

FITNESS

Saturday, October 31, 2020

Entry Deadline: October 17, 2020

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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Fitness is not a National Senior Games Event