



ULTIMATE X-TRAINING CHALLENGE

Friday 20th & Saturday 21st November 2009

Ibn Battuta Mall

INDIVIDUAL REGISTRATION FORM (GENERAL)

First Name: _____ Family Name: _____

Contact Details: (tel. work) _____ Mobile: _____

Email address: _____ Age: _____ Gender: _____

Fitness First Club: _____

Previous Experience of X-Training Events: _____

I would like to register for the following event:

Team Relay

Amateur

Professional (by invitation)

Registration fees (Dhs 500 per team) & (Dhs 125 individual) must be paid by Friday 6th November 2009. Payment can be made at any Fitness First Club by cash, credit card or cheque to Leisure Unlimited LLC

DISCLAIMER

I would like to take part in the Fitness First Ultimate X-Training Challenge and understand that events of this nature involve certain risks. I thereby relinquish, waive and discharge Leisure Unlimited LLC, the management, and staff for any injury sustained while taking part in this event. I also agree that no claims will be made against Leisure Unlimited LLC, the management or staff for any reason whatsoever.

Signature: _____ Date: _____



ULTIMATE X-TRAINING CHALLENGE

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REGISTRATION FORM (TEAM RELAY)

Fitness First Club: _____ Team Name: _____

Team Captain Name: _____ Contact Details: (tel. work) _____

Mobile: _____ Email address: _____

	Competitor Name	Height (cms)	Weight (kgs)	Preacher Curl Seat Pos.
(1)	_____	_____	_____	_____
(2)	_____	_____	_____	_____
(3)	_____	_____	_____	_____
(4)	_____	_____	_____	_____

Registration fees (Dhs 500 per team) must be paid by Friday 6th November 2009. Payment can be made at the Fitness First Club that you are representing by cash, credit card or cheque to Leisure Unlimited LLC (Please register your team above, 3 males and 1 female in the order they will compete)

DISCLAIMER

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(1) Signature: _____ Date: _____ (2) Signature: _____ Date: _____

(3) Signature: _____ Date: _____ (4) Signature: _____ Date: _____



ULTIMATE X-TRAINING CHALLENGE

COMPETITION GUIDELINES

EVENT CONCEPT

The Fitness First Ultimate X-Training Challenge is a race against a RUNNING clock over a course of 12 exercise stations; each exercise has to be completed in sequence to the satisfaction of the invigilator. *The competitor/team who records the fastest time will be declared the winner*

EVENT FORMAT

The event will be split into 3 categories, Team Relay, Amateur & Professional. The 12 exercises will be the same for each event; however the pre-requisite levels, i.e. distances, weights and repetitions will vary. The Amateur & Professional events will split into 2 categories, one for male and one for female, the Team Relay will be contested between teams of 4, with 3 males and 1 female in each team. Each member of the team will be required to complete 3 exercises in sequence before tagging the next team member. For the individual Amateur & Professional events competitors will be required to complete all 12 exercises

EVENT REGISTRATION

The event will be open to Fitness First members and non members; each Fitness First club (9 clubs) will be able to register 2 teams, giving a total of 18 Fitness First teams. There will be an additional 18 team spaces available to; 'Corporate' teams, 'Sports Clubs and Associations', 'Schools/Colleges' etc. these spaces will be on a 'first come first serve basis'.

The Amateur event will be open to the first 24 males & 18 females to enter, however first refusal will be given to competitors who took part in the 2008 Amateur event. The first 3 male & first 3 female competitors from the 2008 Amateur event will automatically qualify for the 2009 Professional event. The Professional event will be open to 18 males & 12 females however this will be on an invitational basis, first refusal will be given to competitors who took part in the 2008 Professional event. To enter the event, teams & individuals will be required to complete the attached 'Registration' form and email to; rkrizanovic@fitnessfirst-me.com the closing date for entry is Friday 6th November 2009

REGISTRATION FEES (includes event t-shirt)

Team event – Dhs 500 per team

Individual Amateur/Professional event – Dhs 125

Kindly note that ALL entry fees will be donated to our own 'Adopt a Child' program

COURSE LAYOUT & RACE RULES

CYCLE (1)*

Competitors should remain seated throughout, standing is not permitted.

SQUATS (2)

Starting position; with feet just wider than hip width and pointing slightly outwards place the bar across the upper back in a comfortable position. Bend through the knees, drop hips back and lower the bar until the hamstrings are parallel to the floor. Keeping chest out drive through the heels on rise and return to a fully upright position with straight legs.

