

FIT EXPO INDIA

FITFURY FITNESS CHALLENGES

Date of Competition: 2nd and 3rd of December 2023

Location: Milan Mela, Kolkata

Category:

There will be 9 different categories:

- Age: Under 21 years (Male)
- Age: Under 21 years (Female)
- Age: 21-30 Years (Male)
- Age: 21-30 Years (Female)
- Age: 31 – 40 Years (Male)
- Age: 31 – 40 Years (Female)
- Age: Above 40 years (Male)
- Age: Above 40 years (Female)
- Professional/Expert (Open- for both Males and Females)

Attire:

Wearing of Shoes is mandatory. On-spot participants should carry sportswear with themselves. Participating in jeans or shirt is not allowed.

Registration fees:

- General Category
 - (i) Pre-registration: Rs. 1000 (Before 28th November)
 - (ii) Spot registration: Rs. 1500 (Only open on 1st December, Day one of FITEXPO)
- Expert/Professional Category
 - (i) Pre-registration: Rs. 1500 (Before 28th November)
 - (ii) Spot registration: Rs. 2000 (Only open on 1st December, Day one of FITEXPO)

Prizes:

(A) GENERAL CATEGORY: 10k per category (5k+3k+2k)

(B) Expert : Winner (10k) & Runners-Up (5k) [No Cash Prizes for 3rd Place Winner]

**Exercise for General Category:
General Category**

| Exercise | Weight: Men | Weight: Women |
|-------------------------|--------------------|----------------------|
| Trap bar Deadlift | 60 Kgs | 40 Kgs |
| Dumbbell Thruster | 10 Kgs | 5 Kgs |
| Bulgarian Bag Lunges | 20 Kgs | 10 Kgs |
| Sled Push/Pull | | |
| Slam Ball/ Battle rope | 12 Kgs | 8 Kgs |
| Box Jump | 20" | 18" |
| Dumbbell Devilspress | 10 kgs | 5 Kgs |
| Tyre Flip | 70 Kgs | 50 kgs |
| Air Bike | | |
| Plank Jack / Plate Jump | | |

Professional/ Category

| Exercise | Weight: Men | Weight: Women |
|-------------------------------------|--------------------|----------------------|
| Barbell thrusters | 40 kgs | 30 Kgs |
| Box Jump | 20" | 20" |
| Ground to Overhead Press | 17.5 kgs | 10 kgs |
| Man Maker | 12 Kgs Pair | 7.5 kgs Pair |
| Farmers Walk | | |
| Tyre Flip | 70 Kgs | |
| Air Bike | | |
| Jump Rope | | |
| Kettlebell Overhead American Swings | 20 kgs | 12 Kgs |
| Trap bar deadlift | 70 Kgs | 50 Kgs |

All Exercise key Points:

| |
|---|
| Exercise Name: Trap bar Deadlift |
| Points to Ponder: 1. Hip and Knee to be extended |
| 2. Bar must touch the ground |
| Exercise name: Dumbbell Thruster |
| Points to Ponder: 1. DB Should rack in the shoulder joint |
| 2. Hip Should cross the knee creese during squat |
| 3. Elbow, Hip and knee extended during overhead press |
| Exercise Name: Bulgarian bag Lunges |
| Points to Ponder: 1. Bag rest on upper traps |
| 2. Lunge forward and knee slight touch to ground |

