

IFBB FITNESS CHALLENGE



INSPECTION REPORT:

ARNOLD CLASSIC AFRICA

Multi Sport Festival, Arts and Lifestyle Expo



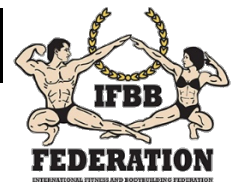
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ARNOLD

SPORTS FESTIVAL AFRICA 2023

IFBB

Fitness Challenge

19-21 May '23

Ruimsig Stadium

CATEGORY

Men's Fitness Challenge • Women's Fitness Challenge • Junior Men's Fitness Challenge
 Junior Women's Fitness Challenge • Masters Men's Fitness Challenge • Masters Women's Fitness Challenge
 • Couples Fitness Challenge • Team Fitness Challenge

| | | |
|--|--|--|
| <h4>GOLD</h4> <ul style="list-style-type: none"> • Chin Ups (prone & strict) • Jump Squat (up to 20" - 24" box) • Dips (feet forward) • Walking lunges (with barbell) • Sit Ups (weighted) • Burpees & Devil Press | <h4>SILVER</h4> <ul style="list-style-type: none"> • Pull ups (lying position) • Jefferson Squat • Dips on bench • Lunges (non-walking with dumbbell) • Sit ups (weight on chest) • Snatches (with kettlebell) | <h4>BRONZE</h4> <ul style="list-style-type: none"> • Bronze level • Chin- ups (supine grip, feet on ground) • Kettlebell Squat • Push-Ups (elbows flare) • Lunges (backward, on-site) • Sit ups • Kettlebell swing (complete raise) |
|--|--|--|



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Lourens 071 438 8413

For more information and inspection report go to www.ifbbsa.co.za



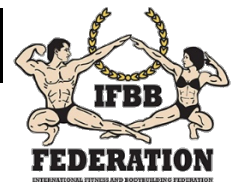
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Multi Sport and Art Festival

ARNOLD

SPORTS FESTIVAL AFRICA 2023

19-21 MAY 23

Ruimsig Stadium | Roodepoort

Joburg
a world class African city

FAMILY DAY

Come and Try for young and old

SPORTS AND ACTIVATIONS

- ACA Throwdown (Crossfit)
- Aerial Sport
- Archery
- Armwrestling SAAP
- Art Competition
- Baseball, Softball, Baseball 5
- Basketball (Jozi Nuggets at Walter Sisulu Hall)
- Beach Volleyball
- Body Painting (Living Canvas)
- Bodybuilding IFBB Amateur
- Bodybuilding IFBB Elite Pro
- Bowls Gauteng
- Cue Sport (Gold Reef City)
- Durban Deep Radio Flyers
- Ekasi - E Games
- Fastlane Angling
- Fencing
- Gauteng Aquatics (Exhibition)
- Gauteng Chess
- IFBB Fitness Challenge
- Jiu Jitsu

- Karate SA
- Kids Games (5jr - 7jr)
- City of Jhb King & Queen Challenge (Public take the challenge)
- Korean Martial Arts
- Majorettes
- Model Search
- Powerlifting
- Professional Wrestling
- Punisher Slap Fight SA
- Quantum Volleyball
- Ringball
- Ringtennis
- Strict Arm Curl
- Strongman Amateur
- Talent Showcase
- Team Chess
- Tenpin Bowling (Come and try & Northcliff)
- XFE Teen Challenge

- Orchards Tae Bo
- Piloxing
- Pound
- Rainbow Line Dancing
- Strong Nation
- Zumba
- Zumba Kids

MASS PARTICIPATION - ALL WELCOME

- Morning Rise Fitness
- Fiesta
- Park Run
- Sweat and Glow Fitness Party

KIDS ENTERTAINMENT

- Balloon Sculpting
- Cartoon Characters
- Face Painting
- Ice Skate Rink
- JHB Petting Zoo
- Jumping Castles
- Roller Skates
- Skate boards

MORE TO SEE AND DO

- 67 Blankets for NM day (Crochet with us)
- Beer Tent
- Car Sound Off (Who has the best sound!)

ACA FITNESS FUNHOUSE - GROUP TRAINING ALL WELCOME

- Bootcamp
- BounceBlade - Kangoo jump
- Fitness Icon / Dance Evolution
- Jump-Aholics

FUN, Food & live entertainment

Information correct on day of creation



Entry | [web tickets](#)

www.arnoldclassicafrica.com

9 INTRODUCTION

This Inspection Report is a complete synopsis on the planning and execution of the IFBB Fitness Challenges Event hosted by Gentle Giants Promotions and TBTF on behalf of the International Fitness and Bodybuilding Federation (IFBB) and Bodybuilding South Africa (BBSA), as an introductory event. The aim is to introduce this new division to the public in preparation of a full-scale rollout during the remainder of 2023 and 2024.

The event will be hosted from the 19th to the 21st of May 2023 at the Ruimsig Sport Stadium and fields.

