



IFBB

FITNESS CHALLENGE

RULES. April 2022.



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I. INTRODUCTION

IFBB FITNESS CHALLENGE 2021 consists of a circuit with strength exercises in 6 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.

It is dedicated to athletes who prioritize muscle performance over competition based solely on muscle and lack of body fat.

KEY FACTORS

- healthy lifestyle
- outstanding physical performance
- opportunity for broad age levels
- personal satisfaction
- energy of a balanced body



2. CATEGORIES

Age and sex categories Individual categories:

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

In Individuals, Couples, and Teams, competitions may be held on the GOLD and SILVER circuits, depending on the Organizer's offer.

The offer of circuits by the Organizer will depend on the level of the competition.



3. OUTFIT AND SKIN

Unlike our Bodybuilding and Fitness categories, Fitness Challenge has no physique presentation. Sportswear covering the torso and legs may be used, as the musculature 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. Wrist bands are not allowed. knee bands must be as thick as ordinary fabric (3 mm).

Bronze cream for tanning and oils are not allowed.





4. METHODOLOGY AND CRITERIA OF ARBITRATION AND SCORING

How is the FITNESS CHALLENGE competition developed?

INDIVIDUAL COMPETITION

- 1) It is a six stations circuit. In each station, a different exercise is performed.
- 2) In each station, the athlete performs a maximum of repetitions within 2 minutes. The athlete can interrupt the exercise (i.e., for resting) and resume it in this time frame.
- 3) Each athlete starts at station number 1 and moves to the next one at the end of the exercise, always following a numerical Progress until you complete the six exercises in the circuit.
- 4) All athletes change stations simultaneously, progressing to the next exercise in numerical order with a time of 2 minutes to rest and prepare for the next station.
- 5) Up to 6 athletes compete simultaneously, each in a station and with a judge controlling technical correction and recording the repetitions performed.
- 6) A judge waits for the athlete at the next station. He controls the correct execution and records the repetitions performed on a control sheet that the athlete carries with him.
- 7) Total time in each station is 2 minutes (run) + 2 minutes (station change). All athletes start the next exercise at the same time.
- 8) All athletes go through all the exercises and must perform all of them correctly, adhering to the regulations described for this purpose
- 9) The total time of the test, 24 minutes for six athletes (2 minutes to perform + 2 minutes to change stations and recover x 6 stations)
- 10) Every time an athlete completes all six exercises, they finish and leave the circuit
- 11) Athletes compete for maximum repetitions in each station. These repetitions are noted on their control sheet.

In INDIVIDUAL COMPETITION, athletes classify by the sum of repetitions in the six exercises of the circuit.



5.ATHLETE AND JUDGE ROLE

ATHLETE'S ROLE

- The athlete will always follow the technical indications of the judge arbitrator
- The athlete will perform as many repetitions of the exercise as possible at each station.
- The athlete will accept any repetitions that the judge/arbitrator deems valid.
- The athlete must respect the start of each exercise and interrupt it within 2 You can discontinue replays, but you won't do any beyond this time
- The athlete will move to the next station at the end of the 2. It will be positioned to start the next exercise when directed by the Center 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/arbitrator 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, and collaborating with them on technical matters
- He may delegate a judge to control the partial and total timings
- The central judge (or someone appointed by him) collects the control sheet from each athlete at the end of the 6. He signs the control sheets for each athlete, couple, or team and sends them to record.
- Central Judge must appoint a person to collect sheets of athletes after every station finishes and bring them to a statistician for recording.

THE ROLES OF ATHLETE, JUDGE, AND CENTRAL JUDGE WILL BE THE SAME IN THE DIFFERENT MODALITIES OF INDIVIDUAL COMPETITION-COUPLES OR TEAMS OF 6.



6. COUPLES FITNESS CHALLENGE

- 1) They compete in pairs that perform the circuit in its six stations in the same order as the individual competition
- 2) Couples can be: only MEN, only WOMEN or MIXED
- 3) Both athletes execute the same exercise for each station, alternating between them to achieve the highest number of repetitions in the 2 minutes.
- 4) Both athletes pause the 2 minutes between stations together
- 5) Up to 6 couples work simultaneously, one per specific station, starting at station one and progressing to the rest of the exercises in order.
- 6) When the first couple finishes the 1st season, the next couple will join
- 7) In the competition by couples, couples qualify by the sum of repetitions of both members in the six exercises.
- 8) In the mixed couple, the weight of stations must be the same for each male/or female, except for walking lunges which the couple must use 30 kg weight.





