

# Fit Enough Challenge Fun & Games Edition

Published 10/18/2024 by **Mahsa Hajir**

**Date:** Wed. Nov. 6, 2024  
**Event Time:** 4:30-7:30pm  
**Location:** King Campus Gymnasium  
**Registration Deadline:** Wed. Oct. 30  
**Limited Spots Available**  
**Registration Link:** <https://forms.office.com/r/D5qn10yTeg>

**Countdown to the Challenge:**  
Registration Deadline: **Wed. Oct. 30**  
Registered participants will receive an email, **Thu. Oct. 31** to confirm their challenge attendance  
Participants must RSVP by **Sun. Nov. 3**  
The first 18 participants to confirm attendance will secure a spot and be notified by email **Mon. Nov. 4**  
Remaining participants will be placed on a wait list and notified by email **Mon. Nov. 4**  
Challenge Date: **Wed. Nov. 6**

**Transportation:**

- Transportation to King will be provided from Newnham, Markham, and Seneca@York, **departing at 3:30pm** (participants must arrive at 3:20pm to check in prior to departure)
- Transportation will be provided back to Newnham and Seneca@York, departing at 7:30pm

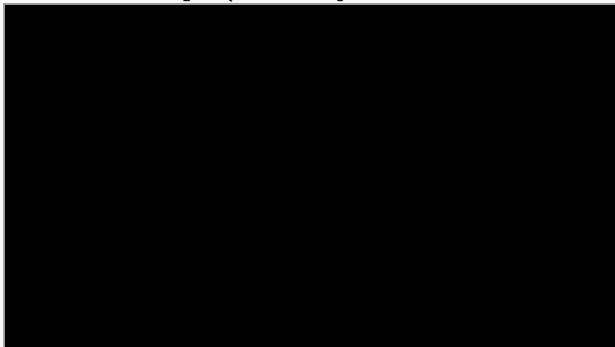
**Challenge Description:**

- Participants compete to finish 4 physical challenges and 2 skill challenges in each event; there are two events
- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> best finish times in each event will receive a Fit Enough Champion T-Shirt
- There are modified versions of the Box Flip, Box Jump, Push Up and Sandbag Carry for male and female strength differences
- Refreshments will be provided throughout the event and Subway sandwiches afterward when the winners are announced