At the **Arnold's Multi Sport and Arts Festival**, we will be set up for the following Fitness Categories:

- Gold Level
- Silver Level
- Bronze Level



As Promoters of this event our biggest joy is providing a platform where new athletes can come and compete in this brand new division under the IFBB.

The **IFBB FITNESS CHALLENGE** consists of a circuit with strength exercises in six stations where athletes try to perform the maximum number of repetitions in 2 minutes. Categories are established and athletes compete with each other demonstrating their maximum physical performance. This division is dedicated to athletes who prioritize muscle performance over competition based solely on muscle and lack of body fat.

2. KEY FACTORS

| | |
|----------------------------------|---------------------------------------|
| Healthy Lifestyle | Health and overall Fitness |
| Outstanding Physical Performance | Personal Satisfaction |
| Opportunity for Broad Age Levels | Energy Development of a Balanced Body |

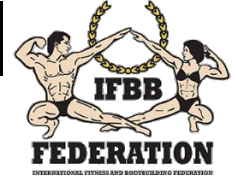
3. CATEGORIES

Age and sex categories Individual categories:

- Men's Fitness Challenge (athletes between the age of 24 and 40)



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- Women's Fitness Challenge (athletes between the age of 24 and 35)
- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Master Men's Fitness Challenge (athletes +40 years)
- Master Women's Fitness Challenge (athletes + 35 years) Categories of couples and teams.
- Couples Fitness Challenge (same-sex M/F couples and mixed couples)
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed) Categories by execution and performance levels:
 - Gold Level
 - Silver Level
 - Bronze Level.
- In Individuals, Couples, and Teams, competitions may be held on the GOLD and SILVER circuits, depending on the organizer's offer.

4 VENUE



Corner Hendrik Potgieter & Furrow Rd,
Ruimsig, Krugersdorp, 1747

Tel: 010 020 1234.

GPS Coordinates: -26°3'34.41' /
+27°50'21.47'.

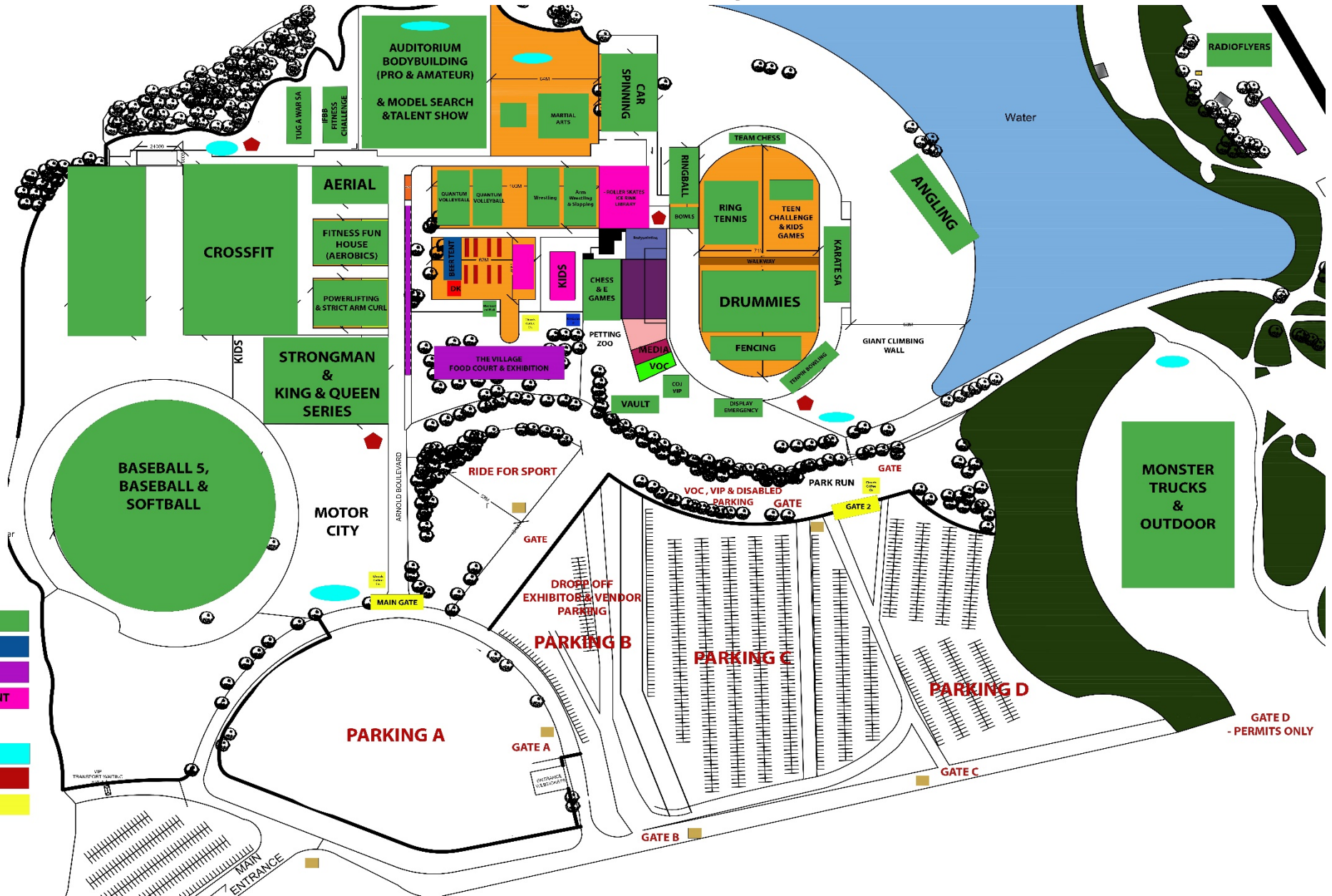
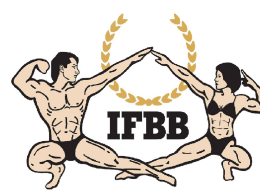
This will be an indoor event held in a tent as part of the Gentle Giants Tent City