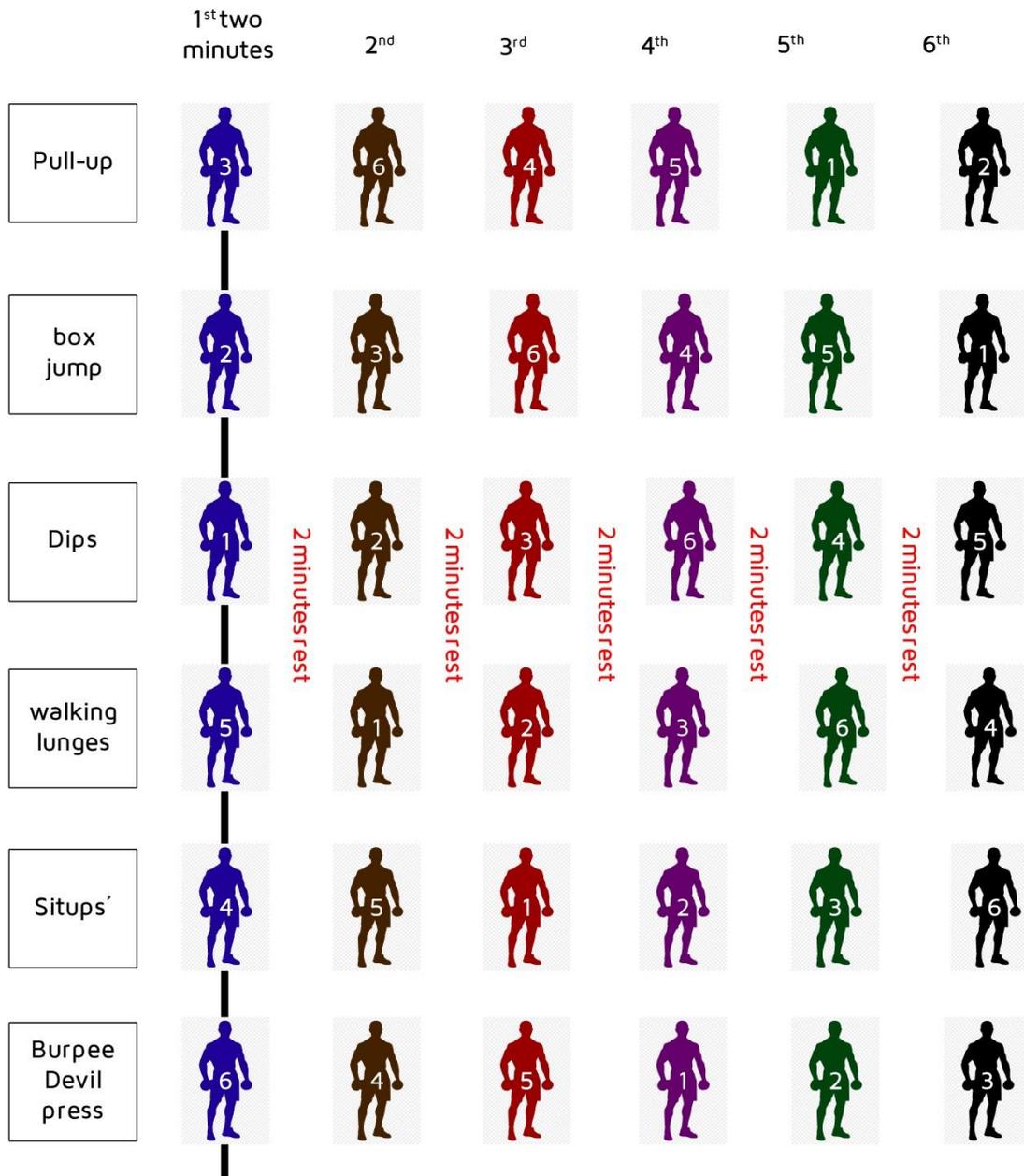
7. TEAM FITNESS CHALLENGE

1. 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.
2. Each team member does exclusive stations at the same time.
3. Its six members are distributed in the stations at their convenience. All of them have to carry out the entire circuit in an orderly manner.
4. The next team will start when the previous team has completed all the There is only one team on the circuit while competing.
5. The judge of each station will count the correct repetitions of each team member on his control sheet (as in individual competition).
6. The central judge will collect the sheets of all the athletes of the team and will add repetitions
7. The teams are ranked by total repetitions of their six members in six stations in the team competition.





Team Fitness Challenge procedure



2 minutes rest

Team athletes perform the stations simultaneously

8. TECHNICAL REGULATION OF THE EXERCISES GOLD STANDARD

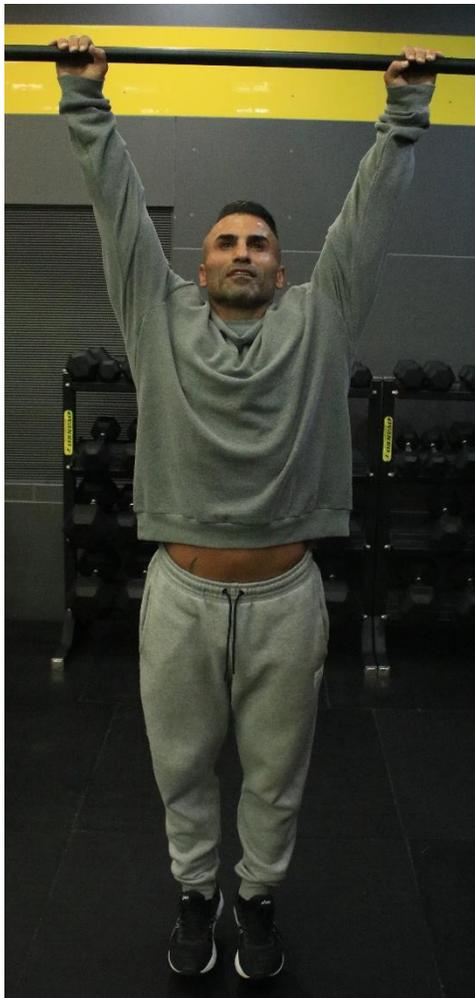
CHIN UPS (prone & strict)

START: full extension of the elbows; pronated grip to shoulder width.

EXECUTION: climb until the chin exceeds the bar.

FINAL: return to the starting position. Elbows must be fully extended.

