

TEZPUR UNIVERSITY MENTAL TASK FORCE AND SPORTS OFFICE

PRESENT

TU ONLINE FITNESS CHALLENGE

This is notified to all the students of Tezpur University that as University is close for students due to Covid-19 pandemic so to promote physical fitness and awareness for personal health Tezpur University Mental Task force and Sports Office will organize online Fitness Challenge. Students can participate through registration on google classroom attached along with this notice and upload the physical challenge video in classroom page.

Rules of the Fitness Challenge:

1. **Eligibility for participation:** All the presently enrolled students of the university can participate in this challenge.
2. **Total number of Challenge are:**
 - i) Flat Push-ups (Male)
 - ii) Bent knee Push-ups (Female)
 - iii) Free weight Squatting (Male/Female)
 - iv) Knee band Sit-ups. (Male/Female)
 - v) 5 station Circuit Training (Male/Female)
 - a) Bend Elbow Jump Plank.
 - b) Front-back Jump squats.
 - c) Flat back leg raises.
 - d) Burpee
 - e) Flat push-ups.
3. **Registration:** Registration through google classroom with Name, Department, contact number and roll number.
4. **Prize Money:** For all the challenges, there will be separate prize money for 1st, 2nd & 3rd for both male and female.
5. **Submission of challenge video:** All the challenge video should be uploaded in the google classroom page code no.pg6yshh.
6. **Date of submission of the challenge:** From 26 May to 12 June 2020.
7. **Evaluation:** Only correct and proper video with timing clock will be taken for evaluation propose and decision of the evaluation committee will be final.

#TU FITNESS CHALLENGE:

HOW TO ENTER: TUF Challenge.

1. TUF Challenge is open to current Tezpur University students only and must be medically fit to participate. Your online Equinox account must be activated in order to enter and play.
2. TUF Challenge begins on 26 May 2020 to 12 June 2020.
3. You can sign up on google classroom or website, or by following the #TUF Challenge links and submitting the sign-up form.
4. Your first name/last initial, and your account profile picture will appear on the #TUF Challenge. You can't set an alias and/or change your profile picture to something non-identifying.

HOW TO PLAY:

1. #TUF Challenge starts May 26, 2020 and ends May 12, 2020.
2. All the challenge must take separate video and submit in the google classroom. All the video should be in MP4 format. While shooting video proper angle and visibility of the exercise should be considered. All the video should include a clock to check the time duration.
3. Earn your maximum points by completing 4 different types of challenges will declare an overall champion. Each challenge has 1st, 2nd and 3rd position holder separately.

Prizes:

1. Work hard and earn the most points. It's as simple as that.
 2. Grand Prize winner is selected through your video. You'll automatically earn prize for each Challenge and Overall Challenge.
 3. All winners will be notified by email. Prizes must be claimed within 48hrs. We may ask you to submit PFMS forms and bank details.
 4. So, what are you fighting for?
- **Prize 1:** 1500/- plus certificate.
 - **Prize 2:** 1000/- plus Certificate
 - **Prize 3:** 500/-- plus Certificate
 - **Overall Prize:** Championship T-shirt with Trophy.
 - **All the participate students will get certificate from the University.**

Sd/-

R.R Singh

ADPE, T.U



T.U Online Fitness Challenge Challenge details

The Challenge are as follows:

- Flat Push-up (Men)
- Bend knee Push-up (Women)
- Squatting (Men/Women)
- Circuit training exercise (M/W)
- Bend knee sit up (M/W)

1. Flat Push-up (Men)

At the first position with only the hands and the toes touching the floor in the starting position with palm facing towards the ground. Lower the chest down towards the floor, always to the same level each time, either till your elbows are at right angles and put one object in front of the forehead like round shape corn or any other object to touch the corn each time for counting of repetitions.

Duration: 1 min. and 30 sec.

Scoring: Maximum number of push-up in 1 min. 30 sec. with proper technique will be consider for scoring of mark.

