



WCCBM, IIBM AND DMTIMS

Utkansh

write your own story

**Dabangg
Personality**

(SPORTS)

27 MARCH 2023

DATE	ROOM NO.	TIME	REGISTRATION FEES	NO. OF PARTICIPANTS
27/03/2023	05 (ROUND 01) STAGE (FINAL)	09.00AM 01.00PM	Rs.750/-PER PARTICIPANT	01

RULES AND REGULATIONS

IT'S GAME OF STRENGTH AND MIND MUSCLE CONNECTION

This following are the list of events which will be held under this;

- Push-up challenge 4 variation (max push-ups in 1 min)
Crunches (maximum reps)**
- Barbel curl (maximum reps in 1min)**
- Plank (those who will last longer will be considered)**
- Dumbbel Burpees**

***Note- students will be selected under 'best of' criteria.**

CO-ORDINATORS

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