









BASIC FITNESS TEST

EXERCISE		WOMEN	MEN	
I	<p>Push ups</p>  	3	3	
II	<p>Abdominal crunches</p>  	2x10	2x10	
III	<p>Sit & reach</p> <p>Flexibility is demonstrated with this exercise. Here, the fingertips must touch the tiptoes</p> 	yes	yes	

All exercises must be done without breaks in the movement flow

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We've done it!



Fitness Test &
Fitness Championships
for Everyone



STRENFLEX X

THE ULTIMATE FITNESS SPORT

FITNESS TEST SPORT BADGE

I The STRENFLEX fitness sport badge is divided into three levels: Bronze – Silver – Gold. The demands placed on the athletes increase according to the level. For Bronze the rule of threes applies. I.e. 3 chin-ups*, 6 dips**, 9 push-ups***, 12 forward bends. A scientifically based 3-minute step test is used for the cardio test. This is followed by a 1 minute pulse measurement after which the fitness level of the person under examination can be determined in relation to his or her age group. Flexibility is demonstrated with the sit & reach exercise. Here, the fingertips must touch the tiptoe. When the athlete correctly executes these exercises before an authorised examiner then he/she qualifies for the Bronze fitness sport badge.

II The Silver fitness sport badge is more challenging and the rule of fives applies here. I.e. 5 chin-ups*, 10 dips**, 15 push-ups*** and 20 forward bends. This is followed by 3 minutes of cardio test and demonstration

III Gold is the highest level of the STRENFLEX fitness sport badge and here, the rule of tens applies. I.e. 10 chin-ups*, 20 dips**, 30 push-ups*** and 40 forward bends followed by 3 minutes of cardio test and the sit & reach exercise (flexibility) to finish.


IV A challenge and great incentive for anyone interested in keeping fit or for representatives of our industry to lead with a good example. The STRENFLEX fitness sport badge provides proof of your fitness for all to see.

V It is quite possible that health insurers will one day use such tests as an indicator when calculating insurance premiums...

VI * Women do 1 chin-up for Bronze, 3 for Silver and 5 for Gold. From the age of 60, women may complete the chin-ups with feet contact on the floor.

** Women do 2 dips for Bronze, 5 for Silver and 10 for Gold.

*** Women do 5 push-ups for Bronze, 10 for Silver and 20 for Gold. From the age of 60, women may complete the push-ups on their knees.



STRENFLEX X

THE ULTIMATE FITNESS SPORT

FITNESS DECATHLON CHAMPIONSHIPS

OPEN competition

I The open competition requirements correspond with those for STRENFLEX® Youth & Sport, junior age categories 12 to 13, 14 to 15 and 16 to 17, STRENFLEX® trade fair and outdoor events, and club-based sport groups and serve as a basis for the STRENFLEX® fitness test.

II **Age categories:** Age category 1 = 18 to 34 years, age category 2 = 35 to 49 years, age category 3 = 50 to 59 years, age category 4 = 60 and above.

III **Weight categories:** Depending upon the number of participants athletes may, in addition to the age category, also be divided into weight categories. These are: -50kg, -55kg, -60kg, -64kg, -70kg, -80kg, -90kg, -100kg and + 100kg.

IV The participants start together, and the results are evaluated in accordance with the age category. The 10 (decathlon) competition exercises for an OPEN championship:

V **I Dips** - scores count from the first exercise onward - 1 point per exercise - maximum number within 45 seconds.

VI **II Chin-ups** - scores count from the first exercise onward - 1 point per exercise - maximum number within 45 seconds.

VII **III Push-ups from the bench** - scores count from the first exercise onward - 1 point per exercise - maximum number within 45 seconds (from age category 3 onward, push-ups may be performed on the ground).

VIII **IV Abdominal crunches** - scores count from the first exercise onward - 1 point per exercise - maximum number within 45 sec.

IX **V Cardio** - depending on the sponsor: Version a) 1 minute rope-skipping, or Version b) 2 minutes on the indoor cycle, or Version c) 2 minutes on the rowing machine.

X **VI 10 one-legged sit-ups** - alternating - each leg 5 times.

IX **VII Jumping jacks**, with arm motions and passing foam piece from one hand to the other.

X **VIII 10 push-ups**, with arms spread.

X **IX 10 straight jumps**, with arm motions and passing foam piece from one hand to the other.

X **X Flexibility** - stand & reach from the bench.

OPEN championship titles that can be achieved through the competition are: Studio, city, regional, national, European Cup, and World Cup champion. The minimum requirement for entering national and international STRENFLEX® MASTERS championships is previous participation in an official OPEN championship.

Attendance at the "Studio champion/ regional champion - what now?" course is recommended.



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MASTERS competition

The comprehensive 36 page MASTERS Fitness Decathlon competition regulations can be downloaded directly from the website in several languages as a PDF file.

At the MASTERS athletes compete to win the exclusive national, European and World Champion titles!

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