



2021 MASTERS 50+ FITNESS COMPETITION

Hosted by Fitness Quest 10

September 19, 2021

EVENT DESCRIPTIONS

- 1. Kettlebell box squat:** single attempt for max reps.
Toes 6 inches or less from wall; squat down touch buttocks to box with knees breaking 90 degrees; box height will be adjusted for each contestant. *Weight by gender/age.*
Females: 50-59 16kg; 60-69 12kg; 70&over 8kg
Males: 50-59 20kg; 59-60 16kg; 70&over 12kg
- 2. Barbell bench press:** single attempt for max reps.
Touch bar to chest and lock out elbows. *Weight by gender/ age.*
Females: 50-59 55 lbs; 60-69 50lbs; 70&over 45lbs
Males: 50-59 115lbs; 60-69 95lbs; 70&over 75lb
- 3. Straight Arm Dead Hang:** single attempt for maximum time in seconds/minutes.
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. No swinging. Feet may not touch floor at any time. 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, carrying kettle bells closest to half of body weight. *Time starts when official calls "Go!."*
- 5. Keg toss:** 3 attempts for distance in yards to where ball lands; use Dynamax balls; 4 lb for women and 8 lb for men.
- 6. 300 yard shuttle run:** single attempt for time; 25 yard marker; sprint down and back 6 times for a total of 300 yds. Foot must touch line each time. *Time starts when official calls "Go!"*
- 7. Concept 2 rower:** single attempt, row 500 meters for time at level 10.
- 8. Jump rope:** single attempt; jump rope 1 minute as many clear rotations as possible.
- 9. Prowler push:** single attempt for time; one 25 lb plate on each side for females, one 45 lb plate on each side for males; 50 yard push. *Time starts when official calls "Go!"* Some part of sled must touch the 25 yd mark when turning around to push back to start. Time ends when nose of sled crosses the start line.

10. **Med ball slams:** women 10 lbs and men 15 lbs, Total number completed within one minute. Rule: start with athletic stance and body upright. 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.