

**IFBB**

**Children Fitness Challenge**

**Rules**

**(Age 6-10)**

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# 1 HALF-SQUATS WITH HANDS STRAIGHT FORWARD

## 1st Station

The lower position is at  $90^\circ$  of knee angles, and the upper position is at  $170-180^\circ$  of knee angles. Arms are always parallel to the floor with extended elbows throughout the exercise.

Safety notes: Not lower than half-squat because of the increased probability of bad squat technique. Nearly fully extended knees in the top position but not overextended.

1 repetition = 1 point



## 2 PUSH-UPS AT 45° ANGLES

### 2nd Station

Individuals grab a barbell that is stabilized in a rack with safety bars. The safety bars are placed in a height that bring the body in diagonal position. In the lower position of the push ups, the elbows should be in the sides of the shoulders. Less range of motion means that repetition is not counting.

Safety notes: Children use the regular-overhand grip with the thumb around the barbell. Elbows should not come over the shoulder height during the repetition, and 60o-80o of shoulder abduction is recommended in the bottom position.

⚠ 1 repetition = 1 point



## 3 BURPEES

### 3rd Station

Children start in standing position. They lower the body in half-squat position, place their hands in the floor, and kick both legs back in a plank-pushups position. In the end, they bring their legs forward and come to a standing position.

Safety notes: Pelvic and torso don't touch the floor during the plank-pushups position, and the elbows

▲ 1 repetition = 1 point



1) top left, 2) Center-left, 3) bottom left, 4) bottom right, and repeat

## 4 SIT-UPS WITH BODYWEIGHT

### 4th Station

Starting position is lying down in the back with the knees bent and feet flat on the floor. Then, they lift the torso and sit up till the body comes nearly upright. Then, from that position, they return to the lying position by rolling down. Free movement of arms throughout the movement. In the top position, the hands are above their head with extended elbows.

Safety notes: During the movement, the abdominals are flexed, and vertebrae touch/untouched the floor one at a time.

⚠ 1 repetition = 1 point.



## 5 SIDE JUMPS OVER ROPE

### 5th Station

Individuals do lateral jumps looking forward. The rope is stretched and tied at two fixed points. The height of the rope is 20cm. The jumps should be made with both legs and not one at a time. The body stands forward.

Safety notes: There will be mats below and around the rope in case of fall.

⚠ 1 lateral jump = 1 point



## 6 REGULAR PLANK

### 6th Station

Forearms are in touch with the floor and shoulders and elbows are at 90° angles. The line that connects shoulders, pelvic and ankles should be in a straight line". - Safety notes: abdominals are flexed, and they keep the lumbar spine and the pelvic in a normal position. The technique fails when the abdominals fail to flex, and anterior pelvic tilt happens.

⚠ 1 second = 1 point

