

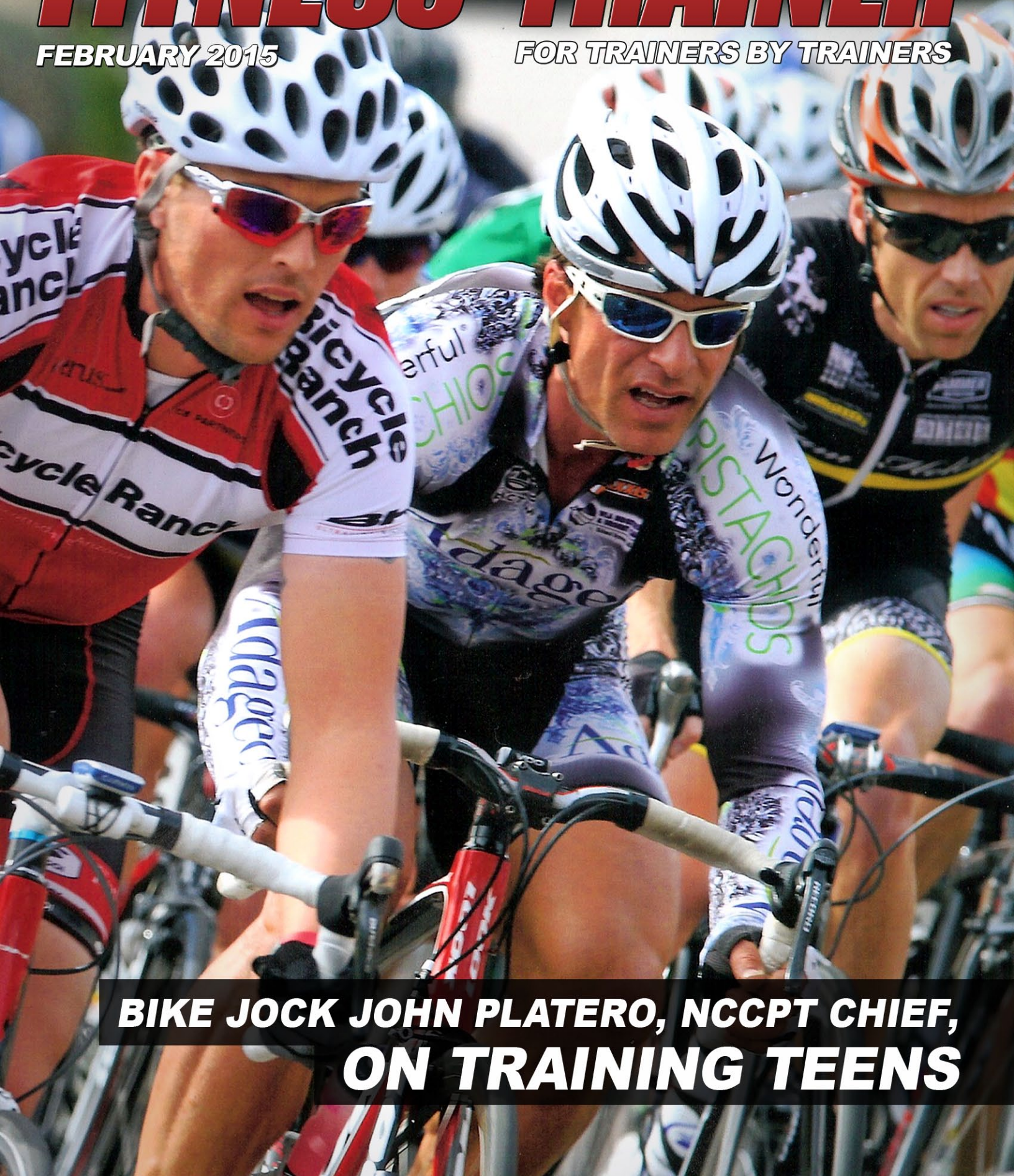
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# **FITNESS TRAINER™**

**FEBRUARY 2015**

**FOR TRAINERS BY TRAINERS**



**BIKE JOCK JOHN PLATERO, NCCPT CHIEF,  
ON TRAINING TEENS**





# teen titans

**Despite the harsh winter, a record number of student-athletes competed at the 2014 Ultimate Teen Challenge at the Arnold Sports Festival. BY KELLY HALBROCK**

The Arnold Sports Festival (ASF) is known for being the largest multisport event in the world. It's also famous for being held every year in Columbus, Ohio, at a time when winter is still threatening with cold and snow.