**Tent City, the new home of
Arnold Classic Africa**



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- ACTIVATION
- BEER TENT
- THE VILLAGE
- ENTERTAINMENT

- TOILETS
- MEDICS
- ENTRANCES



The first four years of the Arnold Classic Sport Festival Africa was successful in growing annually with sporting codes, arts, and participants. This was clearly supported by the independent impact study produced by BMI each year. The year 2020 was the fifth year of our 10-year business plan for ACA, which included the expansion to a national footprint hosting smaller mini sport festivals under the name.

Sunfest Multisport and Art Festival in 9 provinces including the TBTF Classic Sport Festival in Mpumalanga The health and safety of all participants, officials and visitors to the ACA will always be priority. Looking forward we decided as partners to create a new home for the ACA Sport Festival by creating our own GG Tent City in an open-air environment helping us to facilitate and manage current and future Covid regulations and protocols.



The Tent City 2022 was exciting, colourful, and festive. It brought a completely new vision to the Arnold Classic Sport Festival Africa. This new initiative created an experience for all participants, officials, supporters, sponsors, and exhibitors to be part of an open-air festival. 2023 Will be even bigger and the ACA will expand to several off site venues to facilitate more sport and arts. Spectators and participants will be able to gain access to different venues with one access ticket. HOP ON – HOP OFF BUS will travel between different venues, and parking.

5 EVENT

MANAGEMENT/JUDGING AND AJUDICATION

The event will be managed and overseen by the following IFBB officials:

| OFFICIAL | # |
|----------------------------|---|
| Central Judge (Head Judge) | 1 |
| Statistician | 1 |
| Statistician's Assistant | 1 |
| Officials | 6 |

Equipment Requirement

| OFFICIAL | # |
|---|---|
| Clipboards | 8 |
| Whistle | 1 |
| Tables and chairs | 2 |
| Banner tape | 1 |
| Stop Watch (<i>Smart Phone may be used</i>) | 6 |
| Laptop for Statistician | 1 |
| Scale | 1 |
| Go Pro (optional) | 1 |

