

## Event Descriptions for the 2021 Masters 50+ FITNESS COMPETITION

Hosted by Fitness Quest 10 in association with the San Diego Senior Games



1. **Kettlebell box squat:** single attempt for max reps.
  - a. Toes 6 inches or less from wall
  - b. Squat down touch buttocks to box with knees breaking 90°
  - c. Box height will be adjusted for each contestant.
  - d. **Females:** 50-59 16kg; 60-69 12kg; 70 & over 8kg
  - e. **Males:** 50-59 20kg; 59-60 16kg; 70 & over 12kg
2. **Barbell bench press:** single attempt for max reps.
  - a. Touch bar to chest and lock out elbows
  - b. **Females:** 50-59 55lbs; 60-69 50lbs; 70 & over 45lbs
  - c. **Males:** 50-59 115lbs; 60-69 95lbs; 70 & over 75lbs
3. **Straight Arm Dead Hang:** single attempt for maximum time in seconds/minutes.
  - a. Grab the bar using an overhand grip (palms facing away from you), making sure your hands are more than shoulder-width apart and your arms are straight
  - b. No swinging
  - c. Feet may not touch floor at any time
  - d. Engage your shoulders (squeeze your shoulder blades together) and hold on to the bar for as long as possible. Then step down.
4. **Farmers walk:** single attempt for maximum time in minutes/seconds.
  - a. Carry kettlebells closest to half of body weight
5. **Keg toss:** 3 attempts for distance in yards to where ball lands.
  - a. Use Dynamax balls
  - b. **Females:** 4 lb for women
  - c. **Males:** 8 lb for men
6. **300 yard shuttle run:** single attempt for time.
  - a. 25 yard marker
  - b. Sprint down and back 6 times for a total of 300 yds
  - c. Foot must touch line each time
7. **Concept 2 rower:** single attempt.
  - a. Row 500 meters for time at level 10
8. **Jump rope:** single attempt.
  - a. Jump rope 1 minute as many clear rotations as possible
9. **Prowler push:** single attempt for time.
  - a. **Females:** one 25 lb plate on each side for females
  - b. **Males:** one 45 lb plate on each side for males
  - c. 50 yard push
  - d. Time starts with first push of sled
  - e. Some part of sled must touch the 25 yd mark when turning around to push back to start
  - f. Time ends when nose of sled crosses the start line
10. **Med ball slams:** Total number completed within one minute.
  - a. **Females:** 10 lbs
  - b. **Males:** 15 lbs
  - c. Start with athletic stance and body upright
  - d. Entire ball must come up fully above head, body upright, before each slam

**FQ10 trainers will supervise events, ensure proper form is always maintained, and document results.**