



The "Total Fitness Challenge"

at Deerfield URBAN ACTIVE™ Facility!

(March 5th thru April 19th 2008)



Compete in one, two, three or all four of the following four events: The PUMP N' CURL Challenge (PNC), The Cardio Cycle Distance Challenge (CCDC), The Cardio Stair-Climb Distance Challenge (CSDC), and Cardio Circuit Challenge (CCC). Details described below for each competition!

1.) PUMP N' CURL CHALLENGE (PNC) Description: Contestants will bench press and curl a percentage of their body weight, depending upon their age and gender, and according to the charts below. Contestants will begin with the bench press, and do as many repetitions as they can. Then after a 15-second pause, contestants will do as many curls as they can. There will be "Personal Achievement Awards" issued as follows: Bronze Level (10 Bench and 10 Curls), Silver Level (20 Bench and 20 Curls), and Gold Level (30 Bench and 30 Curls). There will be "Competitive Achievement Awards" issued as follows: Bench Press Champion (Most Bench Presses-only), Curl Champion (Most Curls-only) and Total Weight Champion (Bench Weight and Curl Weight multiplied by total reps). In addition, the top 10 men and top 10 women, who do the most curls and bench reps added together, will advance to the Championship Round, where they will compete against each other in the PUMP-OFF Championship on April 19th, 2008 at 10:00AM. See PUMP-OFF description, Curl/Bench Charts, and Curl/Bench rules below.

CURLING CHART

Jr. Men 15 to 18.....	Contestants will curl 40% of their weight
Men 19 to 39.....	Contestants will curl 45% of their weight
Men 40 to 49.....	Contestants will curl 40% of their weight
Men 50 to 59.....	Contestants will curl 35% of their weight
Men 60 and over.....	Contestants will curl 30% of their weight
Jr. Women 15 to 18	Contestants will curl 30% of their weight
Women 19 to 39	Contestants will curl 35% of their weight
Women 40 to 49	Contestants will curl 30% of their weight
Women 50 to 59	Contestants will curl 25% of their weight
Women 60 and over	Contestants will curl 20% of their weight

CURLING RULES

- 1.) Arm Curl Weight is determined by Age and Gender per chart above, with weight rounded to nearest multiple of 5.
 - 2.) 2-Arm Curl begins at full arm extension with bar resting on thigh. A Full Rep is defined by raising bar up to touch chest, then lowering back down to touch thigh.
 - 3.) Back and legs must be straight at all times and perpendicular to ground.
 - 4.) Movement must be continuous with no resting at thigh or chest position (a noticeable resting pause at either the thigh or chest position will nullify previous rep).
 - 5.) No using back and legs to help lift bar!
 - 6.) No bouncing bar off of thighs!
 - 7.) Liability Waiver must be signed, prior to curling.
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BENCH PRESS CHART

Jr. Men 15 to 18.....Contestants will bench press 85% of their weight
Men 19 to 39Contestants will bench press 100% of their weight
Men 40 to 49Contestants will bench press 90% of their weight
Men 50 to 59Contestants will bench press 80% of their weight
Men 60 and overContestants will bench press 70% of their weight

Jr. Women 15 to 18.....Contestants will bench press 55% of their weight
Women 19 to 39.....Contestants will bench press 70% of their weight
Women 40 to 49.....Contestants will bench press 60% of their weight
Women 50 to 59.....Contestants will bench press 50% of their weight
Women 60 and over..... Contestants will bench press 40% of their weight

BENCH PRESS RULES

- 1.) Bench Press weight amount determined by Age and Gender (see chart above). Lifting Weight will be rounded to the nearest multiple of 5.
 - 2.) Rep begins at full arm extension, then bar is lowered down until touches chest, then back to full extension. Arms must “lock-out” at top position
 - 3.) Back and Rear must be flat on bench, and both feet must be flat on ground.
 - 4.) Hands must be inside, or touching, the two smooth rings on an Olympic Bar.
 - 5.) During weigh-in, minimum attire must be Shorts, T-Shirts and Socks.
 - 6.) NO BOUNCING BAR OFF CHEST. Rep will not count if bar bounces off chest.
 - 7.) Motion must be continuous with no rests or pauses at the top and chest positions. A noticeable resting pause will nullify previous rep.
 - 8.) Liability Waiver must be signed, prior to pumping.
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PUMP-OFF Description: The top 10 Males and top 10 Females with the most bench and curl reps added together in the preliminary round will compete in the championship on Saturday April 19th at 10:00AM-11:00AM. The order in which they compete will be based upon their achievement in the preliminary round (the athlete with the highest Bench and Curl Total gets to go last!). There are separate Male and Female competitions, and contestants will lift the same bench and curl weights, as lifted in the preliminary round. The winners will be crowned the Deerfield URBAN ACTIVE™ PUMP QUEEN and PUMP KING!

2.) Cardio Cycle Distance Challenge (CCDC) Description: Male and Female athletes will see how many miles they can ride for 10 minutes, using a Life Fitness 9500HR Upright Bike, set on the Level 15 setting. The athlete who rides the furthest wins! Separate Female and Male awards offered.

3.) Cardio Stair-Climb Distance Challenge (CSDC) Description: Male and Female athletes will see how many floors they can climb in 10 minutes, using a Life Fitness™ 9500HR Stair Climber, set on the Number 20 setting. The athlete who climbs the most floors wins! Separate Male and Female awards offered!

4.) Cardio Circuit Challenge (CCC) Description: This is truly a “Total Fitness Experience” which combines Step-ups, Sit-ups, Jump Rope and Running. The Male and Female athlete who completes the course in the fastest time wins! See a detailed diagram and description of each cardio station on the course, below. Separate Male and Female Awards offered.