A short pause in starting position to show the whole arm is extended is needed. Rolling or swinging is not allowed at any time during the exercise. Failure to do so marks repetition null.



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Jump SQUAT (up to 20"-24" box)

START: Two feet together on the ground, extended trunk, hips, and knees.

EXECUTION: Jump two feet together on the box, trunk, hip, and knees joints will be extended.

FINAL: return to the starting position. The athlete can not 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)



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DIPS (feet forward)

START: up on the parallel bars, full extension of elbows.

EXECUTION: Going down to an elbow position at 90o

FINAL: Return to the starting position.

A short pause to show extended elbow is mandatory at the top position of, with elbows fully extended. Legs must be in front of the handrest. Impulses are not allowed. Failure to do so marks repetition null.



**Walking LUNGES (with a barbell)**

START: feet together, barbell rests over the shoulders. Judges may help to raise the bar.

EXECUTION: We walk by lunges with 90o flexion in both knees.

FINAL: repetition is completed when knees, hips, and trunk are fully extended.

The bar must remain over the athlete's shoulders for the whole 2 minutes. If not, exercise is over. **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.



SIT UPS (weighted)

START: lying down, knees and hips at 90°, plate on the chest with extended elbows. **EXECUTION:** athlete flexes his hip while keeping the plate with extended arms.

FINAL: trunk perpendicular to the ground, arms wholly extended over the head.

The lumbar and dorsal spine should be supported at each descent. Elbows extended all the time.

WEIGHT: 10 kg plate for all participants.

*The feet must maintain contact with the ground during the execution of the exercise.



Burpees & “Devil PRESS”

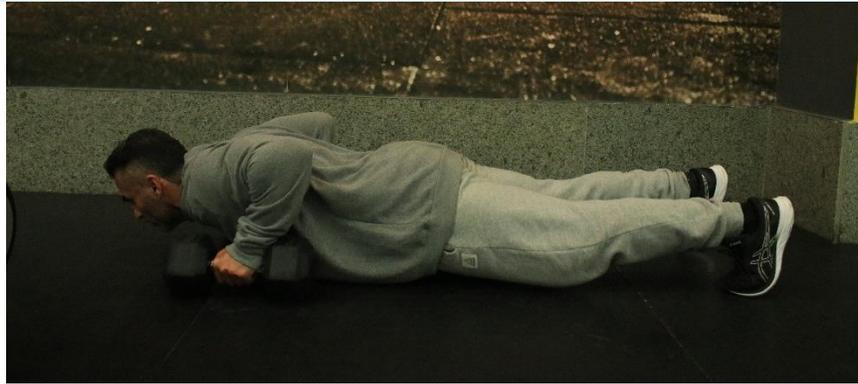
START: Standing, with the trunk extended, dumbbells on the sides.

EXECUTION: Burpee with the bottom on the dumbbells up to 90°, the athlete can touch the ground with the chest. Return to standing upright position; curl and press the dumbbells until arms extend overhead. They are not accepting a snatch of the dumbbells.

FINAL: return to the starting position.

WEIGHT: dumbbells are pairs of 10/15 kg for females/males.

Failure to follow any indications marks repetition null.



9. TECHNICAL REGULATION OF THE EXERCISES SILVER LEVEL

PULL-UPS (lying position)

START: Supine grip at shoulder width. Suspended body with full elbow extension. Stop and count for at least 1 second at the start position.

EXECUTION: chest touches the bar. The body will always be straight. Rocking and pulsing are not allowed.

The feet, ankles, or calves may rest on a bench or box.

FINAL: return to the starting position



Jefferson SQUAT

START: Feet supported, trunk, hips, and knees extended. The bar between legs, diagonally. Feet far at shoulder width.

EXECUTION: Go down the barbell until the discs touch the ground

FINAL: 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.



DIPS on a bench (feet forward)

START: hands-on bench's edge, whole extended elbows. Legs at the same height as the hand support. Feet on a bench or a box. Knees remain straight all the time.

EXECUTION: Move down to an elbow position by 90°. No impulses allowed.

FINAL: Return to the starting position. Stop for a short pause in the top position to show extended elbow.



LUNGES (non-walking, with dumbbells)

START: feet together, dumbbells in your hands.

EXECUTION: lunges with steps of 90° in front and back knee. Return to upright with the trunk, hip, and knee joints fully extended.

FINAL: one repetition is counted for each step taken. The dumbbell must remain in athletes hands for the whole 2 minutes. If not, exercise is over.

WEIGHT: 10 kg dumbbells for women and 15 kg for men.



SIT UPS (weight on chest)

START: lying down, knees and hips at 90°, disc on the chest.

EXECUTION: sit up, keeping the disc parallel to the chest; it is not necessary to touch it; semi-flexed arms.

FINAL: trunk perpendicular to the ground. The lumbar and dorsal spine should be supported when descending to the lying position.

WEIGHT: 10 kg plate for all participants.



SNATCHES (with kettlebell)

START: standing, trunk extended, kettlebell in one hand.

EXECUTION: bend down until you touch the ground with the kettlebell and lift it until your arm is extended over your head. It is not valid to raise KB to the front; always on top.

FINAL: 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



I. TECHNICAL REGULATION OF THE EXERCISES

BRONZE LEVEL

1- Chin ups (supine grip, feet on the ground)

START: SUPINE grip to shoulder width. Suspended body with full extension of elbows. Stop and count 2" in the starting position.

EXECUTION: 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.

FINAL: return to the starting position.





