SAN DIEGO
Senior Games

Contact information:
Kirsten Cummings – Fitness Commissioner
(619) 517-0367
Fitness@SDSeniorGames.org

SD Senior Games Fitness Event 2016

"Challenge Yourself Today!" with these 8 fun filled events.
October 1st 7:00am Location, TBD

These eight challenges are safe, demanding fun and easy to measure. Scoring for each test will be 10 pts for first place, 7 pts for second place, and 3 points for third place. Total points will be added to determine the overall top three winners.

1. **Pull ups Men**
1. **Bar Hang Women**
2. **Wall Squats**
3. **Kettlebell Challenge**
4. **Pushups**
5. **Sit and Reach**
6. **Plank**
7. **Obstacle Course (10 mini challenges timed)**
   a. **Sand Bag Carry**
   b. **Step Ups**
   c. **Bosu Hand Walking**
   d. **Lateral Stepups**
   e. **Rebounder Throws**
   f. **Farmers Walk**
   g. **Presses**
   h. **Battle Rope**
   i. **Static V**
8. **Med Ball Throws**

A guided warmup and cool down will be available.

RULES for each event:

1. **Pull ups Men:** As many as one can do without letting go of the bar. Any grip can be used to bring the chin above the bar.
2. **Bar Hang Women:** As many seconds a one can hang with chin over the bar.
3. **Wall Squats:** Head, Shoulders, and Hips supported against the wall.
4. **Sit and Reach**
5. **Push ups:** Fist bump to count
6. **Kettlebell Challenge**
7. **Plank:** Hold prone, side and reverse plank for 1 min
8. **Obstacle Course**: This is a timed course for all 9 challenges combined for awards by age division.

   a.   Move a Mountain (Carry Sandbags 50 Feet)
   b.   Step Ups (50 Repetitions 24 inch step)
   c.   Bosu Hand Walking (30 up and overs)
   d.   Lateral Step-ups 25/L 25/R
   e.   Rebounder Throws (25 Forward Throws)
   f.   Farmers Walk 200 Feet (see chart for age and weight.)
   g.   Presses Resist-a-Band Presses (50 Repetitions)
   h.   Battle Rope (45 Seconds)
   i.   Leg Kicks (Balance on your butt, shoulders flat on the ground and feet elevated 2 inches off the deck. Swim Kick for 30 Seconds.)

9. **Medicine Ball Course:** Three Throws overhand Underhand and Side. Total Distance for all three throws.