



**Special
Olympics**



SPECIAL OLYMPICS WISCONSIN

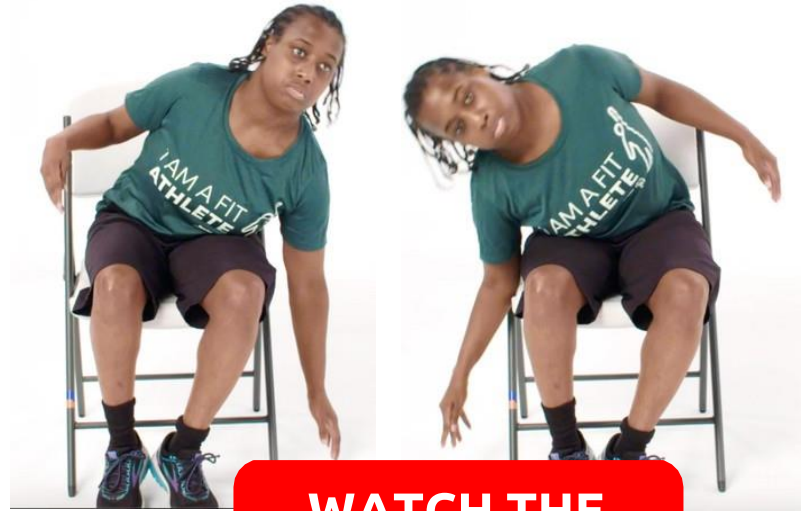
FITNESS COMPETITION

LEVEL 1 EXERCISES

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



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PROCEDURE AND SCORING

EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

SCORING: This process will repeat for 30 seconds, and the amount of successful total bend and ups to normal seated position will count toward the final score.

MODIFICATIONS

This exercise can be performed seated in a chair or in a wheelchair.

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands flat-footed with their legs shoulder-width apart.
2. Participant raises their arms laterally to a 90-degree angle (shoulder height) and holds that position. Their body should form a T-position.
3. Participant holds their arms at 90 degrees for as long as possible without dropping them below shoulder height.

NOTES:

1. Participant will receive one warning if they bring their arms above or below 90 degrees. If a participant is warned for a second time, the time will be stopped, and the score will be recorded.
2. Participant should not walk or move around when completing this exercise.
3. Focus on keeping participant's neck long and natural. Elevating the shoulders can cause neck tension if done improperly.
4. Dumbbells can be used to increase the difficulty of the exercise, but the test is designed to complete on body weight alone.

SCORING: The total amount of time to failure is counted as the final score. If the participant holds the exercise for more than 55 seconds, they have achieved the maximum score.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests and no wheels



WATCH THE
VIDEO HERE



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a standing position with arms at their sides.
2. Participant jumps up and spreads legs apart as they swing their arms over their head. They should clap their hands together at the top.
3. Participant jumps again and bring their arms back to their sides and their legs together.
4. Repeat for allotted times.

NOTES: Participant must complete a full repetition (ex. go from start position, clap at the top, return to start position = 1 repetition) in order for it to be counted.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

Participants with lower body mobility issues can do Seated Jumping Jacks.

EXERCISE:

Participant will extend their arms out to the sides and then up above their head, clapping their hands. The arms will come back down to the side position. The process will continue for 60 seconds. Each time the participant claps hands above the head, a repetition is counted.

SCORING: The total number of repetitions done in 60 seconds is counted for the final score.