

SLBP PHYSICAL FITNESS TEST **CHALLENGE 2011**

RULES

**EACH BEACH WILL TEST ALL CREW MEMBERS THROUGHOUT THE SUMMER TO PUT FORTH THE HIGHEST SCORING MALE AND FE MALE COMPETITOR FOR THE FINAL SHOW DOWN AT THE NORTH VS. SOUTH TOURNAMENT.
6 FE MALES AND 6 MALES TOTAL**

3 MALES AND 3 FEMALES FOR NORTH END MADE UP FROM- NORTH BEACH, NORTH END, AND B&B

3 MALES AND 3 FEMALES FOR SOUTH END MADE UP FROM- E&S, SOUTH END, AND PIER

FORM

PUSH UPS- ALL COMPETITORS WILL BE IN A BASIC PUSHUP/PLANK FORM. HANDS AND FEET CAN BE NO WIDER THAN SHOULDER WIDTH APART. REPETITIONS COUNT AFTER BREAKING A 90 DEGREE PLANE.

SIT UPS- COMPETITORS MUST PROVIDE A PARTICIPANT TO WEIGH DOWN FEET AND COUNT REPETITIONS. COUNTERS WILL SIT ON COMPETITOR'S FEET WHILE WRAPPING ARMS AROUND THE CIRCUMFERENCE OF THEIR CALVES. THERE WILL BE A 2 MINUTE TIME LIMIT. ARMS CROSSED FLAT AGAINST THE CHEST (ELBOWS AND ARMS CANNOT COME OFF THE CHEST). ELBOWS MUST TOUCH THE MID SECTION OF THE THIGHS AND SHOULDER BLADES MUST BE RAISED OFF THE SAND (SAND MUST BE FLAT).

PULL UPS- MALES- COMPETITORS WILL BEGIN WITH AN UNDERHAND GRIP AND BELOW THE BAR WITH ELBOWS COMPLETELY LOCKED OUT. THEY WILL PULL UP AND CHIN MUST REACH ABOVE THE BAR. REPITITIONS WILL BE COUNTED AS ELBOWS ARE LOCKED BACK OUT BELOW. FEMALES- CAN BEGIN IN ANY POSITION ABOVE THE BAR AND TIME CONTINUES UNTIL ELBOWS ARE LOCKED OUT BELOW (CAN GO BELOW THE BAR TIME CONTINUES UNTIL ELBOWS ARE LOCKED).