

# CATEGORIES

Registration starts @ INR 250/-

## WHICH CATEGORY YOU NEED?

### 1. Team of 2 (Male-Male / Male-Female)

Pushups - 60  
Negative Lying Leg raises - 30  
Situps - 60  
Dumbbell front raise - 60  
Russian twist - 60  
Lunges - 30  
Plank(5 min)

### 3. Female

Lunges (10lbs/5kg) - 10  
Pushups - 10  
Sit ups -25  
Overhead dumbbell press  
(10 lbs / 5 kg)- 50  
Lying Leg raise - 25  
Kettlebell swings (10kg) - 15  
Reverse crunches - 15

### 2. Team of 2 (Female-Female)

30Pushups - 30  
Negative Lying Leg raises - 30  
Situps - 60  
Dumbbell front raise - 60  
Russian twist 30  
Lunges - 30  
Plank(5 min )

### 4. Male

Pullups - 5  
Low squats - 15  
Knees to elbows - 10  
Lunges(25lbs) - 15  
Pushups - 50  
Dumbbell front raise  
(10lbs/ 5kg) - 50  
Kettlebell swings - 25  
back extension - 15



The participants of 'TEAM OF 2' can share the workout counts in the ratio 50:50 or to the extent of 70:30

Example: Both member can do 30 pushups each or 42 by one member and 18 by other member.



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"YOU CAN HAVE  
EXCUSES  
OR RESULT  
NOT BOTH"

Category  
Male/ Female / Team of 2

REGISTRATION ENDS  
26 FEB 2023