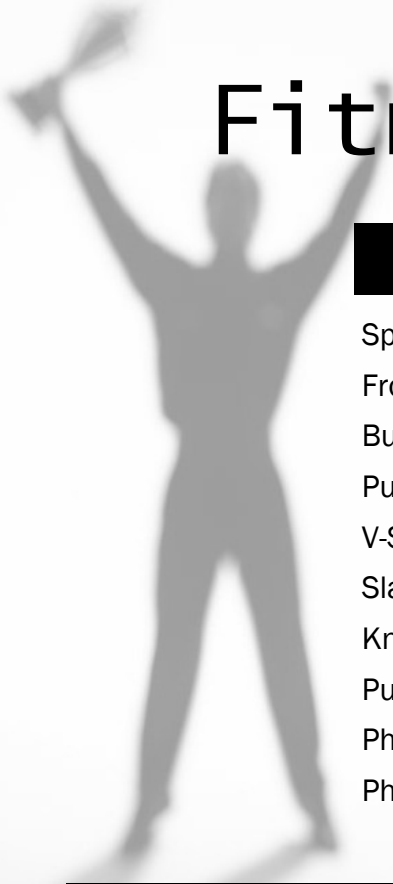


# Fitness Competition



List of exercises	Points awarded
Split Squat Jumps (knee touches ground)	(1 min) 1 pt both sides
Front Bridge (watch alignment)	1 pt for 15 seconds
Burpees (stand vertical, hands up)	(1 min) 1 pt per Burpee
Push-ups (standard stopper, elbows locked)	1 pt per Push-up
V-Sit (hands off lower body)	1 pt for 15 seconds
Slaloms (use markers)	(1 min) 1 pt both sides
Knees to Elbows (can swing if want)	1 pt per KTE
Pull-ups (chin above bar, start at deadhang)	1 pt per Pull-up
Physioball Balance (hands off lower body)	1 pt for 15 seconds
Physioball Bridge (arms off ground)	1 pt for 15 seconds

	Pete	Connie	Seth	Michelle
Split Squat Jumps				
Pull-ups				
Burpees				
Physioball Balance				
Slaloms (pee first)				
Push-ups				
Front Bridge				
Knees to Elbows				
V-Sit				
Physioball Bridge				
<b>TEAM TOTAL</b>				