

# 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

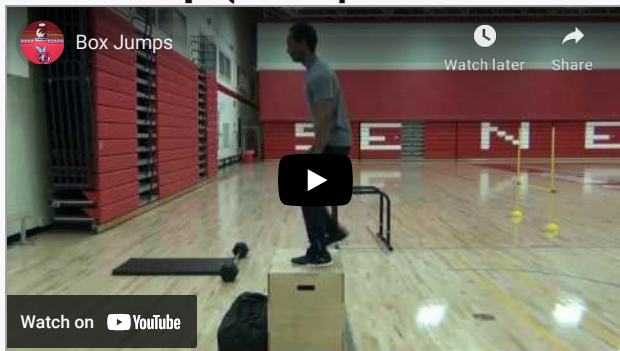
## Challenge Description:

- 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

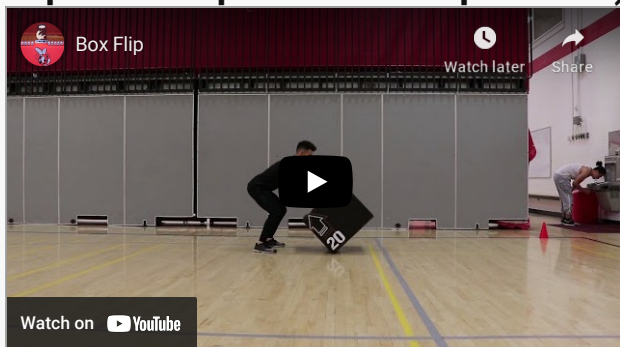
## Challenge Order

## 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)

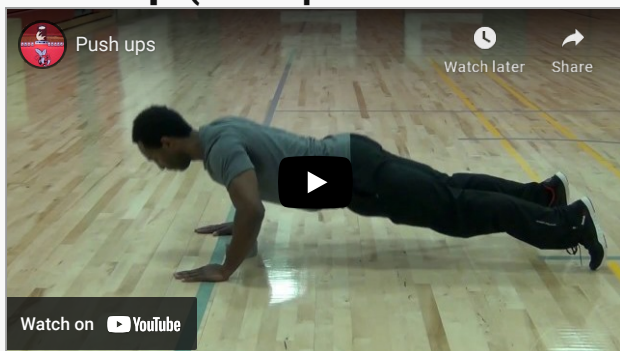


**Hit the Wicket (with a ball, 1 time)**

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



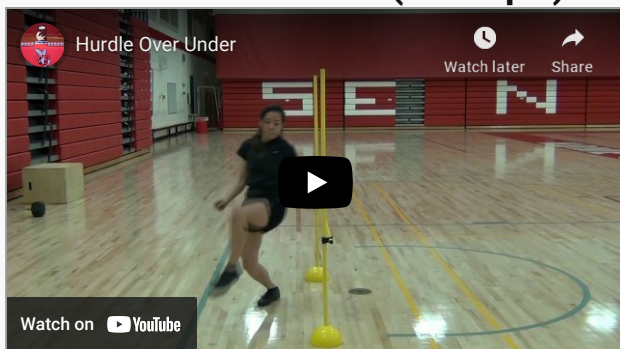
**Push Up (30 reps - females from knees and males from toes)**



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

**Event 2:**

**Hurdle Over Under (10 reps)**



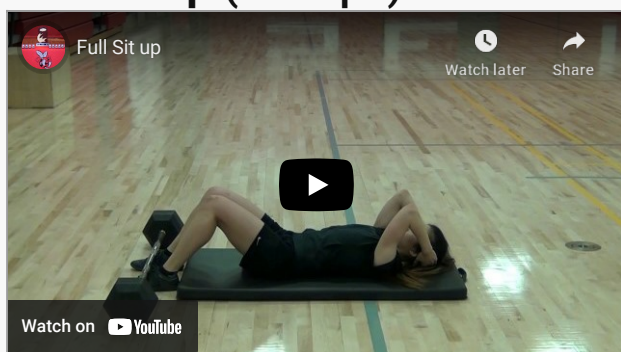
Sandbag Carry (5 reps - distance of 100 ft and back= 1 rep/ females 20lbs and males 30lbs)

**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
------	---	--------

### TRANSPORTATION BACK TO SENECA@YORK & NEWNHAM – Uber

#### PICK UP Location & Time

King	13990 Dufferin St., King City (Magna Hall - Main Entrance)	7:30pm
------	---	--------

#### 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