The ASF was held this year between February 27 and March 2, and this was a brutal winter, to be sure. All weekend, a giant snowstorm threatened the Ohio Valley and beyond. Despite this, the Ultimate Teen Challenge (UTC) had a record number of attendants at this year's ASF. Sponsored by Dymatize Nutrition and Marked Nutrition, the 2014 UTC also had sports celebrities—including U.S. Gold Medalist Kurt Angle, NFL Hall of Famer Lynn Swann, and Dymatize athletes Andy Haman and Erin Stern—on hand to inspire these great student-athletes to do their best and continue living a healthy, athletic lifestyle.

Here are the events that these teens had to tackle in both the individual and team competitions.



## individual events

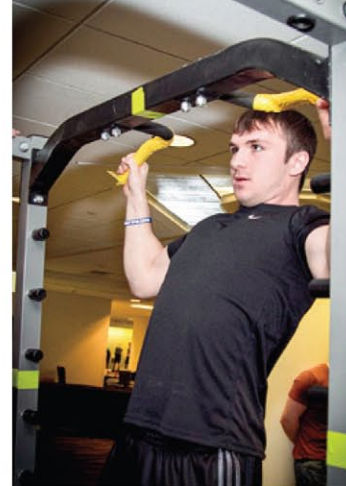
■ **The Dymatize Bench Press** Each teen had one minute to do as many complete bench presses as possible. The amount of weight on the bench was calculated based on 70% (give or take within 5-lb increments) of the teen's body weight. Each teen's count was totaled toward his or her score.

■ **The Weighted Sled Push** Weights based on 150% of the athlete's body weight were added to a butcher sled. At the whistle blow, each teen pushed the sled down a 30-ft course via the low grips. After the sled fully passed a marked line, the student moved the weight with the high grips on the opposite side of the sled and pushed it back down the 30-ft course until crossing the finish line. Each athlete's time was calculated toward his or her total score.

■ **Pullup** Each athlete had one minute to complete as many pullups as possible using his or her own body weight. Competitors could use either an underhand or overhand grip, or a combination of the two. They were allowed to start and stop as many times as needed, but had only one minute to do as many pullups as possible. (A complete pullup is when the competitor's chin is lifted above the bar on the upward movement and the entire head is below the bar on the downward movement.) Only complete pullups were counted toward the competitor's score.

■ **The Tire Flip** Each teen had to precisely flip a 120-lb truck tire up and back a 30-ft course. Each teen's time was calculated toward his or her total score. The full tire had to cross the marked finish line in each direction. The tire and/or athlete could not move into a rival competitor's lane.

■ **The Marked Cross-Training Circuit** Each teen had to complete a three-exercise circuit testing strength, agility and cardio elements. Competitors began by doing 5 pushups and then had to grab two tactical sandbags based on their body weight. They carried the sandbags to each station, dropped them, completed the station and picked them up again before moving on. At the next station, they had to complete 20 box jumps. Finally, they had to race to the last station to perform 15 triceps dips. They ran the sandbag route once more and sprinted to the finish line. Each teen's total time was calculated toward his or her total score. If any athlete was unable to complete any section, he/she was penalized with a time deduction.



## team events

■ **Tire-Flip Relay Competition** Each team had to precisely flip a 120-lb truck tire up and back a 30-foot course. Teammates would take turns flipping the tire down the course, cross the full tire over the end line, and then their teammate would flip it back. Each team's time was calculated toward their total score.

■ **Relay Run** One teammate started by doing 5 pullups with correct form. Upon finishing the pullups, he or she jumped on a teammate's back and raced to the other end of the course. That teammate then performed 10 pushups with correct form, while his or her teammate waited in plank position. They then grabbed that teammate's legs and wheelbarrowed them down the course until both teammates crossed the finish line. Each team's time was calculated toward their total score.

■ **The Soitec Power Plus 2 Dueling Bench Press** Members of each team worked together in sets of two to complete as many reps as possible in a one-minute time period. The amount of weight on the machine was calculated at 70% of the combined weight of the two team members, rounded to the nearest 5-lb increment. Strict form was enforced for the safety of the competitors and to promote a fair competition. The final count of each pair was tallied toward the team's total score.



## SCHOLARSHIPS

The top-winning male and female athletes were awarded a \$1,000 college scholarship.