

Navy SEALs Fitness Challenge



Navy Seals Fitness Challenge Starts at 1:45 ends around 3 pm. Thursday May 26

Use this link to register goo.gl/aDZfqM

Here are the events and the equipment needed.

Events	Location	Equipment needed
Swim 500 yards (20 lengths of the pool)	BOHS Pool	Swimsuit, goggles, towel
Push Ups	Pull up bars behind gym	Running shoes, t shirt, running shorts
Sit Ups	Pull up bars behind gym	Running shoes, t shirt, running shorts
Pull Ups	Pull up bars behind gym	Running shoes, t shirt, running shorts
1.5 mile run	BOHS track	Running shoes, t shirt, running shorts

Order of Events:

- o **500 Swim:**
 - We will divide you into heats after we have a final count of participants.
 - You are responsible for counting your laps.
 - There will be a large digital clock on the pool deck. You are responsible for knowing when you start and when you finish. You must start from a push
 - As you finish report your time to your heat volunteer.
 - When you finish, exit the pool and change into your gym/running clothes ASAP be ready to exit the pool area (with your bag) and proceed to the pull up bars in approx. 5 minutes.
 - You have 10 minutes between your swim and your next event.

- o **Push-Ups:**
 - Volunteer will start the watch and you have 2 minutes to complete as many push-ups as possible without stopping. Must use proper technique and resting position is off of the floor (see descriptions below). Once 2 minutes is up, you report your number to the volunteer and change positions with your partner and the volunteer will begin 2nd round.
 - Begin in the up or front-leaning rest position, with feet together and palms on floor directly beneath or slightly wider than shoulders.
 - Back, buttocks and legs should remain straight from head to heels at all times. Palms and toes remain in contact with the floor.
 - Lower the entire body as a single unit by bending the elbows until the arms form right angles, then return to the starting position by extending the elbows, raising the body as a single unit until the arms are straight.

- o **Curl-ups (i.e. Sit-Ups):**
 - Same process as push-ups. Must use proper technique and resting position is in the "Up" position (see description below).
 - Begin by lying flat on floor with knees bent and heels approximately 10 inches from buttocks.
 - Arms should be folded across the chest with hands touching the upper chest or shoulders. The feet may be stabilized if desired.
 - Curl the body up, touching the elbows to the thighs just below the knees, keeping the hands in contact with the chest or shoulders.
 - After touching elbows to thighs, lie back till the shoulder blades touch the floor.

- o **Pull-Ups:**
 - Proceed to pull-up bars. We will go three athletes at a time (since we have three pull-up bars. Thumbs must be over the bar, no kicking allowed and if hands leave the bar at any time session is over. (See description below).
 - Begin suspended from the bar in a dead hang with arms and shoulders fully extended, palms shoulder width apart and pronated (overhand grip, facing away).
 - Pull body up until chin is even with or above the top of the bar. Legs may be crossed or uncrossed as desired, but no kipping or jerking motions allowed.

- o Break after your partner completes pull-ups. Athletes need to be on the track and ready to go 10 minutes after last athlete completed his or her pull-ups.

- o **Track:**
 - Volunteer will start heat.
 - Six laps around track is 1.5 miles. Athletes must count their laps. Volunteers will assist in counting as back up.
 - Volunteers will yell out times as athletes cross the finish line.
 - Make sure the Volunteer has recorded all of your times and numbers before leaving the track area.

- o **Scoring:**
 - 500 Free time and 1.5 mile run time will be converted to seconds and added together.
 - Push-Ups and Curl-Ups: each repetition is worth 1 pt.
 - Pull-Ups: each repetition is worth 6 pts.

- Final Score = (500 Free time + 1.5 mile run time) - (push ups. + curl ups. + (6*pull ups))