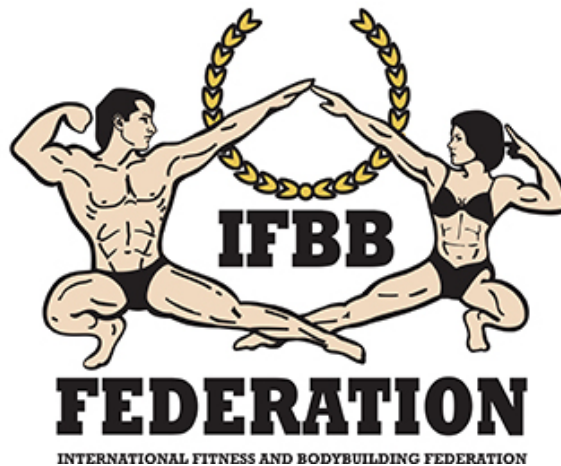
6 CIRCUIT EQUIPMENT REQUIREMENT

| Speed Challenge | | | |
|---|---------------------------------------|--------|--------|
| Chin- ups (supine grip, feet on ground) | Chest to bar, feet extended on ground | | |
| Kettlebell Squat | Kettlebell | 24kg | 32kg |
| Push-Ups (elbows flare) | No equipment | | |
| Lunges (backward, on-site) | One dumbbell on chest | 7.5kg | 12.5kg |
| Sit ups | No equipment | | |
| Kettlebell swing (complete raise) | One hand Kettlebell | 8kg | 12kg |
| Bronze Level | | | |
| Chin- ups (supine grip, feet on ground) | Chest to bar, feet extended on ground | | |
| Kettlebell Squat | Kettlebell | 24kg | 32kg |
| Push-Ups (elbows flare) | No equipment | | |
| Lunges (backward, on-site) | One dumbbell on chest | 7.5kg | 12.5kg |
| Sit ups | No equipment | | |
| Kettlebell swing (complete raise) | One hand Kettlebell | 8kg | 12kg |
| Silver Level | | | |
| Pull ups (lying position) | Chest to bar, feet extended on box | | |
| Jefferson Squat | Bar with plate | 40kg | 60kg |
| Dips on bench | Hands and feet on bench, same height | | |
| Lunges (non-walking with dumbbell) | Dumbell in each hand, static | 10kg | 15kg |
| Sit ups (weight on chest) | With weight plate | 10kg | 10kg |
| Snatches (with kettlebell) | One hand Kettlebell | 8kg | 12kg |
| Gold Level | | | |
| Chin Ups (prone & strict) | Chin bar hanging feet | | |
| Jump Squat (up to 20"- 24" box) | Box jump | 20"Box | 24"Box |
| Dips (feet forward) | Two bars, feet hanging | | |
| Walking lunges (with barbell) | Walking barbell | 30kg | 50kg |
| Sit Ups (weighted) | Weight Plate | 10kg | 10kg |
| Burpees & Devil Press (dumbell) | Each hand Dumbell | 10kg | 20kg |

7 REGISTRATION

- Team and individual registration is available online on the IFBB SA website <http://www.ifbbsa.co.za>.
- Individual athletes and teams will report at the venue between 08:00 and 08:30 for rollcall registration at the **Registration Station** in front of the **Athletes Area**.
- Athletes are to have proof of payment and online registration with them. All athletes will be expected to have paid their IFBB Affiliation fees as well as registration fees per category entered into.
- As part of the registration process, each athlete/team will receive their official **Control Sheets** for the day.

Athlete Registration online www.ifbbsa.co.za



<http://gentlegiantpromotions.com/index.php/en/component/content/article/arnold-classic-ifbb-fitness-challenge?catid=17&Itemid=101>

| | |
|-------------------------------|-----------|
| Athletes per category: | R 500.00 |
| Couples: | R1 000.00 |
| Team: | R3000.00 |

IFBB Affiliation online Annual fee R250.00

Pay online by clicking on the affiliation link on IFBB SA web page www.ifbbsa.co.za or visit www.webtickets.com – search IFBB affiliation – and pay online. Bring proof of

payment to weigh in and registration.

Athlete Warm-up and Recovery Area Passes

Athlete Warm-up and Recovery Area Passes will be available at **R150.00** per individual. This fee is in addition to the visitor's entry fees of **R150.00** payable at the gate by any person other than an athlete going into the Athlete Warm-up and Recovery Area. Each athlete/Pair or Team is allowed only one person in this area.

Visitors Fees

<https://www.webtickets.co.za/v2/EventCategories.aspx?itemid=1525044997>



The event will have three sessions. Each line-up is assigned to either of these sessions. Visitors will be charged **R150** per day.

WhatsApp 0714388413 or email: lourenssmidt@live.co.za

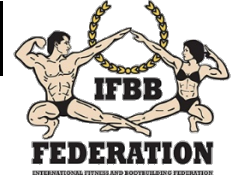
9. EVENT PROGRAM



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TBT F CLASSIC FITNESS CHALLENGE PROGRAM

Session 1 – Day 1

Bronze

- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Women's Fitness Challenge (athletes between the age of 24 and 35)
- Master Women's Fitness Challenge (athletes + 35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)
Categories by execution and performance levels)

Session 2 – Day 2

Silver

- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Women's Fitness Challenge (athletes between the age of 24 and 35)
- Master Women's Fitness Challenge (athletes + 35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)
Categories by execution and performance levels)

Session 3 Day 3

Gold

- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Women's Fitness Challenge (athletes between the age of 24 and 35)
- Master Women's Fitness Challenge (athletes + 35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)
Categories by execution and performance levels)

Thursday Day 1 - Registration

All Categories have to register on this day
10:00 to 15:00

Friday Day 2 – Bronze Challenge

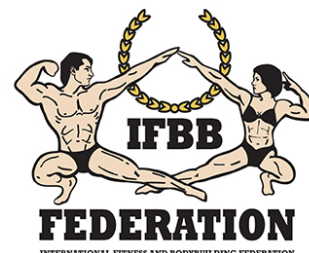
10:00 to 15:00

Saturday Day 3 – Silver Challenge

10:00 to 15:00

Sunday Day 4 – Gold Challenge

10:00 to 13:00



9. UNIFORM/GEAR/SKIN

Unlike our Bodybuilding and Fitness categories, Fitness Challenge has no physique presentation. Sportswear covering the torso and legs is allowed, as the muscularity is not the target of the competition. Athletes may wear tracksuits or T-shirts with shorts or any combination at their discretion.

Sports shoes are also mandatory. Wristbands will not be allowed, whereas knee bands are, but must be as thick as ordinary fabric (3 mm). In general, gear is allowed that improves safety and/or comfort but does not confer advantage. Athletes will not be permitted to wear, use, or display any apparel, equipment, accessories, symbols, art, graphics, or other item.

