



PILATES CHALLENGE

3349 5733

Hibiscus Sports Complex, 90 Klumpp Rd, Upper Mt Gravatt, Qld 4122

Entry Details:

- Testing to be done in class, test days may be arranged
- Can be timed / tested up to 3 times
- All final entries have to be completed before 15th Dec 2014
- Prizes for best (longest) time for each exercise for male and female
- Increment prizes at 1, 2 and 3 minutes

Requirements:

- Prone Bridge (Plank)
 - Back horizontal
 - No moving
 - Neck in neutral
 - No shoulder protraction or retraction
 - Feet no wider than hip width
 - 1 warning for back posture
 - 1 warning for other corrections
- Wall squat
 - 90 degree bend at the knee
 - 90 degree bend at the hip
 - No moving
 - No use of hands on legs
 - Back straight, head up
 - 1 warning for corrections
- Posture pole balance
 - Table top
 - Back neutral
 - No use of pillow, will allow towel for head if needed
 - Time finishes when you touch the ground
 - 1 warning for corrections

Prizes:

- Prone Bridge
 - Flowin Set (mat and pads)
 - 2x 60 minute Remedial Massage Vouchers
- Wall Squat
 - Physio Exercise Ball
 - 2x 60 minute Remedial Massage Vouchers
- Posture Pole Balance
 - Posture Poll
 - 2x 60 minute Remedial Massage Vouchers
- Increments
 - 30 sec posture pole only: Ace T-shirt (sizes may vary, while stocks last)
 - 1 minute: 1x 30 minute Remedial Massage Voucher
 - 2 minutes: 1x 60 minute Remedial Massage Voucher
 - 3 minutes: 2x 60 minute Remedial Massage Voucher
 - If no prize already received then a combined time prize >1min: 1x 30 minute Remedial Massage Voucher