

## ***GUIDELINES FOR PUSHUPS FITNESS CHALLENGE***

### **INTRODUCTION OF COMPETITION**

Name of competition: Push up, Sit ups & Dead lift Challenge

Push ups can efficiently build biceps, triceps, chest muscles and sit good for abdominal muscles. As you become participant at this competition, you're increasing your total strength and fitness level .



### **ELIGIBILITY**

- Bonafide Amity Students with Amizone ID from all campus
- Bonafide College Students throughout India
- Bonafide School Students throughout India

### **REGISTRATION WILL BE CONSIDERED COMPLETE AFTER THE FOLLOWING STEPS :-**

1. Participants must fill the complete and correct details as instructed in the registration form available at this link :: [amity.edu/ayfse](http://amity.edu/ayfse)

### **DETAILS OF THE COMPETITION**

Activity: Push Ups, Sit Ups & Deadlift

## **RULES /GUIDELINES FOR PUSHUPS:-**

1. Duration for pushups 1 minutes for each participant
2. Each one must be choice any type of pushups the following: **-wide grip pushups, diamondpushups, clap pushups, traditional push-ups, one arm pushups,** (for boys competitor)
3. For girls “ competitors: **-wall pushups, ballistics pushups, bench pushups, benchpushups, traditional pushups.**

## **GUIDELINES FOR SIT UPS: -(BOYS AND GIRLS)**



1. Duration for sit ups each activity 1 minute. Total number of activities 5.
2. Each one will do these following activities: -bend knees sit ups,
3. Straight knee sit-ups, Russian twist,v- ups, dead bugs.
4. Total duration for sit ups activities 5 minutes.

They can submit their video individually, video not more then 6 minutes.

## **GUIDELINES FOR DEADLIFT (ONLY BOYS AND ONLY COLLEGE STUDENTS)**



1. 20 kg bar must be used for any lift.

2. There will be three attempts for each athlete. Out of three attempts, only one best will be considered for performance.
3. Minimum increase weight is 1 kg
4. The bar cannot travel downward before reaching the final position
5. You must stand erect with the shoulders back
6. You must stand with your knees straight at the completion of the lift
7. You cannot have the bar rest on the thighs during the lift You cannot step forward or back or move the feet laterally during the „up phase“
8. You must return the bar up to knee level while maintaining control with both hands

#### **EVALUATION CRITERIA :**

<b>Above 200 kg</b>	<b>5</b>
<b>151 kg – 200 kg</b>	<b>4</b>
<b>121 to 150 kg</b>	<b>3</b>
<b>100 to 120 kg</b>	<b>2</b>
<b>Below 100 kg</b>	<b>1</b>

#### **SUBMISSION DATES**

**10<sup>th</sup> March 2021**

#### **EVENT SCHEDULE**

<b>GROUP</b>	<b>DATE</b>	<b>TIMINGS</b>
School and College	11 <sup>th</sup> March 2021	Time will be announced through mail

Specific timings will be informed to respective groups through student Coordinators. For any queries contact the student Coordinators.

#### **AWARDS**

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Winners will be given E- Certificates.**

#### **REGISTRATION LINK –**

<https://teams.microsoft.com/l/team/19%3a879baace732349229a363b9891158162%40thread.tacv2/conversations?groupId=546bb85d-39b3-4bba-bd28-a7ad07dab83c&tenantId=8d46a076-d093-416d-a57b-8692cde13bf8>

## **Platform for the Event – Microsoft Teams**

### **FACULTY COORDINATORS**

Name	Contact details
Dr.Ashwani Saini	9811109031
Dr.Pankaj Pandey	8585903018
Dr.Ebhion Singh	7223093886

### **STUDENT COORDINATORS**

Name	Contact details
Mr.Abhishek Dwivedi	9630138009
Mr.Arpit Bhaduria	9044312227
Mr.Divyanshu Vats	8178331202