



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TIFTON FITNESS CHALLENGE

**THE COURSE (Distance of Obstacles Vary Between 130/100 ft)**

### 1. 1000 METER ON THE ROWING MACHINE

**EACH CHALLENGER WILL START WITH A 1000 METER ROW. COMPETITORS MAY CHOOSE TO TAKE ONE'S TIME. BUT REMEMBER TIME MATTERS.**



### 2. BENCH HOPS

**CHALLENGERS ARE TO HOLD ON TO AN 18 TO 20 INCH BENCH WHILE HOPPING BACK AND FORTH 30 TIMES ON EACH SIDE OF THE BENCH.**



### 3. SIT UPS

**SIT UPS ARE TO BE PERFORMED WITH KNEES BENT AND ELBOWS FLAT ON THE FLOOR. YOU MUST DO A COMPLETE SIT UP ENDING WITH YOUR ELBOWS TOUCHING YOUR KNEES. 30 REPETITIONS MUST BE PERFORMED.**



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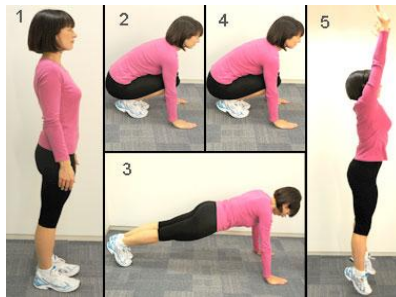
#### **4. MILITARY PRESS**

**SHOULDER PRESS TO BE PERFORMED IN FRONT OF THE BODY AND NOT BEHIND THE NECK. ALL MALE CHALLENGERS PRESS 35% OF THEIR BODY WEIGHT FOR 30 REPS. FEMALE CHALLENGERS MUST PRESS 25% OF THEIR BODY WEIGHT FOR 30 REPS.**



#### **5. BURPEES**

**CHALLENGERS MUST COMPLETELY LAY DOWN ON THE FLOOR/GROUND ON THE DOWN PHASE OF THE EXERCISE. AND YOU MUST JUMP ON THE STANDING PHASE. CHALLENGER MUST COMPLETE 20 REPETITIONS.**



#### **6. INVERTED ROWS**

**INVERTED ROWS MUST BE PERFORMED WITH LEGS FULLY EXTENDED. WHEN YOU PULL UP TO THE BAR, YOUR CHEST MUST TOUCH THE PADDING AND YOU MUST TOTALLY EXTEND YOUR ARMS AT THE BOTTOM. COMPETITOR MUST COMPLETE 30 REPETITIONS.**



## **7. FARMER'S WALK**

**YOU MUST CARRY A CAR TIRE FOR 50 FEET.**



## **8. STEP-UPS**

**ALL MALE CHALLENGERS WILL STEP UP AND DOWN ON 18 INCH BOX WHILE HOLDING A 15 POUND DUMBBELL IN EACH HAND. ALL FEMALES WILL PERFORM EXERCISE WITH 10 POUND DUMBBELLS IN EACH HAND. CHALLENGER MUST STEP COMPLETELY UP ON THE BOX FOR 30 REPS.**



## **9. BENCH PRESS**

**MALES WILL BENCH PRESS 45% OF THEIR BODY WEIGHT AND FEMALES 35% OF THEIR BODY WEIGHT FOR 30 REPS. YOU MUST TOUCH A NOODLE THAT WILL REST ON YOUR CHEST AND ARMS ARE TO BE FULLY EXTENDED AT THE TOP OF THE EXERCISE.**



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## 10. TIRE FLIP

**TRACTOR TIRE WILL BE FLIPPED AND CHALLENGER WILL JUMP IN THE TIRE AND THEN OUT OF THE TIRE. THIS SHOULD BE PERFORMED 5 TIMES. FEMALE WILL FLIP A SMALLER TRACTOR TIRE THAN MALES.**



## 11. HALF MILE RUN



**WOW!! YOU'RE DONE!!**

## For More Information Contact

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