“IRON MAN” and “IRON LADY” Awards: Those athletes who complete the PUMP N’ CURL (PNC) and Cardio Circuit Challenge (CCC), are eligible for the Deerfield Urban Active “IRON MAN” and “IRON LADY” Awards. The athlete’s CCC time will be reduced by 1-second for each Bench Press and Curl Rep achieved in the PNC, and the lowest Net Time wins!

Registration/Fees: The Event Fee is \$35, and a reduced fee of \$15 is offered to members working with an URBAN ACTIVE™ Trainer. To sign up, go on-line to www.pumpandrurace.com. After signing up, contact the URBAN ACTIVE™ TRAINING CENTER and ask for Brian Landi or Jarrod Nunnally to determine event participation schedule.

Location/Dates/Times: The event will take place at the Deerfield URBAN ACTIVE™ Facility located at 5600 Deerfield Blvd Mason, OH 45040 (Tel) 513-583-4653, and according to the following schedule:

- **Pumping/Curling (PNC), Cycle Challenge, Stair-Climb Challenge:** These activities can be completed in a flexible manner throughout the month of March, according to times mutually agreed upon with the URBAN ACTIVE™ Training Center (Ask for Brian Landi or Jarrod Nunnally).
- **Cardio Circuit Challenge (CCC):** Thursday Evening March 27th from 7:00PM to 8:30PM and Saturday April 12th from 1:00PM to 2:30PM. Note: You must sign up for a time slot at the “Total Fitness Challenge” Information Table. See course description and diagram below.
- **PUMP-OFF Championship:** Saturday April 19th at 10:00AM-11:00AM.

Awards for All Four Events: The following medals will be awarded!

Pump N' Curl (PNC) Challenge:

Medals: Bronze Level (10 Bench Reps and 10 Curls)

Medals: Silver Level (20 Bench Reps and 20 Curls)

Medals: Gold Level (30 Bench Reps and 30 Curls)

Medals: Male and Female Bench Press Champions (Most Bench Reps-only)

Medals: Male and Female Curl Champions (Most Curls-only)

Medals: Male and Female Total Weight Champs. Total Weight calculated using the Following Formula:
(Curl Weight x Curl Reps) + (Bench Weight x Bench Reps) = Total Weight

Medals: Male and Female PUMP-OFF Champion (URBAN ACTIVE™ PUMP KING and PUMP QUEEN)

Cardio Cycle Distance Challenge (CCDC):

Medals: Male and Female longest bike distance (in miles)

Cardio Stair-Climb Distance Challenge (CSDC):

Medals: Male and Female most stairs climbed.

Cardio Circuit Challenge (CCC):

Medals: Male and Females with fastest CCC time.

URBAN ACTIVE™ Iron Man/Iron Lady Awards:

Medals: Male and Female with fastest Net CCC time (includes 1-second time-reduction off CCC Time for each bench press and curl rep performed in PNC). Note: in order to receive these awards, you must enter the PNC and CCC competitions.

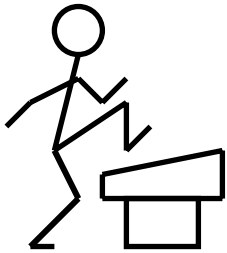


This competition designed and produced by the LORD'S GYM. All proceeds go to The LORD'S Gym, part of FOCAS, a nonprofit charity, which serves under-resourced people in Cincinnati's Inner City!

Cardio Circuit Challenge Course
Diagram and Station Descriptions
seen on following page!

The Cardio Circuit Challenge!

Station #1: Step-Ups



Athlete does 20 Step-Ups alternating between two inclined Step-Up benches positioned 5ft apart! (One rep is counted when both feet touch the top of bench, then both feet step back down to floor).

Station #2: Sit-Ups



Athlete does 15 incline sit-ups holding Medicine Ball. Women use 8 lb Ball and Men use 12 lb Ball.

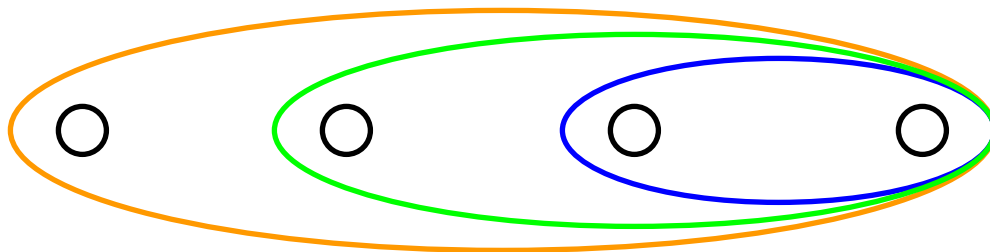
Station #3: Jump Rope



Athlete does 25 Jump Rope repetitions!

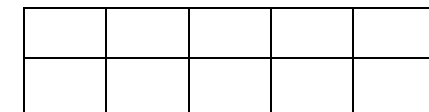
NOTE: Athlete can bring their own Jump Rope.

Station #5: Cone Mania



Four cones are evenly spaced apart. Athlete picks up two 15 pound dumbbells (male) or two 10 pound dumbbells (female), and does two laps around 1st Cone and 2nd Cone, then two laps around 1st Cone and 3rd Cone, then two laps around 1st Cone and 4th Cone, then sprints to the finish line!

Station #4: Speed Ladder



Athlete runs through ladder touching right foot-only one time in right squares, and left foot-only once in left squares (like the tire runs of the past!). If you miss a square you start over!