

# Fitness Challenge



## Sit Ups/Arm Presses/Leg Presses/45 Degree Push-Up

**Location:** Highland YMCA, 1005 S Highland Ave, Clearwater, FL 33756

**Event Director:** Walt Deal 441-9463

**Format:** Each event is a two-minute timed event. The goal is to perform as many correct maneuvers as possible during the two-minute time limit. Pauses are allowed at any time.

**Sit Ups:** The sit-up begins with the competitor lying on his/her back with knees bent approximately 45 degrees. A spotter may be used to hold the feet. A pad of adequate thickness to assure comfort to the back may be used during the exercise. The fingers must be interlocked and placed behind the head. A sit-up is completed when the upper body is brought to a vertical position and returned to the supine position.

**Arm Presses:** We will use the NuStep T5 XR machine for this activity. A lift is correctly completed when both left and right levers are moved completely through a cycle. The arm length is adjusted to where the arm is essentially fully extended at the mid-point. The table below shows the standard setting for both genders and all age groups.

| Age   | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90+ |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Men   | 10    | 10    | 9     | 9     | 8     | 8     | 7     | 7     | 6   |
| Women | 7     | 7     | 6     | 6     | 5     | 5     | 4     | 4     | 3   |

**Leg Presses:** We will use the NuStep T5 XR machine for this activity. A lift is correctly completed when both left and right levers are moved completely through a cycle. The leg length is adjusted to where the leg is essentially fully extended at the mid-point. The table below shows the standard setting for both genders and all age groups.

| Age   | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90+ |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Men   | 15    | 14    | 13    | 12    | 11    | 10    | 9     | 8     | 7   |
| Women | 10    | 10    | 9     | 9     | 8     | 8     | 7     | 7     | 6   |

**45 Degree Push-Up:** The distance to the toe line will be equal to the height of the bar which will be one-half the height of the competitor. The bar will be gripped at a position approximately shoulder width with the arms held straight. A correct push-up is accomplished when the competitor lowers his body toward the bar with the body being held rigid and straight in alignment until a ninety degree angle is formed between the upper arm and the fore arm and then is returned to the straight arm position.