

FITNESS 2021

Sun. Oct. 3

Sun. Oct. 10

Sat. Oct 23 or

Sat. Oct. 30

Winner is best performance combining all days

Entry Deadlines: Sept 26, Oct 3, Oct 16, Oct 23

All deadline dates are one week prior to the event

Kaizen Performance
1811 Industrial Blvd.
Norman, OK

Event Check In: 10:00 am

Event Begins: 11:00 am

FORMAT

Men, Women

EVENTS

45° Push Ups

Perform as many correct maneuvers as possible within one minute.

Goblet Squat

Number performed in one minute.

Plank

Hold Plank position as long as possible without breaking form.

One-Leg Stand

One leg stand as long as possible, 3 attempts.

DETERMINATION OF WINNERS

The winners determined after the Oct. 30 competition

Medals will be mailed if not competing Oct. 30.

STATE DIRECTOR

Garrison Niemiec

www.kaizenperformance.net

garrison@kaizenperformance.net

303-854-7631

Description of Fitness Events

Push Ups

You will have 1-minute to complete as many push ups as possible. Men will complete push ups in the hands and feet position. Women will complete push-ups in the hands and knees position. For each repetition to count you must bring your chest to the block, and return to the start position. You may pause and rest in the start position.

Goblet Squat

You will have 1-minute to complete as many goblet squats as possible.

Men 50-59 will use 16 kg kettlebell

Women 50-59 will use a 12 kg kettlebell

Men 60-79 will use a 12 kg kettlebell

Women 60-79 will use an 8 kg kettlebell

Men 80+ will use a 8 kg kettlebell

Women 80+ will use a 4 kg kettlebell

Each competitor must touch their buttocks on the bench that will be behind them and return to the start position to for each repetition to count. The kettlebell must remain at the chest.

Plank

You will hold a plank for as long as possible without breaking form. You will be on the forearms and feet position. Hips and shoulders must remain level with each other. You will be given one chance to correct your position before the scorer ends your test.

1 Leg Stand

You will stand on 1 leg for as long as possible. You must tell your scorer which leg you will be standing on; you may not tap your foot or touch anything. You will have 3 attempts on each leg. The highest score for each leg will be your score.

Fitness is not a National Senior Games Event