

PASADENA SENIOR GAMES 2026

HOSTED BY



Competition Schedule

Fitness Challenge Commissioner: Carolyn Zorn

Saturday, June 20

12:30 p.m. — Check-In Opens

1:00 p.m. — Competition Begins

Competition Details

- Competitors visit six stations in sequence to complete the Challenge.
- Stations are: Preacher Bench Bicep Curl, 2lb Jump Rope, Overhead Dumbbell Press, Sit-Ups, Push-Ups, and Squats.
- Rules are posted at www.PasadenaSeniorCenter.org/Senior-Games or are available by calling the Pasadena Senior Games office at (626) 685-6755.
- Final score is based on a cumulative point total calculated from completions at each station. Medals will not be awarded per station, only by overall point total.
- Medals are awarded for the top three by age group for Men and Women.

REGISTRATION

Fitness Challenge fee is \$10, plus one-time \$45 Athlete Registration fee.

Deadline to register for Fitness Challenge is June 13. Late registration not accepted.

VENUE

Pasadena Senior Center
85 E Holly Street
Pasadena, CA 91103
Validated parking is available at
171 N Raymond Ave.

#AGEWELL

(626) 685-6755

@PasadenaSeniorGames

✉ Sports@PasadenaSeniorCenter.org

🌐 www.PasadenaSeniorCenter.org/Senior-Games

📍 85 E Holly St, Pasadena CA 91103



PASADENA SENIOR GAMES FITNESS CHALLENGE

2026 RULES

Competitors will go through a sequence of six challenges to gain points as indicated below. Any challenge that the competitor chooses to opt out of will be scored as zero. The total score will be based on the accumulated number of reps/seconds at each station. Competitors will complete the circuit of six challenges once.

Medals will be awarded based on the cumulative points total for the top three finishers by age group & gender. Age groups: 50-59, 60-69, 70-79, 80+

Competition procedure

There will be a brief demonstration/explanation on each challenge and what is considered a completed rep prior to the start of the Fitness Challenge. If a rep is not performed properly that rep will not be counted, and the competitor will be told at that time that the rep will not count. Each challenge lasts one minute and there will be one minute between stations.

Challenges

1. Preacher bench biceps curl: One point for each completed curl performed in one minute.
Weights: Men: 50-59 = 25lbs/60-69 = 20lbs/70-79 = 15lbs/80+ = 10lbs
Women: 50-59 = 20lbs/60-69 = 15lbs/70-79 = 10lbs/80+ = 5lbs
2. Jump Rope: One point for each completed jump performed in one minute. 2lb jump ropes will be provided.
3. Dumb Bell Arm Press: One point for each completed press performed in one minute.
Weights: Men: 50-59 = 20lbs/60-69 = 15lbs/70-79 = 10lbs/80+ = 5lbs
Women: 50-59 = 15lbs/60-69 = 10lbs/70-79 = 5lbs/80+ = 2lbs
4. Sit-ups: One point for each completed sit-up (knees bent) performed in one minute.
5. Push-ups: One point for each completed push-up performed in one minute. Chest must touch the yoga block and arms must fully extended.
6. Squats: One point for each completed squat performed in one minute. Butt must touch the bench on the sit and legs must lockout on the stand. Squats are performed while holding a medicine ball as follows: Men = 10lb ball/ Women = 6lb ball.

For additional information or questions, please contact: **Carolyn Zorn** carolbfit@gmail.com
Senior Games Office 626-685-6755