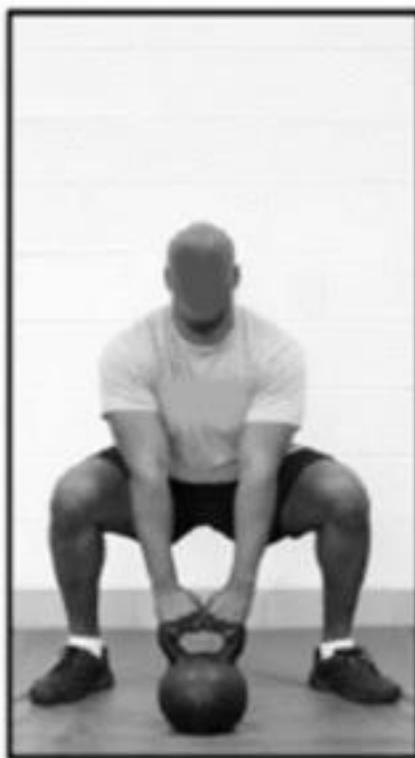
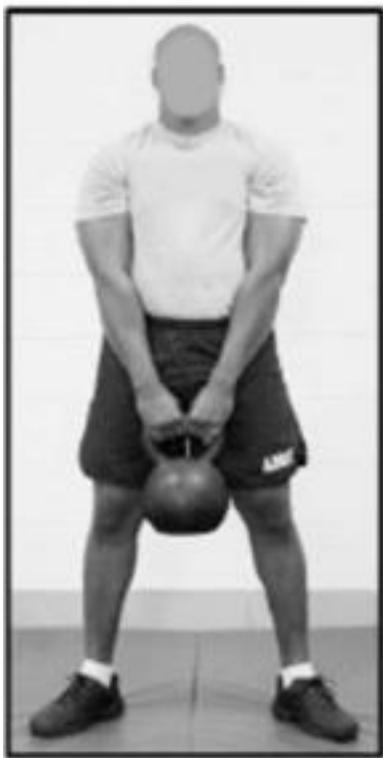
2- Kettlebell SQUAT

START: 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).

EXECUTION: We flex the hips and knees until KB touches the ground.

FINAL: Return to the starting position.

WEIGHT: Kettlebell with 24 kg for women and 32 kg for men.



3.PUSH-UPS (elbows flare)

START: above, full extension of elbows. Separation of hands-off shoulders.

The trunk, hips, and knees are extended.

EXECUTION: Go down to a position of elbows at 90°. A handball is used as a reference to chest touching.

FINAL: Return to the starting position. Stop and count 2" in the starting position.



LUNGES (backward, on-site)

START: feet together, one single dumbbell held to the chest.

EXECUTION: lunges backward, with steps of 90° in knee front and back. The back knee touches the ground.

FINAL: 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.



SIT UPS

START: lying down, knees and hips at 90°. Shoulders flexed in prolongation. Hips in slight external rotation.

EXECUTION: we incorporate until we touch our feet. Arms drive.

FINAL: trunk perpendicular to the ground. We touched our feet with both hands.

When going down, you should support lumbar and dorsal spine and flexed shoulders.



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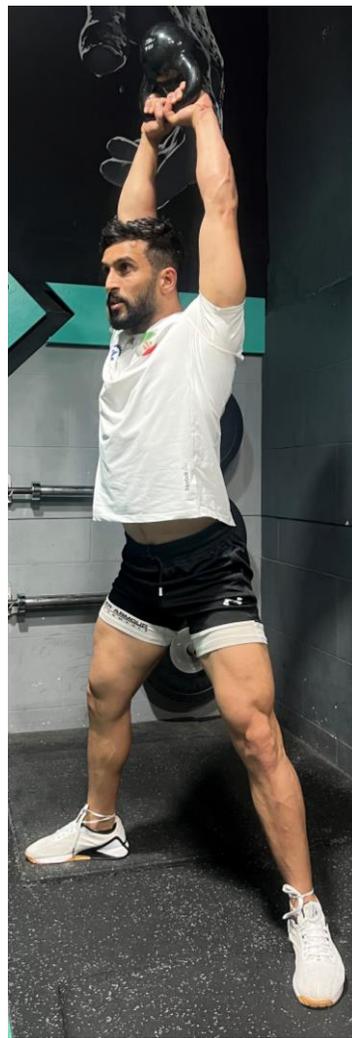
Kettlebell SWING (complete raise)

