

STREND - STRENGTH AND ENDURANCE CHALLENGE

STREND is an acronym derived from the first three letters of "strength" and "endurance." the STREND competition includes 2 strength events and 2 endurance events like the bench press and side lateral hold where we test the dynamic and static (isometric) strength of the participants and for endurance we have the leg press and pushups. This Combine strength/endurance Challenges are held to provide a benchmark for your fitness level. They are safe, effective and measurable movements that allow all fitness enthusiasts to participate.

THE COMPETITION IS HELD IN APRIL – MAY EVERY YEAR



STRENGTH CHALLENGE

APRIL - MAY

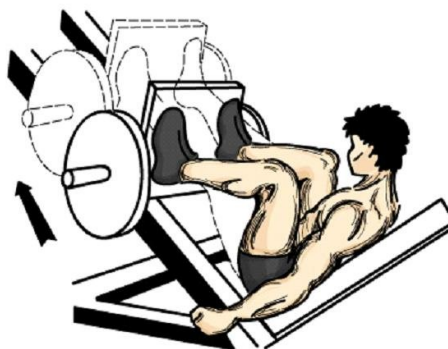


LIFTS

1. Bench Press
2. Dumbbell Lateral Hold

ENDURANCE CHALLENGE

APRIL - MAY



EVENTS

1. Leg Press
2. Push Ups

RULES & REGULATION

STRENGTH CHALLENGE

- The Strength Challenge Competition will comprise of 2 events - Bench Press & Side Lateral Hold
- The Competition is open to Males weighing between 55 & 85 kg
- The Enrollment Fee for the Competition is a nominal Rs. 500/-
- The Competition is held in April- May

- For the “Bench Press” Challenge, each participant will be provided 3 attempts to “bench press” the maximum weight
- For the “Side Lateral Hold” Challenge, each participant will have to assume a side lateral hold isometric position (holding the dumbbells in line with the shoulder), with a weight of 15 lbs, for the maximum time possible
- The top 3 contestants in each challenge will be awarded points as follows: 1st place - 4 points, 2nd place - 3 points & 3rd place - 2 points
- The individual with the maximum points (earned by combining the points from the “Bench Press” Challenge & the “Side Lateral Hold” Challenge) will be adjudged the winner
- Cash Prizes will be awarded for the winners

ENDURANCE CHALLENGE

- The Endurance Challenge Competition will comprise of 2 events - Leg Press & Push-ups
- The Competition is open to Males weighing between 55 & 85 kg
- The Enrollment Fee for the Competition is a nominal Rs. 500/-
- The Competition is held in April- May
- For the “Leg Press” Challenge, the leg press machine will be loaded to 500 pounds, and the participant capable of doing the maximum repetitions will be noted
- In the “Push-ups” Challenge, the participant capable of performing the maximum number of push-ups with the correct form will be noted
- The top 3 contestants in each challenge will be awarded points as follows: 1st place - 4 points, 2nd place - 3 points & 3rd place - 2 points
- The individual with the maximum points (earned by combining the points from the “Leg Press” Challenge & the “Push-up” Challenge) will be adjudged the winner
- Cash Prizes will be awarded for the winners