PRESS UPS (3)**

Starting position; Palms of the hands on the blue lines, feet should be inside the blue lines. A straight body position must be maintained at all times (*no dipping of the pelvis*) As the body is lowered and the arms bend the elbows should be away from the body. A marker fist will be positioned so that in the lowering phase of the repetition the centre of the chest makes contact with the fist. Upon completion of each repetition the arms must return to a fully locked out position.

STEPPER (4)*

Throughout the exercise the upper body should be in an upright position, there should be no leaning forward, and the hands must remain in contact with the upper rails (*between marker tapes*).

BENCH PRESS (5)

Starting position; Lie on the bench with the feet on the floor. Grip the bar so that the hands are between the marker tapes, lower the bar until it touches the chest and then return to full elbow extension.

SIT UPS (6)

Starting position; With the feet supported and legs at approx 90 degrees lower the upper body until the upper back (*shoulder blades*) make contact with the floor, return the upper body to an upright position until the tip of the elbow touches the front of the knees. Both ear lobes should be held between thumb and index finger at all times throughout the exercise.

ROWER (7)*

Competitors should maintain correct rowing technique throughout by starting in a 'straight arm/bent knee' position and finishing in a 'straight leg/bent arm' position. Each stroke should be 'smooth/long' movements rather than 'short/jerky' movements and the hands should be pulled in towards the abdomen at the end of each rowing stroke.

LAT PULLDOWN (8)

Starting position; Adopt a seated position and grasp the bar with a 'pronated' (*overhand grip*) so that the hands are on the outside of the marker tapes. Pull the bar down from a straight arm position until the bar touches the upper chest and then return so that the elbows are fully extended. The upper body should remain still and upright throughout the movement.

DIPS (9)**

Starting position; grasp the handles, lower the body until the elbows are at 90 degrees and return to a fully locked out position. The upper body should remain in an upright position, excessive leaning forward of the body will not be permitted.

TREADMILL (10)*

Competitors will not be permitted to hold on to any part of the treadmill during the exercise and the invigilator will have the right to 'reduce' the speed should they feel that the competitor is travelling at an 'unsafe' speed.

PREACHER CURLS (11)

Starting position; Adopt a seated position at the pre-determined height. Grip the bar shoulder width apart with the hands in a 'supinated' position (*underhand grip*). Lower the bar 'under control' until the elbows are in the fully extended position and then raise the bar to full flexion until the forearms are 'perpendicular'.

SQUAT THRUSTS (12)

Starting position; Hands/fingers on the 1st white line, position feet to touch the 2nd white line. Kick both feet back simultaneously to touch a pre-determined coloured line (*according to height*) and then return so that both feet touch the 2nd white line.

* For all Cardio Exercises competitors will be required to complete the pre-requisite distance before dismounting and at the minimum levels specified.

** *Press Ups* for females in the Amateur Female event and Team Relay event (where applicable) will be 'half press ups' from the knees. *Dips* for Females in all events will be 'bench dips' with the hands positioned between two benches and the feet supported on another bench.

TEAM RELAY COURSE

No.	Exercise	Distance (Meters)	Level/Speed	Weight (kgs)		Repetitions	
				Male	Female	Male	Female
1	Cycle	1000	Min 5				
2	Squats			40	20	30	30
3	Press Ups **					30	30
4	Stepper	20 floors	Min 5				
5	Bench Press			40	20	25	25
6	Sit Ups					50	50
7	Rower	800	Min 3				
8	Lat Pulldown			40	20	30	30
9	Dips **					20	30
10	Treadmill	800	Optional				
11	Preacher Curls			20	10	25	25
12	Squat Thrusts					30	30

AMATEUR COURSE

No.	Exercise	Distance (Meters)	Level/Speed	% Body Weight		Repetitions	
				Male	Female	Male	Female
1	Cycle	1000	Min 5				
2	Squats			40	25	30	30
3	Press Ups **					30	30
4	Stepper	20 floors	Min 5				
5	Bench Press			40	25	25	25
6	Sit Ups					50	50
7	Rower	800	Min 3				
8	Lat Pulldown			40	25	30	30
9	Dips **					20	30
10	Treadmill	800	Optional				
11	Preacher Curls			25	15	25	25
12	Squat Thrusts					30	30

PROFESSIONAL COURSE

No.	Exercise	Distance (Meters)	Level/Speed	% Body Weight		Repetitions	
				Male	Female	Male	Female
1	Cycle	1500	Min 7				
2	Squats			50	30	40	40
3	Press Ups					40	25
4	Stepper	25 floors	Min 7				
5	Bench Press			50	30	30	30
6	Sit Ups					60	60
7	Rower	1000	Min 5				
8	Lat Pulldown			50	30	40	40
9	Dips **					30	40
10	Treadmill	1000	Optional				
11	Preacher Curls			25	15	30	30
12	Squat Thrusts					40	40