| |
|---|
| Exercise Name: Slam Ball |
| Points to Ponder: 1. Elbow, Hip and Knee to be extended during overhead movement of the ball |
| Exercise name: Battle Rope |
| Points to ponder: 1. Body stays in a Quarter squat position with lumbar curve maintained, spine little flexed forward and holding both ends of the rope with different hands. |
| 2. Both the rope should touch the floor while smashing |
| 3. Feet to be shoulder or hip width apart stance |
| Exercise Name: Box Jump |
| Points to Ponder: 1. Both feet to be jumped and landed together to the box |
| Battle rope |
| Exercise Name: Dumbbell Devilspress |
| Points to Ponder: 1. The chest should touch the floor |
| 2. Both feet to be back and jumped front together |
| 3. Elbow, Hip and Knee to be extended during overhead movement |
| Exercise name: Plank jack |
| Points to Ponder: 1. Movements starts in elbow plank position and feet close to each other |
| 2. Jump wider with both the feet and back |
| 3. spine to remain in neutral position |
| Exercise name: Plate jump |
| Points to ponder: 1. Movement starts in standing position |
| 2. Jump to plate with both the feet together and down |
| 3. Hip and knee extended during the movement |
| Exercise name: Tyre Flip |
| Points to ponder: 1. Lift the tyre in half squat position and spine nutral. |
| Exercise name: Sled Push/Pull |
| Points to ponder: 1. Hold both the handles of sled, each hand - one handle |
| 2. Keep the spine neutral while pushing/ pulling the sled |
| 3. The sled should be pushed/pulled until it crosses the given finish line |
| Exercise name: Farmers Walk |
| Points to Ponder: 1. Both elbows to be remain extended, spine neutral during walk |
| Exercise name: Air Bike |
| Points to Ponder: 1. Hands should remain intact with the handles while performing |
| 2. Spine should be maintained neutral |
| Exercise name: Jump Rope |

| |
|---|
| Points to Ponder: Both feet to be jumped together |
| |

| |
|--|
| Exercise name: Barbell thrusters |
| Points to ponder: 1. Barbell to stay below the chin level while squatting |
| 2. Hip crossing knee crease while squatting |
| 3. Hip, Knee and Elbow extended while pressing overhead |
| Exercise Name: Ground to Overhead Press |
| Points to ponder: 1. DB or BB to be touching the ground |
| 2. During overhead press, elbow, knee and hip to be remain extended |
| Exercise Name: Man Maker |
| Points to ponder: 1. Movement starts in full push up position with elbow and knee extended |
| 2. Pull One Dumbbell towards the body taking the support of another one. |
| 3. Alternatively perform the movement. |
| Exercise Name: Kettlebell overhead American Swings |
| Points to Ponder: 1. Elbow, hip and knee extended in overhead movement of swing |
| 2. Swing the KB down below hips by pushing hip backwards and slight bending the knees |

No-Rep Criteria:

There will be No-Rep given for the exercises whose points of ponder were not followed.

For Example: During performing a thruster, If the elbow, hip and knees are not extended fully during overhead, it will be considered as No rep. the athlete has to perform the same rep once again.

Rules and Regulations

1. Original Valid ID Card (Aadhar card or Pan Card) is mandatory during the time of competition.
2. Registration fees are non-refundable and non-transferable. In case the athlete fails to show or participate in the competition, no refund will be given.
3. All decisions taken by the judges panel and will be considered final.
4. Social behaviour and decency of supporting crowd of a particular athlete inside venue shall be the responsibility of that athlete. If any athlete found mis-behaving or arguing with any of the judges, he/she will be disqualified from the very event.

5. Participants are required to submit a soft copy of Aadhar card as well as Signed disclaimer form.
6. The organisers shall have the right to retain and use the photographs of the athlete.
7. The participants are required to reach the venue of the event in given time. Late entry will not be entertained.
8. Wearing of shoe is mandatory. Performing barefoot is not allowed.
9. On request, required medical facilities will be provided to athletes promptly.
10. No professional Photography or videography is allowed inside the venue without prior permission from the organisers. They reserve the right to prohibit live streaming/blogging.
11. The organizers reserve the right to change the prize structure in case of lack of enough participants in any category.
12. During the competition, if any injury occurs to the athlete, it will be the sole responsibility of the athlete.
13. This workout is the total number of workouts that are selected for the Fit Expo Cross Fit Competition. Out of these, 7-8 workouts will be given either as a Circuit or Chipper or AMRAP anything.

FORCE MAJEURE: In case of any event, which includes but is not limited to, a declaration of War, a disease epidemic, imposition of lockdown and curfews, any riots, a cyclonic storm, an earthquake, or any other natural disaster due to "Act of God", the date of the event may be revised and/or the competition may be cancelled, and in any situation, the registration fee shall not be refunded.