WU's Most Fit Competition

This fun competition will test your fitness level and compare your results to others in your age range on campus.

The competition will consist of six different fitness modalities which include: Cardiovascular endurance, lower body strength, core strength, upper body strength, flexibility, and balance.

When/Where is the Event?
- September 18-20, in the SRWC.
- Individuals may participate
  - Tuesday September 18, 11:30am-1:00pm or 7:30pm-9:00pm
  - Wednesday September 19, 11:30am-1:00pm or 5:30pm-8:30pm
  - Thursday September 20, 11:30am-1:00pm or 6:30pm-9:00pm
- It will take approximately 40-50 minutes to complete all six fitness modalities.

How Do I Participate?
- Register at the time of event.
  - In the event multiple participants are waiting to compete, participants will be given a number and must remain in the facility until his/her turn.

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:

<table>
<thead>
<tr>
<th>Divisions</th>
<th>Male Competition</th>
<th>Female Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-29</td>
<td>18-29</td>
<td>18-29</td>
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<tr>
<td>30-39</td>
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<tr>
<td>40-49</td>
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<tr>
<td>50+</td>
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<td>50+</td>
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</tbody>
</table>

* A minimum of 4 participants must enroll in each division. If a division does not have enough participants, it will be combined with the next youngest division.

What are the Rules?
1. Participants must bring WU ID to enter SRWC.
2. Participants should wear athletic clothing allowing for comfortable movement and close-toed shoes.
3. Tests will be performed in the following order:
   a. Cardiovascular Endurance
   b. Lower Body Strength
   c. Core Strength
   d. Upper Body Strength
   e. Flexibility
   f. Balance
4. Participants will be given a maximum of a 4 minute break between tests.
5. Participants must follow the instructions from the event officials.
   a. Failure to follow the rules may result in disqualification.
How do I win?

- There will be a male and female crowned WU’s Most Fit for each age group.
  - The winners will accumulate the most points from all six modalities for their age group.
- Points will be awarded based on the total number of participants for the age group.
  - Example: If there are 36 males between the ages of 18 & 29, first place in each exercise modality will receive 36 points, second place will receive 35 points, third place will receive 34 points, etc.
- If there is a tie between participants, the balance modality will be used to break the tie.
  - If still tied, the cardiovascular endurance modality will be used to break the tie.
  - If still tied, the lower body strength modality will be used to break the tie.
  - If still tied, the upper body strength modality will be used to break the tie.
  - If still tied, the core strength modality will be used to break the tie.
  - If still tied, the flexibility modality will be used to break the tie.
- Individuals can win a WU Fit T-Shirt by reaching one of the established benchmarks for the modalities.
  - Only one shirt per person.
  - While supplies last, participate early to increase your chances of receiving a shirt.

Cardiovascular Endurance
Test: 12 Minute Cooper Run

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

1. Participants will have 12 minutes to reach their maximum distance.
2. Must stay on the treadmill belt during the entire test.
   a. Failure to stay on the treadmill belt will result in 0 points for this event.
   b. Cannot hold on the handles during the test.
3. Participants must wear the safety clip when walking/running.
4. Event official will set the following parameters for the participants.
   a. Program: Manual Mode
   b. Time: 12 minutes
   c. Incline: 0%
   d. Speed: 3.5mph
5. Participants may adjust the speed once the belt starts to move.
6. The event official will record and distance traveled upon completion of the 12 minute walk/run.

<table>
<thead>
<tr>
<th>Bench Mark</th>
<th>18-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>1.40 miles</td>
<td>1.20 miles</td>
<td>1.00 miles</td>
<td>.75 miles</td>
</tr>
<tr>
<td>Males</td>
<td>1.75 miles</td>
<td>1.60 miles</td>
<td>1.25 miles</td>
<td>.80 miles</td>
</tr>
</tbody>
</table>

Source: Top 25% based of 2011 results.
**Lower Body Strength**

Test: Squat Test

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

1. Start with your feet shoulder width apart.
2. Slowly lower yourself towards the chair.
   a. Your knees should stay behind your toe line.
3. Once your backside lightly touches the chair stand back up.
4. Your back should remain straight during the squat.
5. Continue doing as many squats as you can with good form at a consistent pace.
   a. If a participant pauses for more than 2 seconds the test will end.
   b. You are allowed a maximum of 20 minutes to reach your maximal amount of squats.
6. The event official will record and initial the number squats performed correctly.