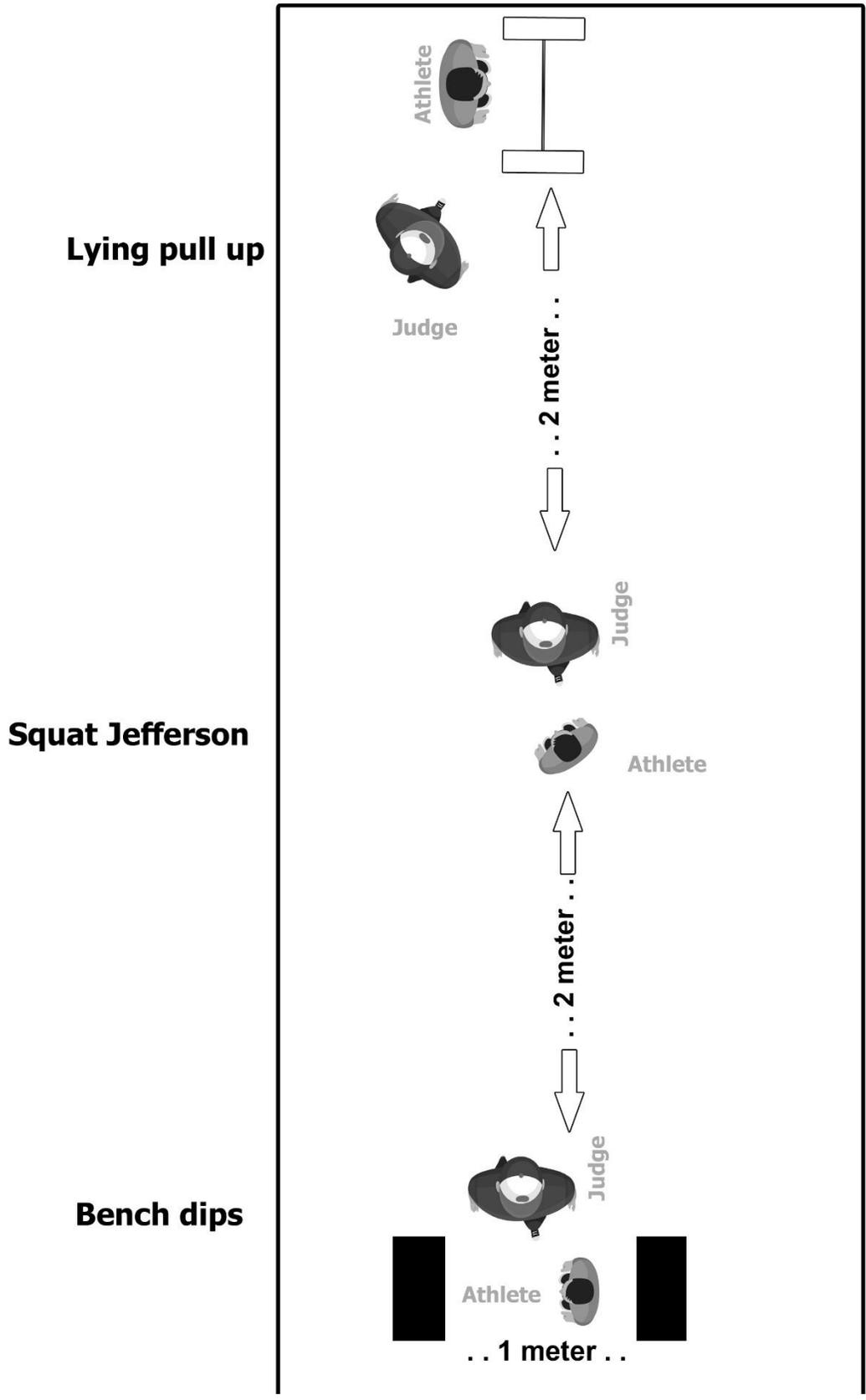
START: standing, trunk extended, kettlebell grabbed by 2 hands.

EXECUTION: bend to pass KB between the legs and swing it until you have your arms fully outstretched over your head. We stopped at the vertical.

FINAL: return to the starting position.

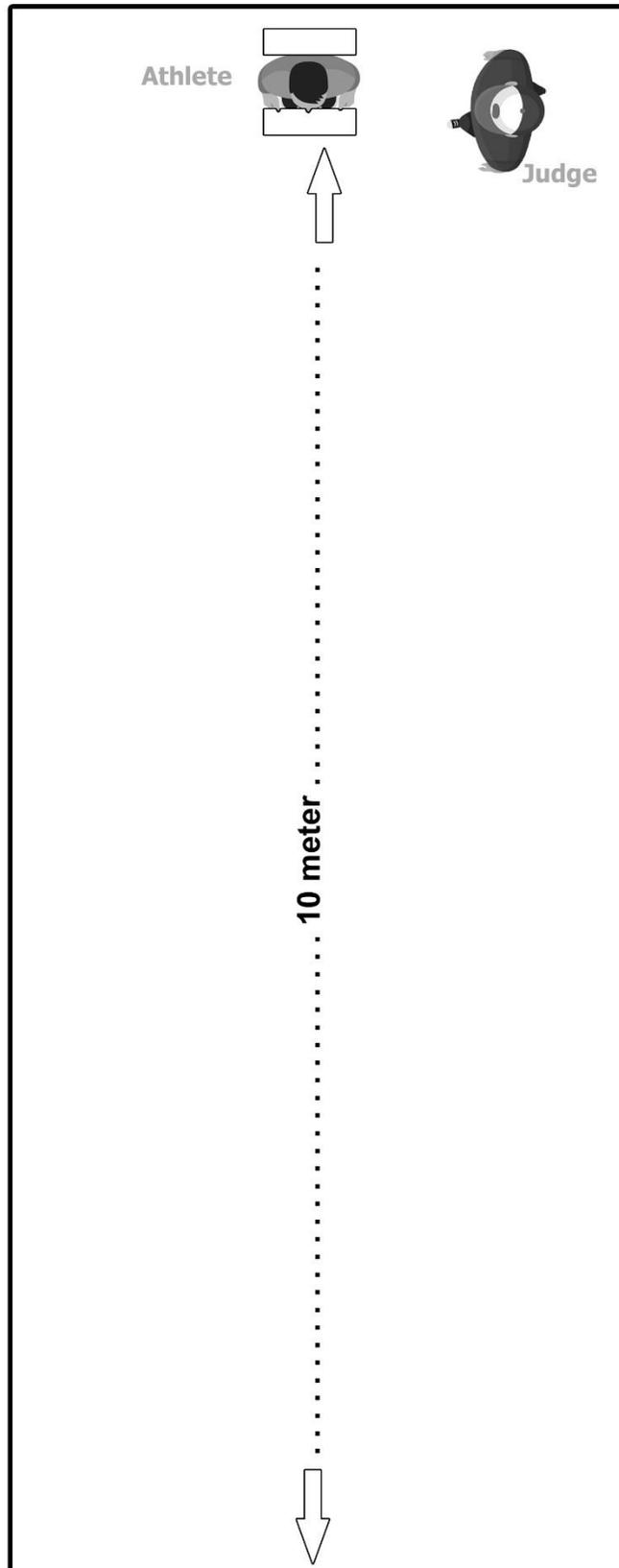
WEIGHT: kettlebell of 12kg for men and 8kg for women.



