

**IFBB**

**CHILDREN'S  
FITNESS CHALLENGE  
RULES**

**MINI CATEGORIES**

# INDIVIDUAL CATEGORIES

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<b>FITNESS CHALLENGE MINI - GIRLS</b>	
Class A	6-8 years
Class B	9-10 years

<b>FITNESS CHALLENGE MINI - BOYS</b>	
Class A	6-8 years
Class B	9-10 years

# VISUAL PRESENTATION OF THE EXERCISES WITHIN THE 6 STATION OF THE FITNESS CHALLENGE MINI GIRLS & BOYS

1

## JUMPING JAX

### 1<sup>st</sup> Station

Jumping to a position with the legs spread wide and the hands going overhead, sometimes in a clap, and then returning to a position with the feet together and the arms at the sides.

Starting position: Feet together with the arms at the sides.

1 jump = 1 point



### REASONS FOR INTRODUCING JUMPING JAX AS FIRST STATION

Jumping jacks is a full-body exercise, working muscles in your arms, legs, and core. They can strengthen your muscles, improve coordination, and boost your fitness. It is the best pre-exercise that serves as full body warming for the next stations to come.

This exercise will remove the burpees station for MINI category because thru all the kids that I have trained and competition I saw , it raises their pulse very much and it is hard for them.

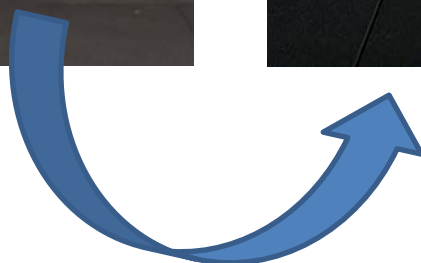
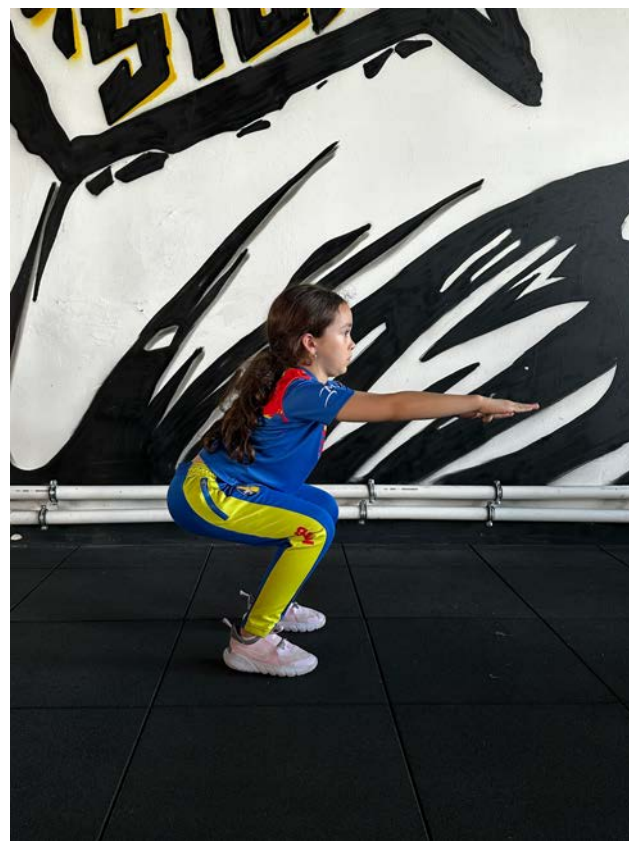
## 2 FULL-SQUATS WITH HANDS STRAIGHT FORWARD

### 2<sup>nd</sup> Station

The lower position is at 90° of knee angles, and the upper position is at 170-180° 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



### 3 PUSH-UPS AT 45° ANGLE

#### 3rd 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





## 4 LEG RAISES

### 4th Station

Starting position is: Lying flat on your back with your arms alongside of the body, hands should press lightly into the floor for better body stability. Raise your legs until they're at 90 degrees from the floor, at this point, stop, then lower your legs until they touch the floor.

Safety notes: During the movement the lower back doesn't come off the ground.

⚠ 1 repetition = 1 point.



### REASONS FOR INTRODUCING LEG RAISES INSTEAD OF SIT UPS WITH BODYWEIGHT

I would recommend to change the previous exercise, the sit-ups, due to the difficulty of performing it correctly. Children have the tendency to lift the foot off the ground when performing, straightening their knees and not doing the correct full movement of coming straight up with hands above their head with extended elbows.

## 5 SIDE JUMPS OVERROPE

### 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

