

# 2020 Fitness Challenge 50-59

Name \_\_\_\_\_ Age Group \_\_\_\_\_ Gender \_\_\_\_\_

Rev. 8/11/20-MH

Points	Sit-Ups		Arm Presses		Leg Presses		One Leg Stands		Results - Total Points
0	0		0		0		0		Sit-Ups -----
1	1	2	1	3	1	3	1	15 seconds	Arm Presses-----
2	3	4	4	6	4	6	16	30 seconds	Leg Presses -----
3	5	6	7	9	7	9	31	45 seconds	One Leg Stand -----
4	7	8	10	12	10	12	46	60 seconds	
5	9	10	13	15	13	15	61	75 seconds	
6	11	12	16	18	16	18	76	90 seconds	
7	13	14	19	21	19	21	91	105 seconds	Total Points -----
8	15	16	22	24	22	24	106	120 seconds	
9	17	18	25	27	25	27	121	135 seconds	Place -----
10	19	20	28	30	28	30	136	150 seconds	Medal -----
11	21	22	31	33	31	33	151	160 seconds	
12	23	24	34	35	34	35	161	170 seconds	
13	25	26	36	37	36	37	171	180 seconds	
14	27	28	38	39	38	39	181	190 seconds	
15	29	30	40	41	40	41	191	200 seconds	
16	31	32	42	43	42	43	201	210 seconds	
17	33	34	44	45	44	45	211	220 seconds	
18	35	36	46	47	46	47	221	230 seconds	
19	37	38	48	49	48	49	231	240 seconds	
20	39	40	50	51	50	51	241	250 seconds	
21	41	42	52	53	52	53	251	260 seconds	
22		43	54	55	54	55	261	270 seconds	
23		44	56	57	56	57	271	280 seconds	
24		45	58	59	58	59	281	290 seconds	
25		46		60		60		300 Seconds	

Sit-ups - 1 Bonus Point for each number above 60 (Maximum Bonus 5 Points)  
 Arm Presses - 1 Bonus Point for each number above 60 (Maximum Bonus 5 points)  
 Leg Presses - 1 Bonus Point for each number above 60 (Maximum Bonus 5 Points)  
 One Leg Stands - If you achieve the 300 seconds in less than 10 attempts,  
 you will receive bonus points according to the following schedule:  
 9 attempts = 1 point, 8 attempts = 2 points, 7 attempts = 3 points, etc. (Maximum Bonus 5 Points)

For each skill circle the correct number obtained for that skill or write the exact number for that skill in the space provided and circle the corresponding number in the Points Column and record that point total in the Results Column adding any Bonus Points.