

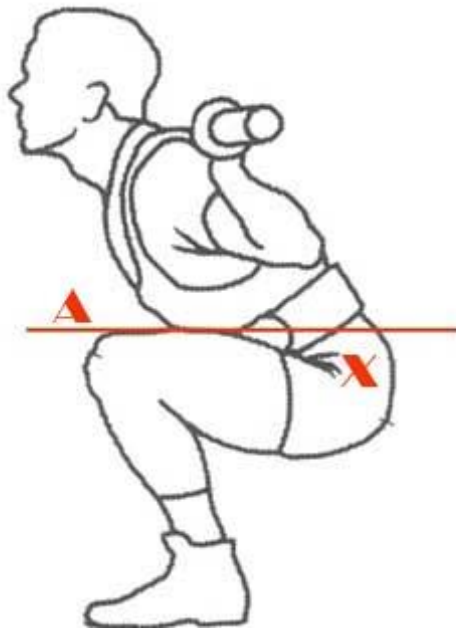


## **AISAA: Muscular strength and endurance**

On arrival to the competition all competitors must first weigh in so that all percentages can be calculated.

Event 1: squat

In the first event boys will perform as many barbell squats as possible with 80% of their body weight and girls will squat at 65% of their body weight. There is no time limit, however a competitor cannot spend longer than 5 seconds between reps. Additionally, each rep must be below parallel and is indicated when the crease of the hip falls below the knee (as the photo below demonstrates)





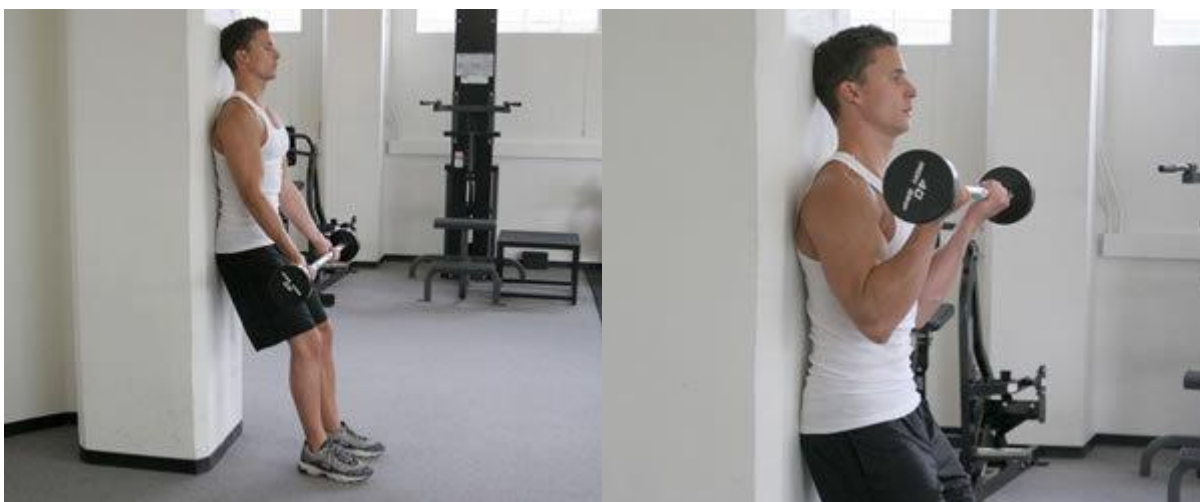
### Event 2: bench press (barbell)

The second event boys will perform as many reps as they can at 65% of their body weight and girls 50% of their body weight. There is no time limit but a competitor cannot pause at the top for longer than 5 seconds. Also, the bar must remain parallel to the floor and cannot be bounced or sunk of the chest. Elbows must also be locked out at the top of each lift for it to count. Lastly, feet must remain in contact with the floor and bums must remain on the bench for each rep. (Please see photo below)



### Event 3: Wall curls

This event requires competitors to curl an EZ bar for as many reps as they can with their back against the wall (to prevent body swinging). Boys will lift as many reps as they can at 25kg and girls will lift as many as they can at 15kg. There is no time limit but competitors cannot rest any longer than 5 seconds during any phase of the lift. The Back feet must remain in contact during each rep and feet can be placed wherever comfortable. Lastly, arms must full extend on each rep, this is indicated by locking out at the elbow.





#### **EVENT 4 Pull ups**

Strict format of palms out, all the way down (straight arms) and chin up to over the bar.

#### **EVENT 5 Muscular endurance events**

##### **Final Event**

- Tricep dips 1 (no time limit, no longer than 5 seconds between reps)
- Push up (1 minute)
- Burpees (1 minute)