10 SERVICE PROVIDERS

We collaborate with reputable service providers to ensure that the event has the following services available:

- DJ
- Medical Response Services
- All required Equipment and Prop will be provided by the events service providers
- Photography

11 METHODOLOGY AND CRITERIA OF ARBITRATION AND SCORING

Athlete's Role

- The athlete will always follow the technical indications of the judge Official
- The athlete will perform as many repetitions of the exercise as possible at each station. The athlete will accept any repetitions that the judge/official deems valid.
- The athlete must respect the start of each exercise and no interrupt it within the 2 minutes of the set.
- The athlete will move to the next station at the end of the two minutes. The athlete will be positioned to start the next exercise when directed by the Head Judge or the Judge/Timekeeper.
- At the end of the six stations, the athlete will leave the competition venue.

Judge's Role

- In each circuit, there will be six judges/arbitrators, one assigned to each station
- It is equipped with a board and forms and a pen to write.
- The judge counts the valid repetitions each athlete performs with a loud voice for

the athlete to hear at their station during counting.

- Valid repetitions are those that the judge considers; those that it invalidates are null, and only valid repetitions are added.
- The Judge/Official controls the start and end of the exercise by following the orders of the central judge or judge/ timekeeper marking the time intervals.
- The judge waits for the next athlete to arrive at his/her station and accompanies during the 2- min break and position for the start of the exercise.

ROLE OF THE CENTRAL JUDGE

- The head judge manages the competition, managing the timer and instructing the judges / referee and collaborating with them on technical matters.
- He may delegate a judge / timekeeper to control the partial and total timings.
- The central judge collects the control sheet from each athlete at the end of the 6 exercises. He signs the control sheets for each athlete, couple or team and sends them to record.

12 THE CHALLENGES

| Individual Fitness Challenge | |
|---|---|
| The Rule | The Rule |
| It is a 6 station circuit. In each station a different exercise is performed | All athletes go through all the exercises and must perform all of them correctly, adhering to the Regulations described for this purpose |
| In each station, the athlete performs a maximum of repetitions for a time of 2 minutes. In this time frame, the athlete can interrupt the exercise and resume it. | Total time in each station is 2 minutes (run) + 2 minutes (station change) All athletes start the next exercise at the same time |
| Each athlete starts at station number 1 and at the end of the exercise, moves to the next one always following a numerical order. Progress until you complete the 6 exercises in the circuit | The total time of the test, 24 minutes for 6 athletes (2 minutes to perform + 2 minutes to change stations and recover x 6 stations) |
| All athletes change stations at the same time , progressing to the next exercise in numerical order with a time of 2 minutes to rest and prepare for the next station | Every time an athlete completes all 6 exercises, they finish and leave the circuit |
| Up to 6 athletes compete simultaneously , each one in a station and with a judge / referee controlling technical correction and recording the repetitions performed | Athletes compete for maximum repetitions in each station. These repetitions are noted on their control sheet |
| A judge / referee waits for the athlete at | In the case of a TIE between competitors |

the next station. He controls the correct execution and records the repetitions performed on a control sheet that the athlete carries with him

who perform the same number of total Repetitions, the one who has made the highest number in Burpee & Devil Press, Kettlebell Snatches or Kettlebell Swings (**Gold or Silver**) will win

Couples Fitness Challenge

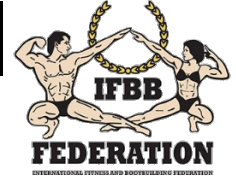
| The Rule | The Interpretation |
|--|--|
| They compete in pairs that perform the circuit in its six stations in the same order as the individual competition | This means that both athletes are present at the same station at the same time. |
| Couples can be: only Men , only Women , or Mixed | Rest periods are 1 min for men and 2 min for woman |
| Both athletes execute the same exercise for each station, alternating between them to achieve the highest number of repetitions in the 2 minutes | Both athletes have to complete all the exercises at all of the stations. The scores will be added together to form the final score per station per couple. Couples qualify by the sum of repetitions of both components in the 6 exercises of the circuit. |
| Both athletes pause the 2 minutes between stations together | One athlete may not start with the next station while the other is still resting. Both will rest the full two minutes between stations. |
| Up to 6 couples work simultaneously, one per specific station, starting at station one and progressing to the rest of the exercises in order | The circuit is filled with couples, as many as 6 will be on the circuit. One Couple at each of the 6 stations. After the completion of each station all the couples will sequentially move from station 1 to station 2 and so on. If couple #6, starts at station 6, they will then move on to station 1 and sequentially complete the course. |
| In the competition by couples, couples qualify by the sum of repetitions of both members in the six exercises. | It is the sum of reps collectively done by each athlete at each of the stations in the allotted 2 minutes . |
| Walking Lunges | 75% of the males body weight 40% of the females body weight |