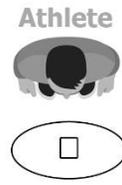




Walking lunge

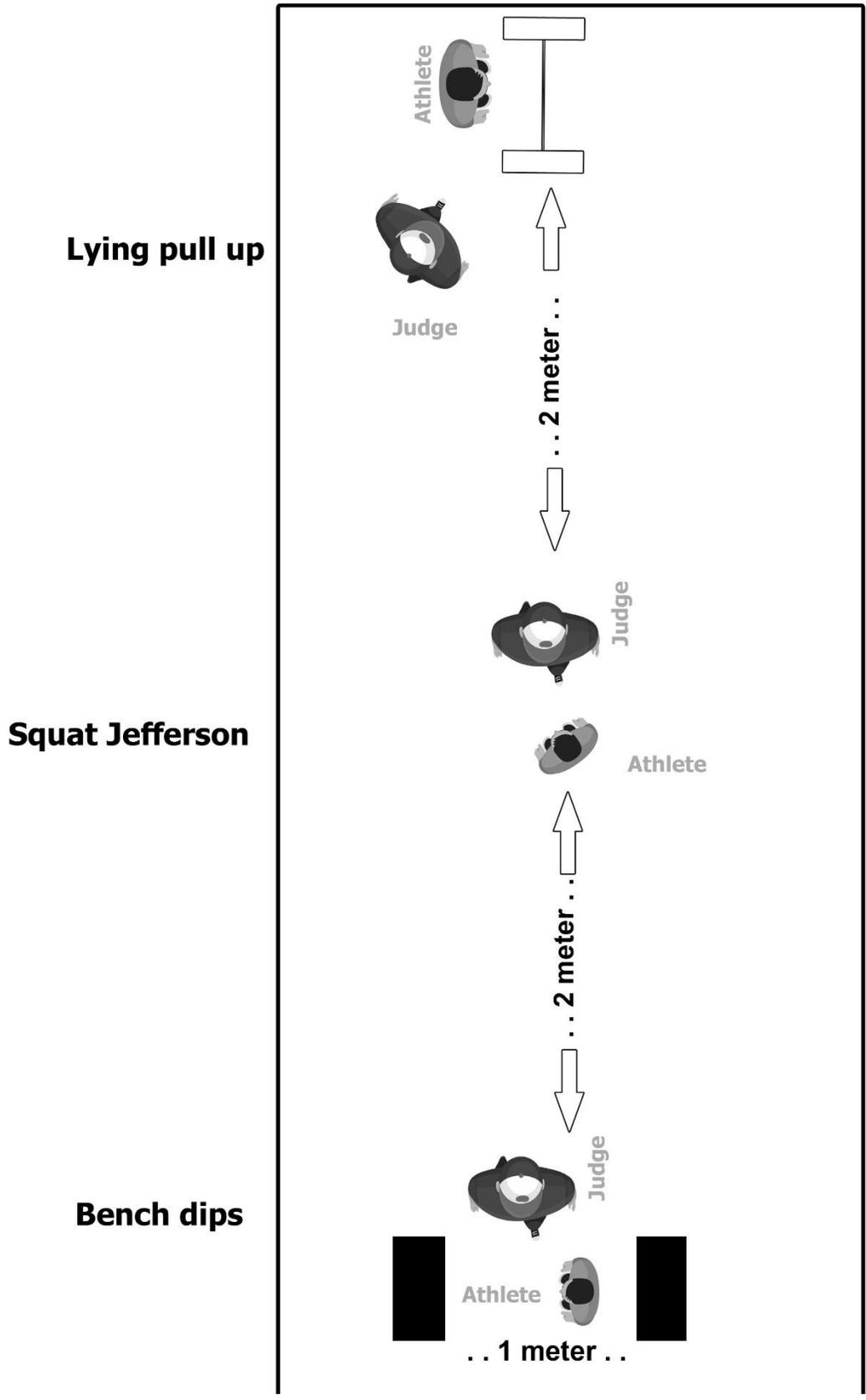


Situps



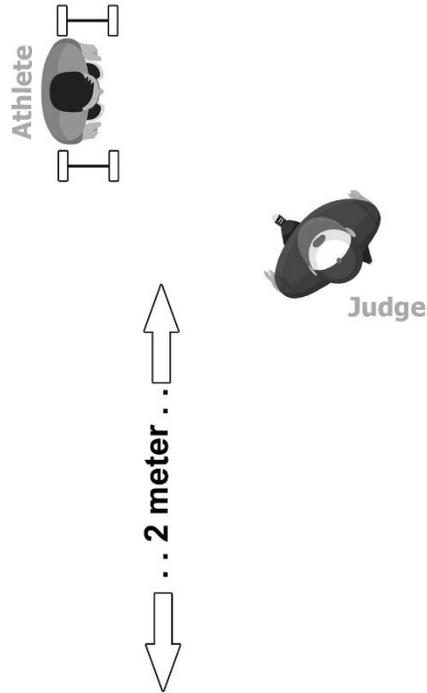
**burpee
and devil**



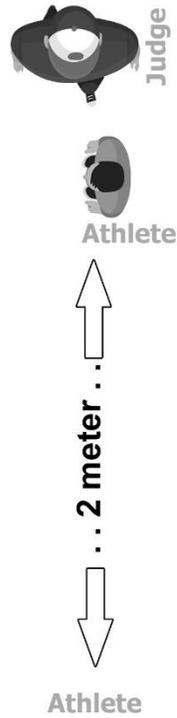




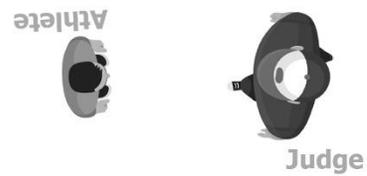
**Forward
Dumbbell
Lunge**



Situps

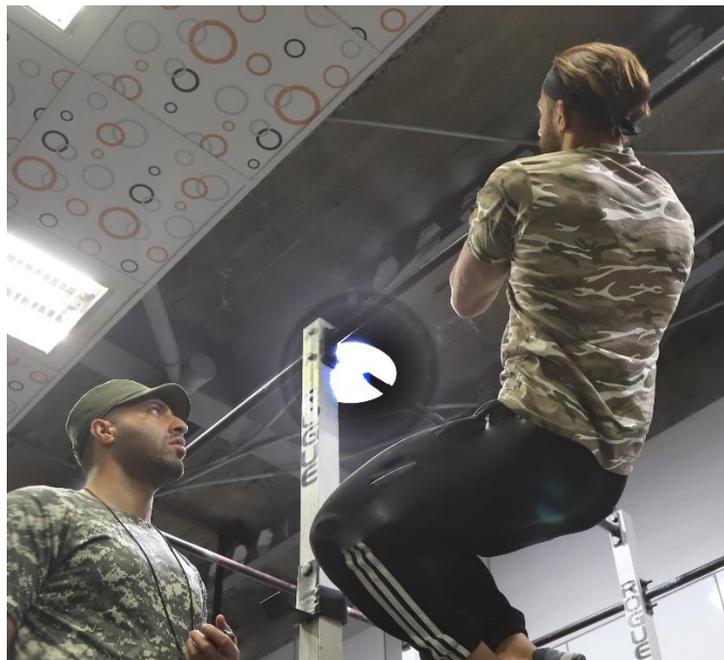


**Kettlebell
snatch**



2. EXERCISES VARIATIONS FOR ARMY FITNESS CHALLENGE

Army fitness challenge exercises can be done in the Army fitness challenge competition instead of the main stations.



I. GOLD LEVEL EXERCISES VARIATIONS

Leg Tuck

Beginning position: full extension of the elbows; dead hang position with straight arms and an alternated grip on the bar (Figure 1).

Execution: bend arms at the elbows, chin exceeds the bar, and bring knees or thighs up make 90 degrees to the trunk.

Final position: return to the beginning position. Elbows must be fully extended.

A stop of 1 second will be made in the starting position, whole extended elbows. Swinging is not allowed at any time during the execution. Failure to do so marks repetition null. (Figure 2).



Figure 1



Figure 2

Jump box with a sandbag (up to 16" box)

START: Two feet together on the ground, extended trunk, hips, and knees with a 10 kg sandbag on the back (Figure 3).

Execution: Jump two feet together on the box, trunk, hip, and knees joints will be extended.

Final position: return to the starting position. The athlete CANNOT bounce. He must stop and extend without taking advantage of the fall from the previous jump(Figure 4).

