

# OSG Summer 2020 Fitness Challenge 50-59

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	3	1	3	1	15 seconds	45° Push Ups-----
2	3	4	4	6	4	5	16	30 seconds	Deep Knee Bends -----
3	5	6	7	9	6	7	31	45 seconds	One Leg Stand -----
4	7	8	10	12	8	9	46	60 seconds	
5	9	10	13	15	10	11	61	75 seconds	
6	11	12	16	18	12	13	76	90 seconds	
7	13	14	19	21	14	15	91	105 seconds	Total Points -----
8	15	16	22	24	16	17	106	120 seconds	
9	17	18	25	27	18	19	121	135 seconds	
10	19	20	28	30	20	21	136	150 seconds	<b>LEVEL</b> -----
11	21	22	31	33	22	23	151	160 seconds	
12	23	24	34	35	24	25	161	170 seconds	
13	25	26	36	37	26	27	171	180 seconds	
14	27	28	38	39	28	29	181	190 seconds	
15	29	30	40	41	30	31	191	200 seconds	
16	31	32	42	43	32	33	201	210 seconds	
17	33	34	44	45	34	35	211	220 seconds	
18	35	36	46	47	36	37	221	230 seconds	
19	37	38	48	49	38	39	231	240 seconds	
20	39	40	50	51	40	41	241	250 seconds	
21	41	42	52	53	42	43	251	260 seconds	
22		43	54	55	44	45	261	270 seconds	
23		44	56	57	46	47	271	280 seconds	
24		45	58	59	48	49	281	290 seconds	
25		46		60		50		300 Seconds	

Sit-ups - 1 Bonus Point for each number above 46 (Maximum Bonus 5 Points)

45° Push Ups - 1 Bonus Point for each number above 60 (Maximum Bonus 5 points)

Deep Knee Bends - 1 Bonus Point for each number above 50 (Maximum Bonus 5 Points)

One Leg Stands - If you achieve the 300 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 and circle the corresponding number in the Points Column. Record that point total in the Results Column adding 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**