

The Individual Fitness Challenge & Team Fitness Challenge are optional events and will not affect the team point average.

All registered personnel are eligible to participate in the Individual Fitness Challenge. The Team Fitness Challenge will consist of three (3) team members chosen at the discretion of the team leader. This challenge is comprised of three elements: (1) Flexibility, (2) Upper Body Strength and (3) Lower Body Strength as described below. The winners of these events will be required to complete a combination of these three elements which will be measured and computed for final scores.

Upper Body Strength

The participant will sit on the machine and the seat will be adjusted so the chest press handles are at chest level. The press arm will be moved forward until the upper arms and shoulders form a straight line. The weight pin will be set in the selector shaft and the dynamometer will be reset to zero. The participant will then press the press arm with as much force as possible for 3 to 5 seconds. The number will be recorded. The dynamometer will be reset and the process will be repeated. Two numbers will be averaged together for the final test score.



TESTING CONDUCTED BY:

Mr. David Eaves
(Mid Florida Fitness Distributors, Inc.)
and
Corporal Patrick Reilly
(Orange County Sheriff's Office Wellness Coordinator)

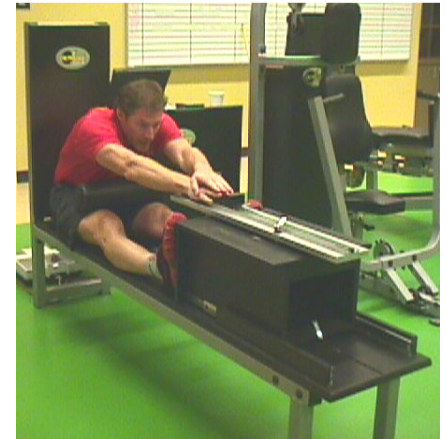
INDIVIDUAL FITNESS CHALLENGE AND TEAM FITNESS CHALLENGE

"Optional Individual & Team Event"

**Testing will be conducted
Monday through Thursday
at the OCSO Range**

Flexibility – Modified Sit & Reach

The participant will be required to sit on the machine with back, hips and head against the rear support on the machine. The foot platform will be slid up to the feet of the participant and locked into place. The pad on top of the thighs will be lowered and locked into place. For the starting position, one hand will be on top of the other, with arms forward as far as possible without moving the head or back from the rear support. The slide indicator will then touch the participant's fingertips. The participant will then lean forward and push the slide indicator as far as possible. The score will be recorded. This process will then be repeated. Two scores are then averaged for the final test score.



Lower Body Strength

The participant will execute a supine leg press with his/her shoulders securely positioned on the shoulder pads and feet securely positioned on the foot platform. The hip/leg angle will be adjusted to approximately 100 degrees. The participant will then press the foot platform with as much force as possible for 3 to 5 seconds. The number will be recorded. The dynamometer will be reset to zero and the process will be repeated. Two numbers will be averaged for the final test score.

Mid Florida Fitness Distributors, Inc.

is the developer of

**"The Program" Fitness Diagnostic System
and**

The Firesled Firefighter Fitness Trainer

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