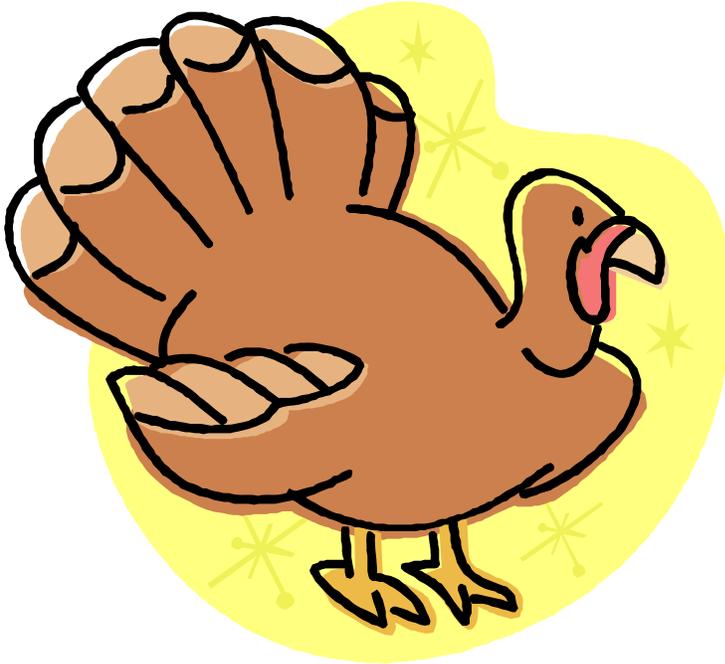


2008 7th Annual CGHQ  
**Bodyweight Challenge**  
**FITNESS COMPETITION**

**Trim-Off before your Thanksgiving Feast!!**



**When:** Thursday, 13 Nov 2008 @ 0900

**Where:** CGHQ Weight Room

**Why:** To test your whole-body muscular endurance and mental limits!

**Whom:** Men and women of all ages

**Rules**

Compete in *as many or as few events* (Pushups, Squats, Pullups, Dips)

- Awards will be given to **overall\* and individual event winner**

- **t-shirts to all competitors.**

\*Overall scoring based on:

**Men's Score: Total = Pushups + 2 x (Squats) + 4 x (Pullups) + 2 x (Dips)\***

**Women's Score: Total = Pushups + Squats + 8 x (Pullups) + 3 x (Dips)\***

**Point of Contact:** To sign up contact LCDR Scott Muller via email:  
**Scott.W.Muller@uscg.mil** or call 202-372-1220.

# **RULES FOR BODYWEIGHT CHALLENGE COMPETITION**

## **Push-ups**

- Starting position is in the push-up position on the toes and palms of your hands and back straight.
- Competitors should lower themselves down to approximately one fist distance from their chest (sternum) to the ground and then raise themselves back up to the starting position with arms fully extended.
- There will be no time limit; however, push-ups must be continuous.

## **Squats**

- Olympic barbell will be loaded with:
  - **Men** -- participant's bodyweight to the nearest 5 pounds.
  - **Women** – 50% participant's bodyweight to the nearest 5 pounds.
- Starting position is in upright (standing) position (with feet placed at comfortable, shoulder- to wider- than-shoulder stance).
- Competitors should lower themselves to a thighs-parallel position and extend the hips, knees, and ankles to return to the starting position.
- There will be no time limit; however, squats must be continuous.

## **Pull-ups**

- Starting position is hands (palms facing out) approximately a shoulder-width apart on the bar and arms fully extended.
- Competitors should pull themselves up until their chin extends above the bar and then lower themselves back down to the starting position with arms fully extended.
- There will be no time limit; however, pull-ups must be continuous.

## **Dips**

- Starting position is arms straight, elbows locked in the upright position.
- Competitors should lower themselves down until the triceps (upper arm) are parallel to the ground, or the arms are bent at a 90-degree angle and then raise themselves back up to the starting position with arms fully extended.
- There will be no time limit; however, dips must be continuous.

## **Additional Guidance**

- **The events will be conducted in the order listed above:** Push-ups, squats, pullups, & dips; however, competitors are free to participate ***in one or all four*** events.
- All competitors will complete each event before moving onto the next.
- Judges will be stationed at each event to ensure the rules listed above are adhered to.
- Judges will make the official count for each competitor.

## **Scoring**

- **MEN: Total score = Pushups + 2 x (Squats) + 4 x (Pullups) + 2 x (Dips)**  
Scoring is based on 5 years of average performance and data.
- **WOMEN: Total Score = Pushups + Squats + 8 x (Pullups) + 3 x (Dips)**