

# FANTASTIC FOUR



**FIT.4.SUMMER CHALLENGE**

# The Fantastic Four

## *Fit.4. Summer Challenge*

- **Contest Goal:**

- ◆ **Improve Your Overall Fitness as measured by...**

- ★ Body Composition
- ★ Cardiovascular Fitness
- ★ Muscular Endurance
- ★ Flexibility



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## *Fit 4 Summer Challenge*

- The Fit 4 Summer Challenge will use physical measurements to assess each clients fitness.
  - ◆ Professional Trainers that do NOT have teams in the contest will administer the assessments.
    - ★ Increased observation and interaction during the assessments
- Goal:
  - ◆ Provide a measurement of overall fitness
    - ★ Assessments account for variations in age and sex in the testing protocols and scoring.



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- The Assessments:

- ◆ ***Body Composition:***

- ★ Inferred using three pre-determined circumference measurement sites and body weight. The circumference sites vary with age and gender.



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- Assessments:

- ◆ **Cardiovascular:**

- ★ Modified McArdle Step Test

- 3 minutes stepping up and down at 88bpm for females or 96bpm for males at the end of which a heart rate reading is taken (using a polar HRM) and divided by 4.



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### ■ Assessments:

#### ◆ ***Muscular Endurance Test:***

##### ★ A timed push up test

- Full push up for men, modified knee push up for women. Timed for 60 seconds or until failure.
- Depth of the push-up is determined by placing a regular (not wide) yoga brick under the sternum.



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- Assessments:

- ◆ ***Flexibility:***

- ★ Reach over shoulder flexibility test. Each side is measured in centimeters and then an average is taken.



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- **Scoring:**

- ◆ Results of the assessments are expressed as a “rank” score for the individual.
  - ★ Rank score is determined against a performance database based on age and gender.
  - ★ The initial assessment rank will be compared to the final assessment rank for each contestant and team.
  - ★ The team(s) with the greatest percentage increase in rank will win.



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## *Fit 4 Summer Challenge*

- Contest parameters
  - ◆ 8 weeks. Starts 4/12. Ends 6/4.
    - ★ Thus – *Fit 4 Summer!*
  - ◆ 2 assessments
    - ★ Independently performed – At the start, and finish.
  - ◆ 16 Workouts - 2 per week



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## *Fit 4 Summer Challenge*

### ■ Pricing and Prizes

- ◆ \$600 per person, \$2400 per team
  - ★ Can be paid in 3 installments of \$200.
    - March, April, May
    - Make first installment as soon as possible to take advantage spreading payments.
- ◆ \$100 per entrant goes to prize pool - \$400 per team overall.
- ◆ **Total prizes depend on enrollment.** (more than \$12000 last time). Pool goes up \$100 for every participant.



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- More on the Prizes
  - ◆ Although the total prize dollars are still dependent on the number of entrants there will be...
  - ◆ **More Prizes – 20 overall**
    - ★ 4 Team Awards:
      - ★ Top 3 finishers plus..
        - Fittest Team – simply the best scoring team
      - ★ 4 Individual winners
        - Again, top 3 and fittest individual.
  - ◆ 90% of prize pool goes to the teams



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## *Fit 4 Summer Challenge*

- How do I join?
  - ◆ Choose your trainer and pick your teammates, or...
  - ◆ Join on your own and we'll assign you a team and trainer, or...
  - ◆ If you already train, let your trainer know you're interested.
    - ★ Most trainers are participating and will help put teams together.
  - ◆ Register at the desk.
  - ◆ Pay the contest fee (\$200 per month, or \$600 in total per person. EFT is available!)



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### ■ Why You Should Be Involved:

#### ◆ Incredible Results

- ★ You saw the contestant results last time!
- ★ You will feel and look fitter (and look great in your bathing suit!)

#### ◆ Work With a Professional Trainer

- ★ You'll be surprised how much you'll learn in 8 weeks working with your trainer.

#### ◆ Great Value – about the same costs as regular group training (*plus prizes!*)

#### ◆ Camaraderie, Competition & Fun

#### ◆ And Don't Forget the Prizes, Party and Free FF Tee



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### ■ **IMPORTANT DATES...**

- ◆ Registration: **STARTS NOW**. Ends Friday, 4/9.
  - ★ Payment is due when you register
  - ★ Total prize amount will be announced based upon number of people that enter.
- ◆ Contest starts 4/12 and ends 6/4.
- ◆ Official starting weigh-in: Weekend of 4/9-4/11. Schedule your assessment!
- ◆ Official ending weigh-in: Weekend of 6/4 – 6/6.
- ◆ Winners announced: June 10<sup>th</sup> at the **Wrap-Up Party!**



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### ■ NEXT STEPS...

- ◆ Talk to your friends – non-members are welcome!
- ◆ Get your team together!
  - ★ If you train, speak to your trainer.
    - Trainers have limited availability, so be sure to express your interest as early as possible.
  - ★ If you don't have a team or trainer, fear not...we'll find one for you!
- ◆ Sign-up at the desk!
- ◆ **Get Fit 4 Summer!**