Team Fitness Challenge

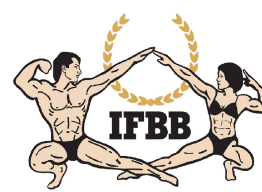
| The Rule | The Interpretation |
|--|--|
| Teams of 6 competitors occupying the entire team can include 4 + 2 athletes of each gender or 3 + 3. Never just one athlete of one sex. | You may have 2 males and 4 females or 2 females and 4 males. You may have 3 males and 3 females |
| Each team member does exclusive stations at the same time. | The entire team start the challenge together, with a team member at one of the 6 challenges. |
| All 6 members are distributed in the stations of the circuit at their convenience. All of them have to carry out the entire circuit orderly. | Therefore, if athlete #1 starts at station he/she will sequentially move from station 1 to station 2 and so on. If athlete 6, starts at station 6, he/she will then move on to station 1 and sequentially complete the course. |



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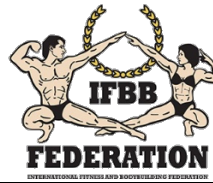
| | |
|--|--|
| <p>The next team will start when the last team has completed all the station.</p> | <p>The next team will be lined up behind the starting line (Station 1) and wait until the competing team has completed all the stations with all there athletes. Once they have cleared, the next team will enter the circuit. There will always be at least one team lined up to go next to ensure good time management.</p> |
| <p>The judge of each station will count the correct repetitions of each team member on his control sheet (as in individual competition).</p> | <p>Score will be kept by the arbitrators assigned to each station on the individual athlete's Control Sheet.</p> |
| <p>In the case where there is only 1 team on the circuit while competing. The central judge will collect the sheets of all the athletes of the team and will add repetitions</p> | <p>This will be done once the entire team has completed the entire circuit of 6 station.</p> |
| <p>The teams are ranked by total repetitions of their 6 members in 6 stations in the team competition.</p> | <p>The final score will be calculated by adding up the total repetitions of each team member and will be presented as the team's final score to the Statistician.</p> |



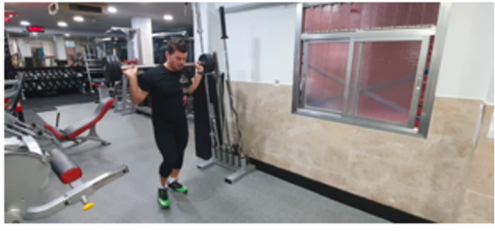
TECHNICAL REGULATION OF THE EXERCISES

GOLD STANDARD

| # | Exercise | Start | Execution | Final |
|---|--|---|---|---|
| 1 | CHIN UPS (prone & strict) | Full extension of the elbows; pronogrip to shoulder width | Pull until the chin exceeds the bar. | <ul style="list-style-type: none"> Return to the starting position. Elbows must be fully extended. A stop of 1 second will be made in the starting position with fully extended elbows. Rolling or swinging is not allowed at any time during the tour. Failure to do so marks repetition null |
| 2 | Jump SQUAT (up to 20"-24" box) | Two feet together on the ground, extended trunk, hips and knees | Jump two feet together on the box, trunk, hip and knees joints will be extended | <ul style="list-style-type: none"> Return to the starting position. The athlete CANNOT bounce, he must stop and extend, without taking advantage of the fall from the previous jump. Both feet are supported up and down simultaneously. Repetition is marked when returning to the ground. The box has a height of 20"-24" (women-men) |
| 3 | DIPS (feet forward) | up on the parallel bars, full extension of elbows | Going down to an elbow position at 90 degrees | <ul style="list-style-type: none"> Return to the starting position. A stop of at least 1 second will be made in the up position, with elbows fully extended. Legs must be in front of the hand rest. Impulses are not allowed. (No Momentum) Failure to do so marks repetition null |
| 4 | Walking LUNGES (with a barbell) | feet together, barbell rests over the shoulders. Judges may help to raise the bar | We walk by lunges with 90o flexion in both knees | <ul style="list-style-type: none"> Repetition is completed when knees, hips and trunk are in full extended position. Bar must remain over the athlete's shoulders for the whole 2 minutes. If not, exercise is over. |



