PUSH UPS***Male*

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>G</b>	50	45	40	35	30	25	15	10	5
<b>S</b>	45	40	35	30	25	20	10	7	3
<b>B</b>	40	35	30	25	20	15	5	3	1

*Female*

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>G</b>	40	35	30	25	20	15	10	10	5
<b>S</b>	35	30	25	20	15	10	7	5	3
<b>B</b>	30	25	20	15	10	5	4	3	1

**SIT UPS***Male*

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>G</b>	50	50	45	40	35	30	20	15	10
<b>S</b>	45	45	40	35	30	25	15	10	7
<b>B</b>	40	40	35	30	25	20	10	5	3

*Female*

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
<b>G</b>	40	35	30	25	20	15	12	10	7
<b>S</b>	35	30	25	20	15	10	7	5	3
<b>B</b>	30	25	20	15	10	5	3	2	1

**WALK / RUN expressed in minutes**

Age	50-59	60-69	70-79	80-84	85+
<b>G</b>	12m	13m	17m	23m	30m
<b>S</b>	13m	15m	18m	25m	35m
<b>B</b>	15m	17m	22m	30m	40m

**LEG PRESS**

Equipment Required: The prone leg press machine, sometimes called the hip sled, will be used.  
 Form Required: The competitor will begin in the reclined position with both feet placed on the foot plate. With the assistance of spotters, the competitor will lift the weight until the legs are fully extended and straight. This is the starting position. Then the competitor will lower the weight until

the upper leg (thigh) and lower leg (shin) form an angle of 90 degrees or less. The weight will be returned to the full locked out position (equal to the starting position). This process must be completed for each repetition. A judge will be used to determine if a 90 degree or less, angle was achieved.

## **BENCH PRESS**

Equipment Required: Olympic Bar and plates; Olympic bench. Form Required: The competitor must lie flat on his/her back on the bench with feet flat on the floor. The lift begins with arms fully extended. The competitor must bring the bar to the chest and return to the fully extended position. No significant pause is required, but the bar must touch the chest.

- 1) The competitor must keep their feet flat on the floor during the lift.
- 2) The buttocks must remain on the bench during the entire lift.
- 3) The lift must be continuous - no distinct pauses and restarts are allowed during a lift cycle.
- 4) The lift must be virtually level during the lift cycle.
- 5) A spotter may help the participant lift the bar from the rack, but may not assist or touch the bar during the lift cycle.

## **ARM CURL**

Equipment Required: Olympic curl bar and Olympic weights. Form Required: The competitor must start the lift standing with the weight in hands and arms fully extended (weight at thigh level). The lift is completed when the competitor lifts the bar upright to a position in front of the chest and shoulders. There must be a discernable pause with the arms fully extended and weight at thigh level on the first repetition. The competitor cannot lift the weight from the ground to thighs and execute repetition in a continuous motion. 1) During the lift cycle, the upper arms may be bent only at the elbows. The upper arms may not be brought forward. 2) The bar may not bounce off of the thighs at the beginning of a lift. 3) During the lift cycle, no back sway or leaning backward is allowed. 4) The lift must be virtually level during the lift cycle.

## **PUSH UPS**

EQUIPMENT: 2" X 4" X 4" block (or towel folded and taped to fit measurements) For Males: The push-up begins with the face downward prone position with arms extended and the lower body supported by the toes only. The hands must be approximately shoulder width. One push up is completed when the competitor lowers himself to the floor and returns to the upright position. The small block (mentioned above) will be placed on the floor beneath the competitor at the chest bone. To be a valid push-up the competitor must at least touch the block when he lowers himself during the push-up cycle. The body must remain virtually straight and rigid (the buttocks must be raised with the rest of the body during the push-up). For Females: The regulations are the same as the men's except the women's starting position will be from the face downward prone position with arms extended and the lower body supported by the knees rather than the toes. Timed Event: This is a sixty-second event. The goal is to perform as many correct pushups as possible, up to the Gold Standard during this period. Pauses are allowed only in the upright position.

## **SIT UPS**

EQUIPMENT: None Form Required: The sit up begins with the competitor lying on his/her back with knees bent upward (heels pulled backward toward the buttocks). A spotter may be used to hold feet. The arms must be crossed over the chest. A sit-up is complete when the arms make contact with the thighs and the competitor returns to the supine position. The elbows may not be extended during the sit-up. Fingertips must touch shoulders at all times. Timed Event: This is a sixty-second event. The goal is to perform as many correct sit-ups as possible, up to the Gold Standard during this period. Pauses are allowed at any time.