

CALLING ALL ATHLETES!

SHOWCASE YOUR FITNESS ABILITIES

SIGN UP HERE → **SIGN UP SHEET**

Live competition and award ceremony on May 19, 2022

PRIZES AWARDED!



**All proceeds go to Edward J. Lewis II Lawyers in the
Classroom Program**

BROUGHT TO YOU BY:



CLIFFORD LAW OFFICES® KIRKLAND & ELLIS

ATHLETE INFORMATION



1) OUR ATTORNEY-ATHLETES WILL BE COMPLETING THE PRESIDENTIAL FITNESS TEST!

PRESIDENTIAL FITNESS TEST

- **PUSH-UPS**
- **SIT-UPS**
- **PULL-UPS**
- **STANDING SQUAT PRESS**
- **LATERAL CONES**
- **FREE THROW CONTEST**
- **MYSTERY EVENT**

2) ALL ATTORNEY-ATHLETES WILL HAVE POST-GAME INTERVIEWS

3) PRIZES WILL INCLUDE CUBS TICKETS, PERSONAL TRAINING FROM HUSTLE FITNESS, AND MORE!

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**MEDIA
AND CIVIC
EDUCATION,
INC.**



COMPETITION RULES



COMPETITORS WILL COMPLETE THE 6 EVENTS LISTED BELOW IN ANY SEQUENCE AND VOLUNTEERS WILL RECORD THEIR SCORES

Push-ups

- Highest raw score wins
- 60 seconds to complete as many push-ups as possible
- The chest must touch an object on the floor
- Only the participant's palms and toes may touch the ground during the event

Sit-ups

- Highest raw score wins
- 60 seconds to complete as many sit-ups as possible
- Participants shoulders must touch the ground and then come back up to the point that their elbows touch their knees
- Participants cannot pull themselves up with their arms at any time during the event

Pull-ups

- Highest raw score wins
- 60 seconds to complete as many pull-ups as possible
- Participants will start with arms locked out and the pull-up until their chin rises over the top of the bar without any lower body assistance and then return to a locked out position
- Participants may not touch the ground or remove their hands from the bar

Standing Squat Press

- Highest raw score wins
- 60 seconds to complete as many standing squat presses as possible
- Participants start in an upright standing position, symmetrically lowers thier body so the thighs are at least parallel to the floor and returns to standing position with their knees completely extended
- Participants cannot use their arms or body momentum for assistace

Lateral Cones

- Highest raw score wins
- 60 seconds to complete as many cone touches as possible
- Two cones will be placed ten feet apart. The participant will begin the event next to one cone with the opposite hand touching the top of it
- A repetition only counts if the participant moves in a lateral shuffle to touch the top of one cone with their opposite hand

Free Throw Contest

- Two practice attempts are given before the start of qualifying. Once ready to start participants inform the checker
- The count will begin when the first free throw is made
- Free throws must be attempted from behind the free throw line (15 feet) and inside the circle
- A free throw is considered out when it touches any support or standard above the backboard or rim

THE MOST FIT LAWYER



COMPETITION



THANK YOU TO OUR EVENT SPONSORS!



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