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>170</td>
<td>95</td>
<td>80</td>
<td>50</td>
</tr>
<tr>
<td>Males</td>
<td>140</td>
<td>130</td>
<td>95</td>
<td>75</td>
</tr>
</tbody>
</table>

Source: Top 25% based of 2011 results.

**Core Strength**

Test: Plank

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. Plank position is achieved when back and legs are aligned, knees off floor, upper body supported by forearms, lower body supported by toes.
   c. The back and legs must remain in alignment throughout the duration of the plank.
   d. Feet must be off the wall.
2. Time:
   a. Time will begin when the plank position is obtained.
   b. Participants will maintain the plank position until fatigue.
   c. Time will stop when the back and legs are no longer aligned or the participant drops to the floor.
3. The event official will record and initial the participant’s total time.

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<tbody>
<tr>
<td>Females</td>
<td>150 seconds</td>
<td>130 seconds</td>
<td>60 seconds</td>
<td>45 seconds</td>
</tr>
<tr>
<td>Males</td>
<td>160 seconds</td>
<td>135 seconds</td>
<td>115 seconds</td>
<td>100 seconds</td>
</tr>
</tbody>
</table>

Source: Top 25% based of 2011 results.
Upper Body Strength

Test: Push-Ups

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

1. Starting Position is the up position:
   a. Hands shoulder width apart. Located under the shoulders.
   b. Rise up onto your toes so you are balanced on your hands and toes.
   c. The back and legs must remain aligned through the duration of the test.
      i. If the back and legs are out of alignment the test is ended.

2. Lower yourself until you have a 90 degree bend in your elbow.
3. Continue doing as many pushups as you can with good form at a consistent pace.
   a. If a participant pauses for more than 2 seconds the test will end.

4. Feet must be off the wall.
5. The event official will record and initial the number push-ups performed correctly.

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<tr>
<td>Females</td>
<td>30</td>
<td>20</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Males</td>
<td>55</td>
<td>50</td>
<td>35</td>
<td>25</td>
</tr>
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</table>

Source: Top 25% based of 2011 results.

Flexibility

Test: Sit and Reach

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 the test.

1. Three attempts will be allowed and the best result will be recorded.
2. Event official will set the following parameters for the participant:
   a. Place feet against the sit and reach box.
   b. Legs are to remain straight during the test.
   c. Hands must overlap each other.
   d. Ballistic or rapid bounce stretches will not be counted.
   e. Must hold the stretch for three seconds to count.

3. The event official will record and initial the participant’s measure from Scale B on the sit and reach box on the results sheet.

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<tbody>
<tr>
<td>Females</td>
<td>17</td>
<td>12</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>Males</td>
<td>14</td>
<td>13</td>
<td>12</td>
<td>7</td>
</tr>
</tbody>
</table>

Source: Top 25% based of 2011 results.

Balance

Test: Yoga Tree Pose

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

1. Start out balancing on one foot.
2. Lift your other foot and place it on your inner leg below the knee, above the ankle.
3. Time will start once your foot is placed on your inner leg below the knee, above the ankle.
   a. Time will end once your foot leaves your inner leg.
4. The event official will record and initial the length of tree pose held correctly.

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<tbody>
<tr>
<td>Females</td>
<td>310 seconds</td>
<td>280 seconds</td>
<td>90 seconds</td>
<td>60 seconds</td>
</tr>
<tr>
<td>Males</td>
<td>110 seconds</td>
<td>100 seconds</td>
<td>90 seconds</td>
<td>60 seconds</td>
</tr>
</tbody>
</table>

Source: Top 25% based of 2011 results.

If you have any questions about WU’s Most Fit, please call 785.670.1314 or e-mail getfit@washburn.edu