



Symbiosis International University

Presents

Mr. & Ms. SYMBI FIT

2014 - 15



Date	Round	Test	Venue	Timing	
				Morning	Evening
06/01/2015	1st	Body Composition Flexibility Aerobic Fitness Muscular Endurance Muscular Strength	All 10 RWC	07.00 am – 10.00 am	04.00 pm – 09.00 pm
07/01/2015			All 10 RWC	07.00 am – 10.00 am	04.00 pm – 09.00 pm
08/01/2015			All 10 RWC	07.00 am – 10.00 am	04.00 pm – 09.00 pm
09/01/2015		Results of 1st Round			
15/01/2015 (Evening)	2nd	Farmers Walk Obstacle Race Tyre Flip	Lavale Hill top	05.00 pm – 09.00 pm	
16/01/2015 (Evening)	3rd	Line-up of Semi-finalist Catwalk 1min. Free Style Question round for Crown	Auditorium, Lavale Hill Top Campus	05.00 pm – 07.00 pm	

Campus	Contact
RWC/SB Road	+917720032537
RWC/SIMS	+917774036874
RWC/SIC	+917774036873
RWC/Viman Nagar-new	+917720032572
RWC/Viman Nagar	+917774036876
RWC/SIT	+917774036872
RWC/Lavale-up	+917774036871
RWC/Nashik	+919423173400
RWC/Blore	+917022043267
RWC/Noida	+919650477117

Contest Details

Test/Contest	Description
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1st Round: General Fitness

Body Composition	
Body Weight	Weight in kg
Body Height	Height in cm
Body Mass Index (BMI)	Measurement of BMI
Body Fat	Measurement of Body Fat%

Aerobic Fitness	
3 min. Step Test	Measurement of Cardiovascular Endurance

Muscular Endurance	
Push up test	No. of push ups in 1 min.
Sit Up Test	No. of sit ups in 1 min.
Squat Test	No. of squats in 1 min.

Muscular Strength	
1-RM Bench Press	The max. amount of weight can lift in a single repetition of Bench press
1-RM Leg Press	The max. amount of weight can lift in a single repetition of Leg press

Flexibility	
Sit & Reach	Measurement of lower back & hamstring flexibility

2nd Round: Outdoor Fitness

Farmers Walk	Max. walking distance without dropping weight
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Obstacle Race	300m obstacle race (six obstacles - rope ladder, slope wall with rope, crawling, wall jump, hanging walk & espalier)
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Tyre Flip	40m Tyre flip (boys-tractor tyre, girls-truck tyre)
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3rd Round: Physique & Personality

Catwalk in Sports Outfit	To show physique
1min. Free Style activity / Routine	e.g. dance, gymnastics, cheer, aerobics, fitness and/or other displays of exceptional athletic talent

Final Round: For Crown

Question round for Crown	1 question for each finalist from Judge panel
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Selection Procedure

Round	No. of contestant		No. of contestant to be selected	
	Boys	Girls	Boys	Girls
1st	Open to all	Open to all	50	50
2nd	50	50	10	10
3rd	10	10	3	3
Final	3	3	1	1

Venue

Round	Symbiosis Campus	Venue
1st	1. Senapati Bapat Rd.	RWC/SbRd
	2. Kirkee, Atur centre	RWC/SIMS
	3. Viman Nagar	RWC/Vngr
	4. Hinjewadi	RWC/SIC
	5. Lavale Hill Base	RWC/SIT
	6. Lavale Hill top	RWC/Lavale-up
	7. Nashik	RWC/Nashik
	8. Bangalore	RWC/Blore
	9. Noida	RWC/Noida
	10. Viman nagar-new	RWC/Vngr-new
2nd	All campuses	Cricket Ground, Lavale Hill top
3rd & Final	All campuses	Auditorium, Lavale Hill top

Dress Code

Round	Dress Code
Round	Dress Code
1st	Sports Outfit
2nd	Sports Outfit
3rd	Sports Outfit (for best physique)
Final	Formal Wear

General Rules

- Open for bonafide students of institute & must carry Id Card
- Age: 18+ years
- Reporting Time for 2nd Round: 10:00am, 15.01.15 at RWC / Lavale-up, Symbiosis Lavale campus
- Practice Session of 2nd Round: 10:30am, 15.01.15 at Cricket Ground, Lavale Hill Top Campus.
- Accommodation & Food: Free for 2nd & 3rd round contestants of 15.01.15 (lunch/dinner) and 16.01.15 (b/f & lunch)
- Transportation: Organizer will provide Transportation from Symbiosis Senapati Bapat Rd to Lavale Hill top Campus (free) 15.01.15, 09.00 am
- It's mandatory for contestants of 2nd Round to stay at Lavale