Both feet are supported up and down simultaneously. Repetition is marked when returning to the ground. The box has a height of 16" (women-men)



Figure 3



Figure 4

Plyo Step push-up

Beginning position: Move into a prone position on the floor, supporting your weight on your hands and toes.

Your arms should be fully extended with the hands around shoulder width. Keep your body straight throughout the movement.

Execution: Descend by flexing at the elbow, lowering your chest towards the ground. At the bottom, reverse the motion by pushing yourself up through elbow extension as quickly as possible.

Final position: Attempt to push your upper body up until your hands leave the ground, rapidly place hands-on platforms to sides. The lower body again.



Figure 5



Figure 6

Walking **LUNGES** (with a sandbag)

START: Wear a military backpack (15 kg) and hold a sandbag (20 kg) in Zercher position, with feet together.

Execution: walk by lunges with 90° flexion in both knees.

Final position: repetition is completed when knees, hips, and trunk are fully extended.

The sandbag and backpack must remain over the athlete's shoulders for the whole 2 minutes. If not, exercise is over. **WEIGHT:** total weight 35 kg.

*The knee of the back leg touches the ground at each repetition to be counted valid.



Figure 7



Figure 8

Lever Power Twist (plate loaded)

Beginning position: Stand completely straight, near the loaded end of the barbell, opposite of landmine lever—thumbs facing back (toward the nearest end of the barbell). And the end barbell should be at the height of the athlete clavicle.

