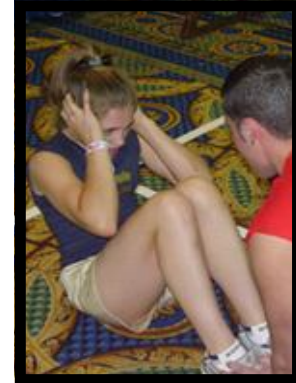


# YOUTH PHYSICAL FITNESS CHAMPIONSHIP!



FRIDAY AUGUST 21st - 5:00 PM  
The Pittsburgh Hilton, Downtown

**60 SECONDS - MAX REPS... It'S SIMPI E**

Test Your Skill s!

1. PUSH UPS
2. CHIN UPS
3. SIT UPS
4. JUMP ROPE

You may enter one or all above categories



Friday August 21st 5:00 PM  
pre-register and compete for Free

High School Division 14-17  
Middle School Division 10-13  
Elementary Division 9-under  
\*Boys & Girls Separate Divisions

- Consumer Expo
- 1000 Athletes
- 15 Championships
- 10,000 Fans
- 100 Exhibitors
- Celebrity Guests
- Fitness Experts

*We welcome entire teams, scout troops, youth groups, and more to participate. The Challenge, is a non-profit program paving the way for active lifestyles!*

**Pre-Register** to reserve a spot to compete! Space is limited: First come, first serve basis! Competition and expo admission is **FREE** to pre-registered youth only.

**Download entry: [www.kidzchallenge.com](http://www.kidzchallenge.com)**

[www.pghfitness.com](http://www.pghfitness.com) or [www.kidzchallenge.com](http://www.kidzchallenge.com)

