



## 2019 California Senior State Championships Fitness Exercise Description

1. **Kettlebell box squat** (single attempt for max reps; choose 8 or 12 kg for females, 16 or 20 kg for males; stand facing wall, toes 6 inches or less from wall; squat down touch buttocks to box with knees breaking 90 degrees; box height will be adjusted for each contestant)
2. **Barbell bench press** (single attempt for max reps; choose 33lb or 45lb for females, 65lb or 95lb for males; touch bar to chest and lock out elbows)
3. **Chin ups** (single attempt for max reps; extend elbows all the way, chin above bar)
4. **Farmers walk** (single attempt for distance in yards; half of bodyweight; can use kettlebells or dumbbells)
5. **Keg toss** (3 attempts for distance in yards; use Dynamax balls; 8 lb for women and 12 lb for men)
6. **300 yard shuttle run** (single attempt for time; 25 yard marker; sprint down and back 6 times for a total of 300 yds)
7. **Concept 2 rower** (single attempt, row 500 meters for time at level 10)
8. **Jump rope** (single attempt; jump rope 1 minute as many clear rotations as possible)
9. **Prowler push** (single attempt for time; 1 plate on each side for females, 2 plates on each side for males; 50 yard push, push down to past the 25 yard line turn around and push back)
10. **Movement shuttle** (single attempt for time, bear crawl 5 yards and back, shuffle 10 yards and back, sprint 15 yards and back.

**List of Events created by Fitness Quest 10**