

WU's Most Fit Competition

Are you WU's Most Fit Bod? WU's Most Fit Competition is a way to find out. Individual's fitness levels will be assessed using five modalities: bike, flexibility, treadmill, abdominal strength, and bench press. Participants will be competing in divisions based on age and gender.

When is the Event?

- The event will take place October 28 - 30 in the SRWC.
 - Individuals may participate Wednesday 7-10pm, Thursday 3-6 pm, and Friday 11am-2pm.
- ** It will take approximately 30-45 minutes to complete all five fitness measurements.

How Do I Participate?

- Simply complete a registration form at the time of event.
 - * In the event that multiple participants are waiting to compete, participants will be given a number and must remain in the facility until his/her turn. Participant numbers will be announced when the next official is ready.

Who Do I Compete Against?

- Participants will compete against other students and SRWC members in equivalent age and gender groups. See the following table for divisions:

Divisions	Divisions
Male Competition	Female Competition
18-22	18-22
23-32	23-32
33-40	33-40
41-50	41-50
51+	51+

**A minimum of 4 participants must enroll in each division. Individuals interested in participating that are members of a division that does not have enough participants will be combined with the next youngest division available. Example: If there are not at least 4 women between the ages of 33 & 40 interested in competing, the women between the ages of 33 & 40 who are interested in competing will compete in the 23-32 year old division.

What Do I win?

- Individuals accumulating the most points throughout all five modalities will be crowned WU's Most Fit and awarded SRWC pullovers. The winner of each event will be awarded the number of points equaling total participants for their division. Example: If there are 36 males between the ages of 18 & 25, first place in each exercise modality will receive 36 points, second place will receive 35 points, third place will receive 34 points, etc.
- Additionally, divisional individual event champions will be awarded SRWC t-shirts.

What are the Rules?

1. Register to participate at the time of the event.
2. Perform each modality in the order listed below.

Bench Press Rules

Participants will be given 1-minute to prepare or make adjustments for this event.

1. Event official will provide assistance to the participant by putting the bar in starting position and safety spotting only.
2. Men will lift 135 pounds and women will lift 45 pounds.
3. Once the bar is in starting position for the participant, event official will say "GO" and begin tracking the participant's complete repetitions.
4. A participant's pause in the starting position of more than 2 seconds will be considered a "STOP" and the event official will rack the bar and repetitions will be recorded.
 - * Definition of a complete repetition: All participants will touch the bar (wrapped in a 3-inch pad) to his/her chest. It will be a complete repetition when the bar comes back to starting position with arms straight out.
 - * There is no time limit to this event. Participant will go to volitional fatigue (until you can not perform any more repetitions).
4. The event official will record and initial the participant's complete repetitions on the results sheet.

Treadmill Rules

Participants will be given 1-minute to prepare or make adjustments for this event.

1. Event official will set the following parameters for the participant
 - a. Program: Manual Mode
 - b. Time: 10 minutes
 - c. Incline: 0
 - d. Speed: 3.5
2. A participant may adjust the speed after the event official has finished entering data.
3. The event official will record and initial distance traveled upon completion of the ten minute walk/run on the provided results sheet.

Flexibility Rules

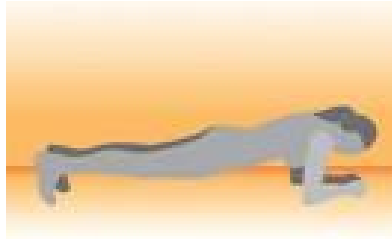
Participants will be given 1-minute to prepare or make adjustments for this event. Each participant will be required to remove his or her shoes for measurement.

1. Event official will set the following parameters for the participant:
 - a. Legs are to remain straight during the stretch measurement.
 - b. Three attempted stretches will be taken with the best measure being recorded.
 - c. Hands should be overlapped while stretching.
 - d. Ballistic or rapid bounce stretches will not be counted.
 - e. The event official will record and initial the participant's measure from scale A on the sit and reach box on the results sheet.

Abdominal Plank Rules

Participants will be given 1-minute to prepare or make adjustments for this event.

1. Starting Position:
 - a. Participant will kneel on the floor with forearms against the floor.
 - b. The back should be flattened throughout the duration of the plank (see diagram below).
 - c. Participant's time will stop when the back is not longer flattened or the participant drops to the floor.
2. Participants will have to maintain the plank position until fatigue.
3. The event official will record and initial the participant's complete time on the results sheet.



Upright Bicycle Rules

Participants will be given 1-minute to prepare or make adjustments for this event.

1. Event official will set the following parameters for the participant
 - a. Program: Hill Plus (press twice)
 - b. Time: 5 minutes
 - c. Level: Women – 12, Men - 15
2. Participants may not make any adjustments to the bike module after the event official has set the bike. Adjustments to the bike after the competition starts may result in disqualification in the event.
3. The event official will record and initial distance traveled upon completion of the up-right bike assessment on the results sheet.

If you have any questions about the Student Recreation and Wellness Center, please call 785.670.1314 or e-mail getfit@washburn.edu