

2023 MASTERS 50+ FITNESS COMPETITION

Hosted for the 4th year by Fitness Quest 10
9922 Scripps Ranch Blvd San Diego 92131

In Association with the California Senior Games

9 AM – 11AM September 24, 2023

2023 COMPETITION EVENTS LIST & DESCRIPTIONS

1. **Kettlebell Box Squat:** single attempt for max reps.
 - a. 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.
 - b. *Weight by gender/age.*
 - c. **Females:** 50-59 20kg; 60-69 16kg; 70-79 12kg; 80+ 8kg
 - d. **Males:** 50-59 24kg; 60-69 20kg; 70-79 16kg; 80+ 12kg

2. **Barbell Bench Press:** single attempt for max reps.
 - a. Touch bar to chest and lock out elbows. *Weight by gender/ age.*
 - b. **Females:** 50-59 55 lbs; 60-69 50lbs; 70-79 45lbs; 80+ 35lbs
 - c. **Males:** 50-59 115lbs; 60-69 95lbs; 70-79 75lbs; 80+ 55lbs

3. **Overhand Straight Arm Hang:** single attempt for time. Requires both hands at same time; quick re-grips are allowed. Time ends when any part of foot touches down.
4. **Broad Jump:** For distance, best of three jumps. Start with toes of both feet on the line. Distance measured from take-off line to nearest point of contact (back of heel) on landing. Must stick the landing with both feet.
5. **Dynamax Ball Overhead Toss:** 3 attempts tossing ball overhead backward for distance in feet to where ball lands; 4 lb for women and 8 lb for men.
6. **300 Yard Shuttle Run:** single attempt for time. Sprint down and back six times. Foot must touch 25-yard marker 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 (smooth non-bouncing):** 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.

SEE FITNESS RULES SHEET Q AND A. For Competition questions contact Fitness Commissioner Stan Williams stanwill1@gmail.com or 408-799-3852