



West Fittest Farmer 2023

ELEGIBILITY:

The Competition is open to full bona fide members of any Young Farmers Club affiliated to the Scottish Association of Young Farmers Clubs.

Male, Female. Junior (19 years and under) and Senior (up to 30 years) sections

RULES:

1. There will be 3 workouts; Power, Endurance & Strength; all to be completed on Sunday 30th July at Park Farm.
2. Workouts must be completed individually with no assistance/spotting with weight.
3. Chalk can be used for hands but no lifting straps will be allowed.
4. Weight lifting belts can be used if required.
5. Workout standards must be adhered to (these will accompany the workouts when they are released and will detail how each exercise should be completed to be deemed a success. The judges decision is final about whether each rep of an exercise counts.
6. Programmed weights/distances/reps must be achieved. No allowances will be made on the day so make sure you try the workouts/weights beforehand and are confident you can complete them.
7. Workouts must be completed in the order they have been written/intended.
8. Competitors are responsible for their on warm up/cool down and appropriate hydration/fuelling on the day.

The competition will take place on Sunday 30th July at The Park Farm, East Kilbride.

Entry Deadline is Friday 21st July 2023

Entry Cost: £15 (clubs will be invoiced)