2. Bent knee Push-up (Women)

To do this, kneel on the floor, hands on either side of the chest and keep your back straight. Do as many push-ups as possible until exhaustion. Count the total number of push-ups performed.

Duration: 1min.

Scoring: Maximum number of push-up in 1 min. with proper technique will be considered for scoring of the mark.

4. Squatting Challenge (Men/Women)

Stand with your feet just wider than shoulder width, toes turned slightly out. Bend your elbows and keep your hands in front of your chest. Keeping your back neutral, chest up, core braced, and weight in your heels, sit back and bend your knees until thighs are just below parallel to the floor. Pause, then rise to the starting position.

Scoring: Maximum numbers of squat in 2 minutes time with proper technique will declared the winner.

5. Bend Knee sit-ups. (Men/women)

Equipment required: Yoga mat and stopwatch.

Duration :2 min.

Procedure: In the starting position lying on your back with your knees bent and feet flat on the floor. The arms are folded across and the chest and must always maintain no gap between the forearms and the chest. A second person is permitted to hold the lower legs or ankles or hook the ankle in any object. On the command go start the crunch by raising your upper body forward until the elbow or forearms touch the thighs, and then lower the torso until the shoulder blades touch the ground. This is one complete one sit up.

Scoring: The maximum number of correctly performed sit-ups should be recorded with time clock. For every crunch, consider as one count and a maximum number of repetitions with correct position will be declared the winner.

6. Circuit Training for 5 station. (Men/Women)

1st Station Exercise---Bent elbow jump plank (20 repetition)

2nd Station Exercise—Front and back jump squat. (20 repetition)

3rd Station Exercise---Flat back leg raise (20 repetition)

4th Station Exercise---Burpee (20 repetition)

5th Station Exercise---Flat Push-ups (20 repetition)

All the 5th exercise should be performed continuously without break.

#1st Station Exercise---Bent elbow jump plank (20 repetition)

At first go down on the floor and keep the body position in plank position with elbow kneel on the floor and stretch out your feet behind. Then at the count start jump your feet up, bring your knees in underneath your chest and aim to land your feet and straighten your legs out behind you to land in the starting plank position will count as one. Pause here for a while, jumps out movement for continue up to twenty (20) repetition.

#2nd Station Exercise—Front and back jump squat. (20 repetition)

In first position bring your feet a wider same as your shoulder-width apart. Toes are pointed forward. Go to regular squat sitting position and put the hands behind your neck. You're going to shoot those hips back, keep the weight loaded in your heels. Push your weight all the way back. Then go drive through those legs and jump all the way in front and back continuously for 20 repetition of jumps. (One up and down will count as one set)

3rd Station Exercise---Flat back leg raise (20 repetition)

First lie on a mat on the floor, face up, legs extended. Place your hands underneath your lower back and glutes so your pelvis is supported. Begin to raise your legs toward the ceiling (upward direction) until the angle of 90 degrees from the floor. Pressing your thighs together and keeping the legs straight and then lower back down and repeat for 20 repetitions.

4th Station Exercise---Burpee (20 repetition)

First Stand your feet shoulder-width apart, hold your arms at your sides and stand with your knees straight. Bend at your hips and knees to lower yourself into squatting position. Keep your back straight and your arm close to your body. Place your hands on the floor in front of you. Hold your arms out straight, but don't lock out your elbows. Jump both feet back behind you at the same time and position them about shoulder-width apart. Keep your hands planted firmly on the ground to support your body. Lower your chest all the way down to the floor in push-ups position. Press up with your arms and jump your feet upward. All this process will count as one count and continue till 20 repetitions for this challenge.

5th Station Exercise---Flat Push-ups (20 repetition)

Same exercise as on sl.no 1. For both boys and girls.

Scoring: Minimum time taken in all the 5 exercises with proper technique will declare the winner of the challenge.

Important note: All the challenge have to submit MP4 video format only.

For any quarry contact Mr. R.R Singh, ADPE, T.U

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Sd/-

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