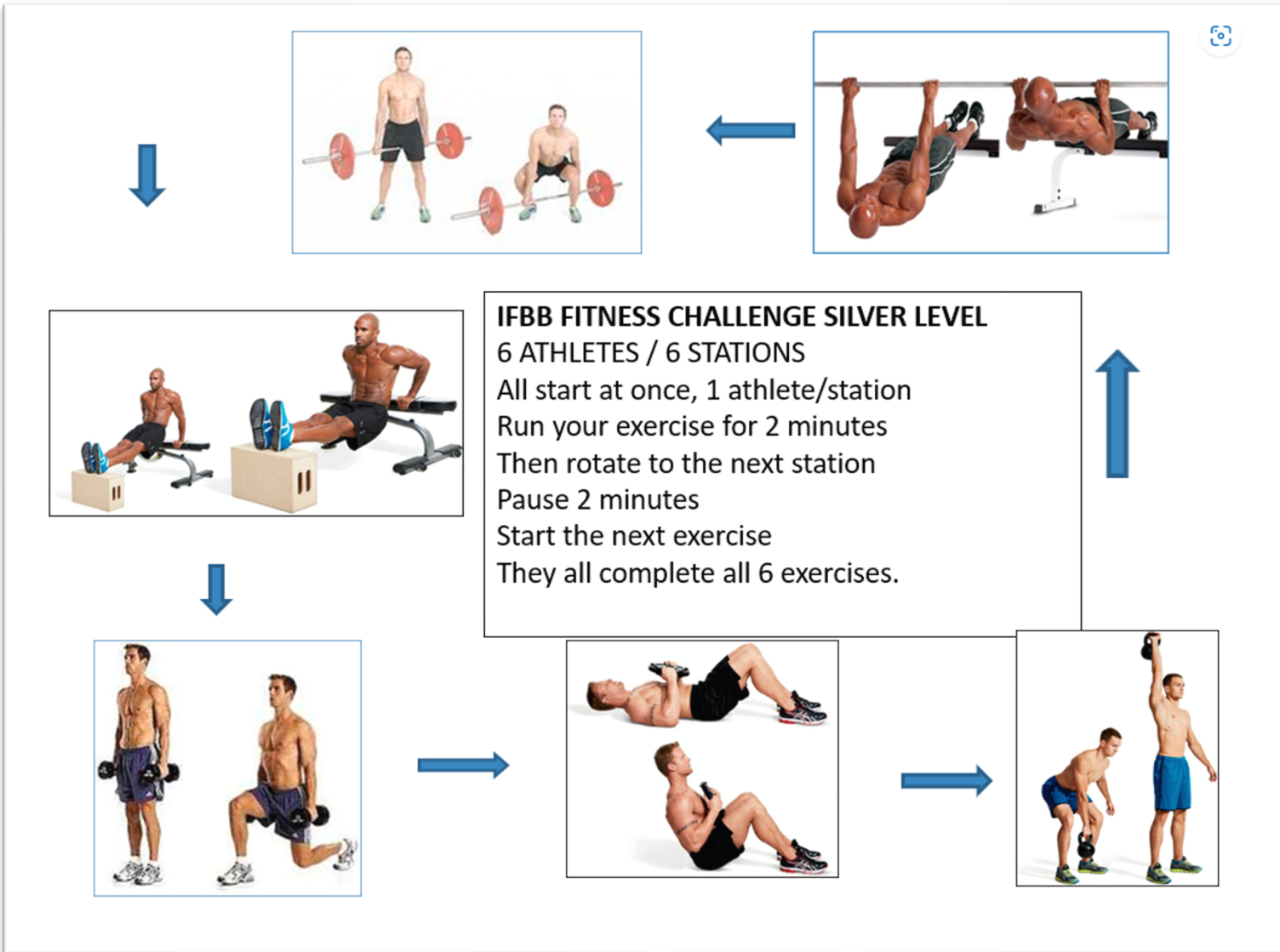
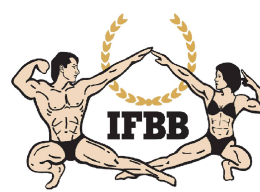
| | | | | |
|---|----------------------------------|--|---|---|
| | | | | <ul style="list-style-type: none"> WEIGHT: bar with 30/50 kg for female/men. The knee of the back leg touches the ground at each repetition to be counted valid |
| 5 | SIT UPS (weighted) | lying down, knees and hips at 90o, plate on the chest with extended elbows | we incorporate by keeping the plate up | <ul style="list-style-type: none"> Trunk perpendicular to the ground, arms completely extended over the head. Lumbar and dorsal spine should be supported at each descent. Elbows extended all the time. WEIGHT: 10 kilos plate for all participants. The feet must maintain contact with the ground during the execution of the exercise |
| 6 | Burpees & Devil PRESS | Standing, with the trunk extended, dumbbells on the sides | <ul style="list-style-type: none"> Burpee with bottom on the dumbbells up to 90°, the athlete can touch the ground with the chest. Return to standing upright position; curl and press with the dumbbells until arms extend overhead. Not accepting a snatch of the dumbbells. | <ul style="list-style-type: none"> Return to the starting position WEIGHT: Dumbbells are pairs of 10/15 kg for female/male. Failure to follow any indications marks repetition null |

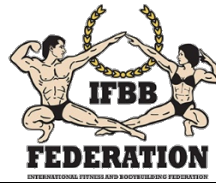


IFBB FITNESS CHALLENGE GOLD STANDARD
6 ATHLETES / 6 STATIONS
 All start at once, 1 athlete/station
 Run your exercise for 2 minutes
 Then rotate to the next station
 Pause 2 minutes
 Start the next exercise
 They all complete all 6 exercises.