Execution: Move the end of the barbell across and downward to both sides of the body, alternatively to touch the ground.

Final Position: Immediately return to the beginning position and then opposite side in the same pattern and repeat.

*The plate should touch the ground to be counted valid.



Figure 9



Figure 10



Figure 11

Burpee and devil press with Sandbag

Beginning position: Stand, with the trunk extended, sandbag must be in front of the body.

Execution: With hands-on sandbag, jump or step back into push up position and do a push-up, then jump or step feet back in and do a curl and press with sandbag

Final position: completely straight body with sandbag overhead.

WEIGHT: Sandbag is 10/20 kg for females/males.

Failure to follow any indications marks repetition null.



Figure 12

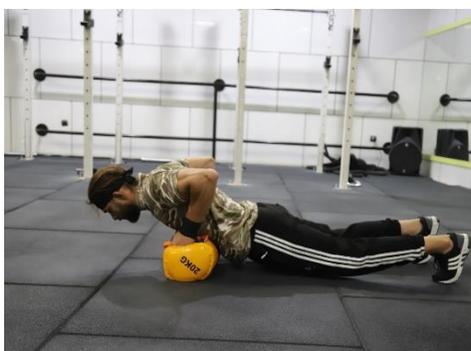


Figure 13

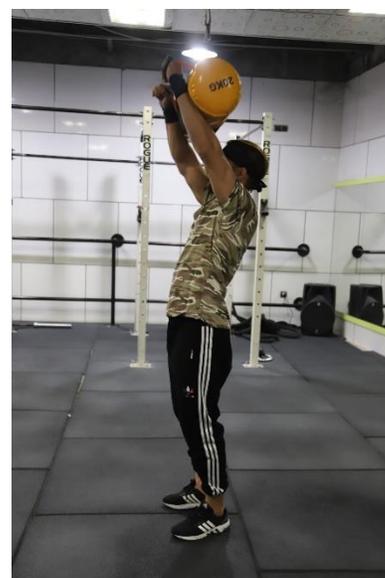


Figure 14

3. VARIATION OF SILVER LEVEL EXERCISES

CHIN UPS (prone & strict)

START: full extension of the elbows; supinated grip to shoulder width.

Execution: climb until the chin exceeds the bar.

Final position: return to the starting position. Elbows must be fully extended.

A stop of 1 second will be made in the starting position, whole extended elbows. Rolling or swinging is not allowed at any time during the tour. Failure to do so marks repetition null.



Figure 15



Figure 16

DROP JUMP TO ANOTHER BOX

Beginning position: Athlete begins with arms at the sides, shoulder-width stance, and knees slightly bent on top of a box (with toes near or hanging over the edge of the box). Box heights vary between 20 and 24".

Execution: The athlete steps off the box, lands on the ground, and explosively jumps vertically (with double-arm action).

Final position: the athlete must locate on the second box by jumping and be completely straight. In this situation, one repetition is counted by the referee, then the athlete returns and repeats.

The distance between boxes and the height of the boxes must be 80-100 meters.



Figure 17



Figure 19



Figure 18



Figure 20

Hand Release Push-Up–Arm Extension

Beginning position: prone position with your chest, hips, and thighs (but not head) in contact with the ground and index fingers inside the broadest part of your shoulder

Execution: Maintaining a fairly straight line from the head to the heel and the feet no more than a boot's width apart, push yourself up until your arms are fully extended

Final position: Once back in the prone position, extend your arms directly out to your sides, forming a T.

One repetition counts when a final position is done.



Figure 21



Figure 22



Figure 23

Half squat lunge

Beginning position: put a sandbag on the back and stand completely straight.

Execution: lunge forwards then put forward together in a half-squat position.

Final position: repetition is completed when the athlete is in a half-squat position.

The sandbag must remain over the athlete's shoulders for the whole 2 minutes. If not, exercise is over.

WEIGHT: sandbag with 10 kg for female/men.

*The knee of the back leg touches the ground at each repetition to be counted valid.



Figure 24



Figure 25



Figure 26

Kettlebell twist

Beginning position: athlete Lie down on the floor, placing feet straight together. Elevate the upper body so that it creates 90 degrees with thighs. Arms should be bent in front of the torso and with the hands clasped.

Execution: Twist torso to the right side until arms get parallel with the floor and kettlebell touch the ground.

Final position: kettlebell touches the ground

Kettlebell weight: 12 kg



Figure 27



Figure 28



Figure 29

Kettlebell Getup

Beginning position: Lie supine on the floor with a kettlebell positioned next to the right upper arm. Grasp handle with bent right arm.

Execution: Lift the hip off the floor and pull the left leg underbody—position forefoot and knee on the floor behind the right foot and left hand. Position the torso upright. Reposition legs in a lunging position.

Final position: the athlete must stand up by extending legs and placing the rear foot next to the forwarding foot



Figure 30



Figure 32



Figure 31

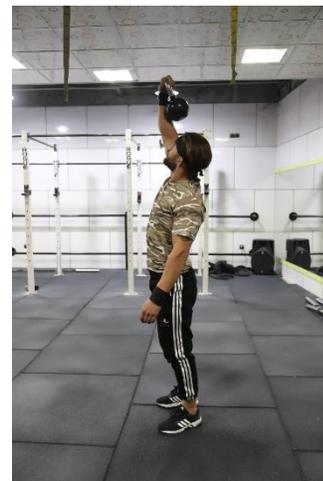


Figure 33