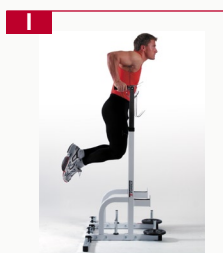


# STRENFLEX X

THE ULTIMATE FITNESS SPORT

## FITNESS DECATHLON CHAMPIONSHIPS

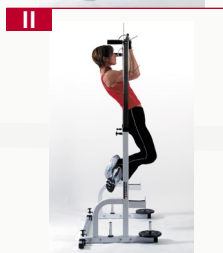
### OPEN competition



The open competition requirements correspond with those for STRENFLEX® Youth & Sport, junior age categories 12 to 13, 14 to 15 and 16 to 17, STRENFLEX® trade fair and outdoor events, and club-based sport groups and serve as a basis for the STRENFLEX® fitness test.

**Age categories:** Age category 1 = 18 to 34 years, age category 2 = 35 to 49 years, age category 3 = 50 to 59 years, age category 4 = 60 and above.

**Weight categories:** Depending upon the number of participants athletes may, in addition to the age category, also be divided into weight categories. These are: -50kg, -55kg, -60kg, -64kg, -70kg, -80kg, -90kg, -100kg and + 100kg.

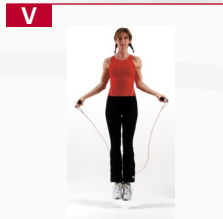


The participants start together, and the results are evaluated in accordance with the age category. The 10 (decathlon) competition exercises for an OPEN championship:



**I Dips** - scores count from the first exercise onward - 1 point per exercise - maximum number within 45 seconds.

**II Chin-ups** - scores count from the first exercise onward - 1 point per exercise - maximum number within 45 seconds.



**III Push-ups from the bench** - scores count from the first exercise onward - 1 point per exercise - maximum number within 45 seconds (from age category 3 onward, push-ups may be performed on the ground).



**IV Abdominal crunches** - scores count from the first exercise onward - 1 point per exercise - maximum number within 45 sec.

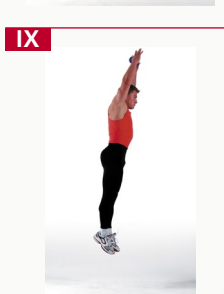
**V Cardio** - depending on the sponsor: Version a) 1 minute rope-skipping, or Version b) 2 minutes on the indoor cycle, or Version c) 2 minutes on the rowing machine.



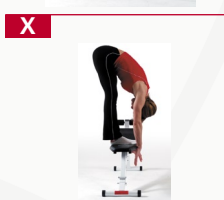
**Interval course** - no sprinting - only the four stationary exercises are performed, since the "coordination" factor is also tested here.



**VI 10 one-legged sit-ups** - alternating - each leg 5 times.



**VII Jumping jacks**, with arm motions and passing foam piece from one hand to the other.



**VIII 10 push-ups**, with arms spread.

**IX 10 straight jumps**, with arm motions and passing foam piece from one hand to the other.

**X Flexibility** - stand & reach from the bench.

OPEN championship titles that can be achieved through the competition are: Studio, city, regional, national, European Cup, and World Cup champion. The minimum requirement for entering national and international STRENFLEX® MASTERS championships is previous participation in an official OPEN championship.

Attendance at the "Studio champion/ regional champion - what now?" course is recommended.

### MASTERS competition

The comprehensive 36 page MASTERS Fitness Decathlon competition regulations can be downloaded directly from the website in several languages as a PDF file.

At the MASTERS athletes compete to win the exclusive national, European and World Champion titles!



[www.strenflex.org](http://www.strenflex.org)

