



# CAL STATE SENIOR GAMES

HOSTED BY

**SAN DIEGO**  
*Senior Games*



## Fitness

**SEPTEMBER 22, 2019**  
9am-11am

### Location:

Fitness Quest 10  
9972 Scripps Ranch Blvd.  
San Diego, CA 92131

Entry fee is **\$35** per person + \$10 Sport Fee  
Deadline - September 18, 2019

### Includes:

- Medals will be awarded by gender, event, and each age division:  
50-54, 55-59, 60-64, 70-74, 75-79, 80+
- T-Shirt and Restaurant Passport
- Entry to Celebration of Athletes, September 20, 2019 - Balboa Park (RSVP required)

**Register Now!**

**Register at: [SDSeniorGames.org](http://SDSeniorGames.org)**



For More Information - [SDSeniorGames.org](http://SDSeniorGames.org)  
Commissioner Stan Williams (408) 799-3852 or [stanwill1@gmail.com](mailto:stanwill1@gmail.com)



## 2019 California Senior State Championships Fitness Events Description

Watch Event Demos Here! [FQ10 for 50+](#)

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; using kettlebells closest to half of bodyweight)
5. **Keg toss** (3 attempts for distance in yards; use Dynamax balls; 4 lb for women and 8 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 (25 lbs) on each side for females, 1 plate (45 lbs) on each side for males; 50 yard push, push down to touch the 25 yard line turn around and push back to cross the start line)
10. **Medicine Ball Slam** (women 10lb, men 15lbs, total number completed within one minute. Rule: entire ball has to come up fully above head, body upright, before each slam)

**Entrants are encouraged to register for any event they feel confident they can safely execute. FQ10 trainers will supervise events, ensure proper form is always maintained, and document results.**

**Fitness Quest 10 Senior Fitness Challenge  
RULES SHEET Q & A**

**IMPORTANT REVISIONS 8/14/19**

**Q: What day and time is the Fitness Challenge?**

A: Sunday September 22 from 9-11 AM at Fitness Quest 10.

**Q: What is the schedule for the two hours?**

9 AM Kickoff and Welcome by the Gym General Manager who will explain the events and their location. Any individual in any age group can compete at any time during the two hours in any of the ten events. Individuals planning to compete in all ten events must be finished no later than 11 AM, when medals will be handed out by gender, event, and the age groups below.

**Q: What are the competition age ranges for medals?**

A: In five year increments: 50-54, 55-59; 60-64, 65-69; 70-74, 75-80 etc.

**Q: What should be considered in choosing the events to compete in? Must I do all?**

A: No. Choose those that you know you can execute safely with proper form and may also be competitive in. FQ trainers will explain/demo technique, supervise each event for proper form, and document each contestant outcomes (eg # of reps, distance, time, appropriate metric) for each event.

**Q: Must we do the events in a certain order?**

A: No. Contestants may compete in their events in the order of their choosing *but must finish their competition by 11 AM.*

**Q: Is it possible to compete in both weights for Events 1 (box squat) and 2 (bench press)?**

A: No. For events 1 and 2, the contestant must pick only one weight they want to compete in, not both. Medals will be given for each of the weight options by gender and by each 5 yr age group.

**Q: Will there be awards for most fitness events won overall?**

A: No. Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place winners by gender, age group, and event.

**Q: For the jump rope event: Can contestants keep jumping up to the one minute mark even if they miss a couple of rotations? Will all clear rotations during the one-minute be counted?**

A: Yes, and yes.

**Q: May contestants bring their own jump ropes or does every contestant need to use the ones at the gym?**

A: No. Every contestant must use one of the jump ropes at Fitness Quest.

**Fitness Quest 10 welcomes participation from individuals from other gyms in SD County as well as individuals in town for the California Senior Games that weekend. Registration for the Fitness Competition is \$35+ \$10 sports fee. Registration closes on September 18.**