SILVER STANDARD

| # | Exercise | Start | Execution | Final |
|---|--|---|--|---|
| 1 | Pull-ups (Lying Position) | Pronated grip at shoulder width. Suspended body with full elbow extension. Stop and count for at least 1 second at the start position. | <ul style="list-style-type: none"> Chest touches the bar. The body will always be straight. Rocking and pulsing are not allowed. The feet, ankles or calves rest on a bench or box | Return to the starting position |
| 2 | Jefferson Squat | Feet supported, trunk, hips and knees extended. Bar between legs diagonally | Go down the barbell until the discs touch the ground | <ul style="list-style-type: none"> Return to the starting position. The shoulders are set, spine, hips and knees fully extended. Not extending any joint makes repetition null. WEIGHT: Bar with 40 kg for women and 60 kg for men |
| 3 | Dips on bench (Feet Forward) | Hands on bench's edge, full extended elbows. Legs ahead of the hand support. Feet on a bench or a box. Knees remain straight all the time | Move down to an elbow position by 90degrees. No impulses allowed (No Momentum) | <ul style="list-style-type: none"> Return to the starting position. Stop for at least 1 second in the up position |
| 4 | Lunges (Stationary, with dumbbells) | Feet together, dumbbells in your hands | Lunges with steps of 90° in front and back knee. Return to upright with trunk, hip, and knee joints fully extended | <ul style="list-style-type: none"> One repetition is counted for each step taken WEIGHT: 10 kg dumbbells for women and 15 kg for men |
| 5 | SIT UPS (weight on chest) | Lying down, knees and hips at 90 degrees, disc on the chest | Sit-Up keeping the disc parallel to the chest, it is not necessary to touch it; semi-flexed arms | <ul style="list-style-type: none"> Trunk perpendicular to the ground. When descending to the lying position, the lumbar and dorsal spine should be supported. WEIGHT: 10 kg plate for all participants |
| 6 | SNATCHES (with kettlebell) | standing, trunk extended, kettlebell in one hand | Bend down until you touch the ground with the kettlebell and lift it until you have your arm extended over your head. It is not valid to raise KB to the front; always on top | <ul style="list-style-type: none"> Return to the starting position. The KB touches the ground. You can switch hands. WEIGHT: 8 kg kettlebell for women and 12 kg for men. |

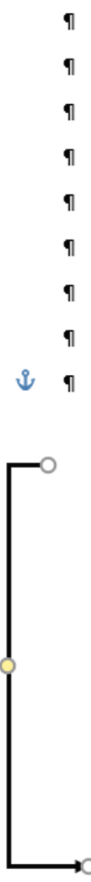
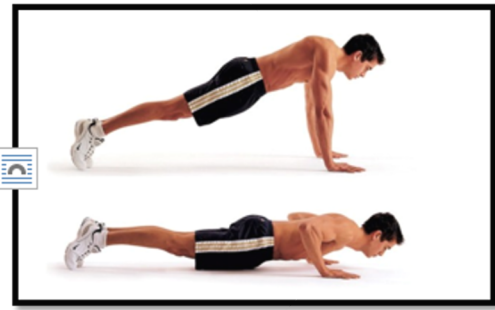




BRONZE STANDARD

| # | Exercise | Start | Execution | Final |
|---|---|---|---|---|
| 1 | Chin ups (Supine grip, Feet on the Ground) | Grip to shoulder width—suspended body with full extension of elbows. Stop and count 2" in the starting position | Chest touches the bar. The body will always be straight: trunk, hips, and knees. Swinging is not allowed. The heels are in contact with the ground | Return to the starting position |
| 2 | Kettlebell Squat | Straddle stance with the feet slightly wider than the shoulders and the toes pointing outward. Hold a single kettlebell with both hands in front of the body, using a pronated grip (palms facing the body) | We flex the hips and knees until KB touches the ground | <ul style="list-style-type: none"> Return to the starting position. WEIGHT: Kettlebell with 24 kg for women and 32 kg for men |
| 3 | Push-ups (Elbows Flare) | At the Top, full extension of elbows. Separation of hands-off shoulders. The trunk, hips, and knees are extended | Go down to a position of elbows at 90°. A handball is used as a reference to chest touching | Return to the starting position. Stop and count 2" in the starting position. |
| 4 | Lunges (Backward, On-site) | Feet together, one single dumbbell held to the chest | <ul style="list-style-type: none"> Lunges backward, with steps of 90° in knee front and back. The back knee touches the ground | <ul style="list-style-type: none"> A repetition is counted for each step taken. Full extension of hips, knees, and trunk WEIGHT: 1 dumbbell of 12.5 kg for men and 7.5 kg for women |
| 5 | Sit-ups | <ul style="list-style-type: none"> Lying down, knees and hips at 90°. Shoulders flexed in prolongation. Hips in slight external rotation | Execute the movement until you touch our feet. Arms drive forward | <ul style="list-style-type: none"> Trunk perpendicular to the ground. Touched our feet with both hands. When going down, you should support lumbar and dorsal spine and flexed shoulders |
| 6 | Kettlebell Swing (Complete Raise) | Standing, trunk extended, kettlebell grabbed by 2 hands | <ul style="list-style-type: none"> Bend to pass KB between the legs and swing it until you have your arms fully outstretched over your head. Stop at the vertical | <ul style="list-style-type: none"> Return to the starting position. WEIGHT: kettlebell of 12kg for men and 8kg for women |

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TYPICAL LAYOUT

