



GROUP 3
(14-11 Yrs)

FITNESS CHALLENGE EXTRAVAGANZA

RULES AND GUIDELINES

Are you ready to push your physical limits and embark on a journey to a fitter, healthier you? Participate in our competition and showcase your strength, endurance, and agility through a series of challenging exercises and yoga poses.

Here's what you need to know:

1. Prepare yourself for a variety of physical activities and exercises that will put your fitness to the test. From cardio to strength training, participants will engage in a range of workouts designed to challenge their bodies and improve overall fitness levels.
2. In addition to exercises, participants will also be introduced to various yoga poses that promote flexibility, balance, and mind-body connection. Embrace the power of yoga to enhance your fitness journey.
3. The Fitness Challenge Extravaganza will run for a specified duration, allowing participants to track their progress and strive towards their fitness goals. Winners will be determined based on the highest overall improvement in fitness levels or the successful completion of designated fitness milestones.
4. Get ready to give it your all and push yourself to new heights. This competition is an opportunity to challenge yourself, discover your limits, and strive for a healthier, fitter version of yourself.

Please note that the duration of the challenge will be communicated during the competition. It will provide ample time for participants to work on their fitness goals and demonstrate their progress.

Good luck, and may the Fitness Challenge Extravaganza inspire you to reach new heights of fitness and wellness!