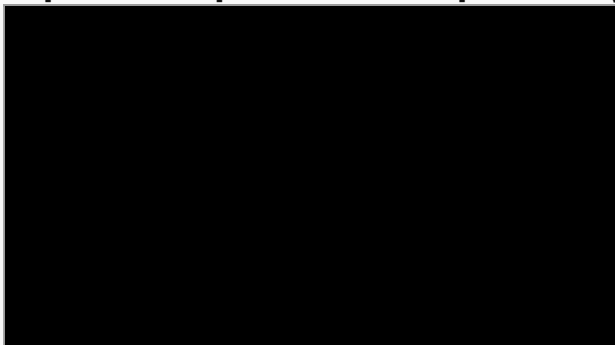
**Challenge Order**

## Event 1:

### Box Jump (15 reps - females 20 inches and males 24 inches)

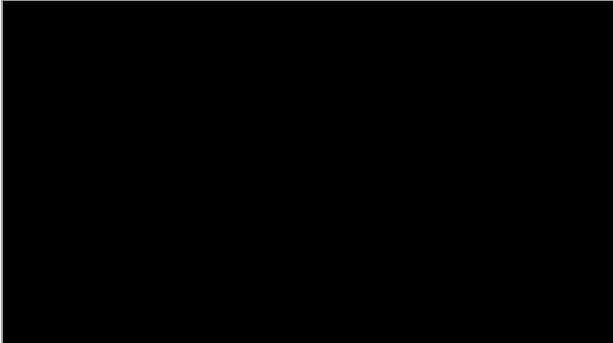


### Box Flip (females 16 reps:8 flips out/8 flips back and males 20 reps: 10 flips out/10 flips back)

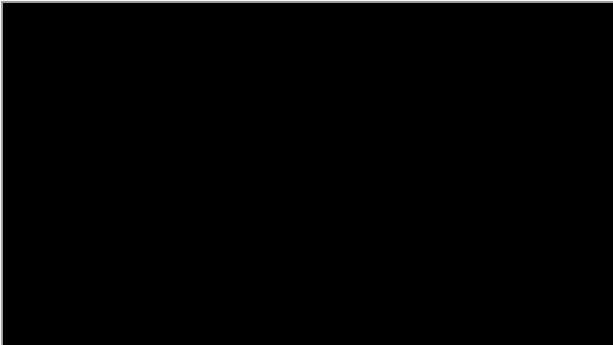


**Hit the Wicket (with a ball, 1 time)**

**Jump Rope (100 singles or 50 double-unders)**



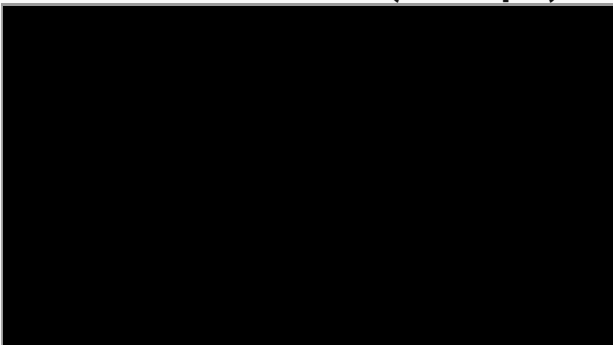
**Push Up (30 reps - females from knees and males from toes)**



**Bean Bag Toss (toss 3 bags in the hole)**

**Event 2:**

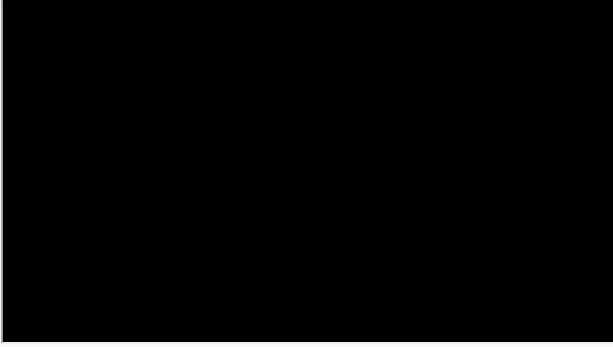
**Hurdle Over Under (10 reps)**



Sandbag Carry (5 reps - distance of 100 ft and back= 1 rep/ females 20lbs and males 30lbs)

**Giant Puzzle (15-piece puzzle)**

# High Knee Run (100 reps)



# Full Sit Up (15 reps)



**Challenge Order:**

**EVENT 1**

1. **Box Jump** (15 reps - females 20 inches and males 24 inches)
2. **Box Flip** (females 16 reps: 8 flips out/8 flips back and males 20 reps: 10 flips out/10 flips back)
3. **Hit the Wicket** (1 time)
4. **Jump Rope** (100 singles or 50 double-unders)
5. **Push Up** (30 reps - females from knees and males from toes)
6. **Bean Bag Toss** (toss 3 bags in the hole)

**EVENT 2**

1. **Hurdle Over Under** (10 reps)
2. **Sandbag Carry** (5 reps - distance of 100 feet and back = 1 rep / females 20lbs and males 30lbs)
3. **Giant Puzzle** (15-piece puzzle)
4. **High Knee Run** (100 reps)
5. **Full Sit Up** (15 reps)
6. **Free Throw** (1)

**TRANSPORTATION TO KING - Uber**

*\*Please arrive 10 minutes prior to departure time to check in.*

**PICK UP Locations & Times**

Campus	Location	Check In Time	Departure Time
Seneca@York	70 The Pond Rd. North York (Stephen E. Quinlan Building Entrance)	3:20pm	3:30pm
Newnham	1760 Finch Ave E, North York (Seneca Residence Entrance/Lobby)	3:20pm	3:30pm
Markham	8 The Seneca Way (Main Entrance)	3:20pm	3:30pm

**DROP OFF Location & Time**

King	13990 Dufferin St., King City (Magna Hall - Main Entrance)	4:20pm
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**TRANSPORTATION BACK TO SENECA@YORK & NEWNHAM – Uber**

**PICK UP Location & Time**

King	13990 Dufferin St., King City (Magna Hall - Main Entrance)	7:30pm
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**DROP OFF Locations & Times**

Newnham	1760 Finch Ave E, North York (Seneca Residence/Lobby)	8:00pm
Seneca@York	70 The Pond Rd. North York (Stephen E. Quinlan Building Entrance)	8:00pm