

**OGI-E**<sup>®</sup>  
Presents

# OKLAHOMA SENIOR GAMES



SCAN ME

## FITNESS

**Saturday, October 31**  
**Entry Deadline: October 17**

Kaizen Performance  
1811 Industrial Blvd. #108  
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.

**45° Deep Knee Bends:** Number of deep knee bends performed in one minute.

**Sit Ups:** Perform as many correct maneuvers as possible within one minute.

**One-Leg Stand:** This is a 3 to 5-minute (depending on age) timed event balancing on one foot and then the other.

### STATE DIRECTOR

Garrison Niemiec

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