

**Description of Fitness Challenge Events**  
**Saturday, October 31, 2020**  
**Kaisen Performance Center**  
**1811 Industrial Boulevard**  
**Norman, OK**

**State Director:**

**Garrison Niemice 303 843 7631 [garrison@kaizenperformance.net](mailto:garrison@kaizenperformance.net)**

**Sit-ups**

From a lying position with your knees bent to a 45 degree angle with either someone holding your feet down or your feet tucked under a restraint, with hands clasped behind your neck, you raise yourself up to a sitting position as many times as you can in one minute.

**45 degree Push-ups (Arm Presses)**

Measure your height and divide that figure in half. Measure that distance up from the floor and mark it on the wall, then measure that same distance out from the wall and mark it on the floor. Place your hands on the mark on the wall and your toes on the mark on the floor. Proceed to lower your upper body to the wall with your forehead almost touching the wall as many times as you can in one minute.

**45 degree Deep Knee Bends (Leg Presses)**

From a standing position with feet about shoulder distance apart, lower your upper body so that your thighs are approximately parallel to the floor and return to a standing position. It is permissible to use your arms in any way you wish. It is permissible to slightly touch a stationary object to keep your balance. Your score is the number of leg presses you complete in one minute.

**300, 260, 220 or 180 Second Balance**

On the command to begin, you balance on one foot until you lose your balance, then you transfer to the other foot and balance as long as you can. You keep transferring from one foot to the other when you lose balance until you either complete the seconds prescribed for your age or lose balance ten times. Your score is determined from either the seconds reached when you lose your balance ten times and/or the number of times you lose your balance before you reach the prescribed time for your age group.