

# OSG Summer 2020 Fitness Challenge 70-79

Name \_\_\_\_\_ Age Group \_\_\_\_\_ Gender \_\_\_\_\_

Points	Sit-Ups		45° Push Ups		Deep Knee Bends		One Leg Stands		Results - Total Points
0	0		0		0		0		Sit-Ups -----
1	1	2	1	2	1	2	1	10 seconds	45° Push Ups -----
2	3	4	3	4	3	4	11	20 seconds	Deep Knee Bends -----
3	5	6	5	6	5	6	21	30 seconds	One Leg Stand -----
4	7	8	7	8	7	8	31	40 seconds	
5	9	10	9	10	9	10	41	50 seconds	
6	11	12	11	12	11		51	60 seconds	
7	13	14	13	14	12		61	70 seconds	Total Points -----
8	15	16	15	16	13		71	80 seconds	
9	17	18	17	18	14		81	90 seconds	
10	19	20	19	20	15		91	100 seconds	<b>LEVEL</b> -----
11	21	22	21	22	16		101	110 seconds	
12	23	24	23	24	17		111	120 seconds	
13	25	26	25	26	18		121	130 seconds	
14	27	28	27	28	19		131	140 seconds	
15	29	30	29	30	20		141	150 seconds	
16	31	32	31		21		151	160 seconds	
17	33	34	32		22		161	170 seconds	
18	35		33		23		171	180 seconds	
19	36		34		24		181	190 seconds	
20	37		35		25		191	195 seconds	
21	38		36		26		196	200 seconds	
22	39		37		27		201	205 seconds	
23	40		38		28		206	210 seconds	
24	41		39		29		211	215 seconds	
25	42		40		30		220 Seconds		

Sit-ups - 1 Bonus Point for each number above 42 (Maximum Bonus 5 Points)  
 Arm Presses - 1 Bonus Point for each number above 65 (Maximum Bonus 5 points)  
 Leg Presses - 1 Bonus Point for each number above 65 (Maximum Bonus 5 Points)  
 One Leg Stands - If you achieve the 220 seconds in less than 10 attempts,  
 you will receive bonus points according to the following schedule:  
 9 attempts = 1 point, 8 attempts = 2 points, 7 attempts = 3 points, etc. (Maximum Bonus 5 Points)

For each skill circle the correct number obtained for that skill or write the exact number for that skill in the space provided. Circle the corresponding number in the Points Column Record that point total in the Results Column adding any Bonus Points.

**GOLD LEVEL FOR MEN: 90-100+ POINTS; SILVER 80-89; BRONZE 70-79**  
**GOLD LEVEL FOR WOMEN: 80-100+,POINTS; SILVER 70-79; BRONZE 60-69**