

PHYSICAL FITNESS CIRCUIT

Civil Engineering Consortium (CEC) has organized physical fitness circuit event on **22nd November, 2017** in which 35 students participated and the participants are categorized in different weight categories

A physical fitness circuit consisting of the following circuit exercises

- Sprint – 100m
- Push-ups - 20
- Burpees – 20
- Plank- 1 minute

Weight class:

<65 kg

65-80 kg

80-95 kg

The participant with the least circuit timing of all the four exercises amongst all the weight classes will be awarded **Rs. 1000**.

The participant with the least circuit timing of all the four exercises amongst their respective weight classes will be awarded **Rs. 300**.

Winners- Abhishek, Shubham Singh and Aviral Saini

FACULTY COORDINATORS

STUDENTS COORDINATORS

SAURABH RAWAT AND ABHILASH
SHUKLA

CEC TEAM

