

# Challenge rules GymXTCTM (inclusive of Club and Club Plus rules)

## The Clock starts ....

### 1. The Bike

- Any standard upright bike may be used.
- Any adjustments to the seat must be made before the race commences.
- Preferably the 95ci Life Fitness Bike should be used - level 10 and above for women. Level 12 and above for men.
- No Standing.
- No free wheeling (momentum of wheel to cover distance without pedalling)
- Do not leave the seat until the entire distance is covered.
- Leaving before the distance is completed is instant disqualification.
- At the end of each completed station, the time keeper counts the split but the time keeps going ....

### 2. The Bench Jumps

- The bench should be a height of between a maximum of 16 inches high and a minimum of 14 inches. (or seven Reebok Steps plus bench)
- For the Club Challenge only 5 benches are plus a Reebok bench are needed
- The width should be no wider than a standard step up box.
- For a jump to be deemed correct both feet have to land at the same time either side of the bench.
- No alternate feet landing allowed.
- Judges will call out every two jumps instead of every one.
- In other words for 50 bench jumps, you will need to have jumped over the bench 25 times on each side.
- Please note: This is a plyometric exercise and should be trained at in moderation.
- At the end of each completed station, the time keeper counts the split but the time keeps going ....

### 3. Sit Ups

- Crunch can only be used for the Club Challenge. (Crunch is the forward movement of the torso and chest rising. Taking the upper back and the shoulders approx 6 inches off the floor).
- A suitable mat must be in place and measures to hold feet in place during the exercise
- To count the hands must hold the ear lobes between thumb and forefinger, or fingers keep in contact with the temple region of the head.
- The lower back must touch the ground at the end of the downward phase of the sit up.
- There is no need for the back of the head to touch the ground.
- The elbows must touch the knees at the top of the sit up to be counted as complete and correct (A marker pen can indicate the line the elbows must reach above).
- A bar may also be used across the judges knee. Each rep to count must be touched by both elbows and the lower back make contact with mat.
- The feet must be held flat to the ground by a course official or an appropriate fixing.
- An option for feet to be placed under a secure foot hold can also set for this exercise but again the course organiser must make this clear before the event if sit ups are to be done this way.
- The judge will count the number of sit-ups. Not until the final rep has been counted can you move onto the next station.
- The athlete can stop and rest and continue later on but all sit ups need to be done before being able to continue.
- At the end of each completed station, the time keeper counts the split but the time keeps going ....

### 4. The Row

- The course official will input the correct start procedure and arrange any settings on the seat and footrest that the athlete wants. The competitor is ultimately responsible for ensuring all pre set adjustments are made.
- As soon as the athlete is seated and both their feet are touching the foot rests the athlete can start to row.
- The athlete will not be able to leave the seat until the correct distance is rowed
- Any damper setting can be used.
- Leaving before the distance is completed is instant disqualification.
- At the end of each completed station, the time keeper counts the split but the time keeps going ....

### 5. The Shoulder Press

- The shoulder press must be on a slightly inclined bench such that the bar can be lowered down in front of the face.
- It will not be acceptable if the bench is so vertical that the bar is lowered in a way that produces excessive neck twisting by the athlete in order to avoid facial contact with the bar.
- The arms must be fully extended at the top of the press and the bar must be lowered to below the chin on the downward phase.
- The back must be kept against the upright bench at all times.
- You will have to pick up the bar from the ground yourself and rest it on your lap if you need a rest at any time.
- The judge (spotter) may assist you at any time, but the rep will not count.
- If at all practical there are to be two judges (front and side). If the back is seen to move away from the back support the rep will not count. The judge must raise his hand to indicate this.

- It is recommended for training purposes not to lock out the elbows in training - for competition purposes the elbows must lock out.
- Full Range of Movement must be carried out.
- The transfer of the bar between competitor and judge/spotter must be confirmed by the words "Your Weight" and the receiving person confirming "My Weight" Once "My Weight" has been confirmed, you may let go of the bar
- At the end of each completed station, the time keeper counts the split but the time keeps going ....

### 6. Box Step Ups

- The step up box height must be between 13" and 14" high. Or Five (5) Reebok steps plus bench for Intermediate and Advanced. Three (3) steps to be used for Club Course.
- To count as a step up both feet must be fully on top of the flat part of the box with no part of the heel hanging over the edge before the return is allowed.
- Either a distance of an inch or a marker must be passed over by the heel on the upwards phase.
- The feet must land in front of and not to the side of the box (if you are using one) on the return phase.
- The athlete must stand near to vertical, not bent over at the hips, on the top of the box with hips above the ankles and not excessively leaning back.
- Weights must be placed on top of the box prior to going on to the next exercise.
- No running Steps. It is a step exercise.
- Bandaging of wrists may be used.
- Chalking of the hands is acceptable.
- Half grip (without thumbs) or full grip (with thumbs) may be used.
- Unless a judge counts the rep - the rep is not completed. No reason need be given at the time, but after the course an explanation can be obtained
- At the end of each completed station, the time keeper counts the split but the time keeps going ....

### 7. The Bench Press

- The neck and head must be fully supported on the bench.
- Feet should remain on the floor but allowance for feet on bench is allowed.
- The arms must be straight and fully extended at the top of the bench press and the bar must actually touch the chest at the end of the downward phase of the bench press in a controlled manner - no bouncing off the chest is allowed (For training purposes it is recommended not to lock out the elbows).
- The back must not arch in the middle when lifting the bar up and your bottom must always be in contact with the bench.
- If at all practical there are to be two judges (front and side). If the back is seen to move away from the bench support the rep will not count. The judge must raise his hand to indicate this.
- Your judge can spot you on this exercise and will count the number of legal repetitions.
- The athlete can stop and rest and continue later on but you will not be allowed on to the next exercise until all are done.
- If the organiser wishes to determine where the athletes can place their hand on the bar they can do so by marking the bar with tape which will represent the maximum distance apart hands can be held.
- The transfer of the bar between competitor and judge/spotter must be confirmed by the words "Your Weight" and the receiving person confirming "My Weight" Once "My Weight" has been confirmed, you may let go of the bar .
- At the end of each completed station, the time keeper counts the split but the time keeps going ....

### 8. The Treadmill

- The athlete or course official, depending on how the organiser is running the event, is responsible for the correct inputting procedure.
- Incline must be registered first.
- The athlete must not touch the treadmill with their hands except for the increase/decrease speed arrows.
- They must remain on the treadmill until the distance is complete.
- They can stop to walk on the way.
- No holding on to hand rails is allowed except for safety reasons.
- If the athlete falls off the treadmill during the race they will be allowed back on but will have to complete the whole distance again.
- Leaving before the distance is completed is instant disqualification
- At the end of the treadmill the clock stops! Well done .You have just completed one of the hardest Gym Challenges in the world today.
- It is recommended that there be a suitable area for the athlete to rest and regain composure immediately after the completion of the treadmill station. This mat is to be known as the "Slump Mat" and reasons will become apparent on the completion of the course! Good luck in any gym challenge that you enter.

