



**Special  
Olympics**



SPECIAL OLYMPICS WISCONSIN

# **FITNESS COMPETITION**

LEVEL 2 EXERCISES

## MATERIALS

Before you start, make sure you have:

- Stopwatch

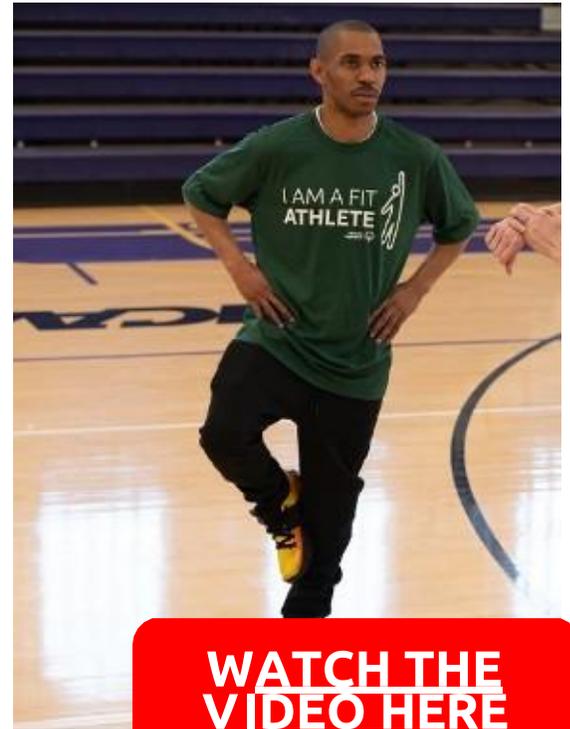
## PROCEDURE AND SCORING

### EXERCISE:

1. Participant stands within arm's reach of a stationary object.
2. Feet are shoulder width apart.
3. Participant places their hands on their hips.
4. Participant bends the knee of the non-supporting leg lifting the foot off the ground.

**SCORING:** Time starts when participant is in the correct standing position and ends when balance is lost which is when the non-supporting leg touches the ground, or when the hands come off the hips.

Once participant has exceeded 55 seconds without a loss of balance, they have achieved the maximum amount of points for this exercise.



[WATCH THE VIDEO HERE](#)



## MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests



**WATCH THE VIDEO HERE**



## PROCEDURE AND SCORING

### EXERCISE:

1. Participant starts in a plank position with arms shoulder width apart and palms flat on the floor.
2. The head, back, hips, knees and/or toes should be in a straight line.
3. Participant bends their elbows and lower their chest toward the ground. Participants must bend their elbows at least 90 degrees before returning to the starting position. A towel or a block under the chest can help participants to know they've gone far enough down. They should use their arms and core to push back up to the starting position.

**SCORING:** The total amount of push-ups in 60 seconds is counted as the score. Participants must maintain form in order for the push-up to count.

## MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for push-ups found [here](#).

### CHAIR PUSH-UP EXERCISE:

1. Participant will begin in their wheelchair or chair with armrest and palms on the arm rest.
2. Participant will fully extend the arms; while pressing against the arm rest lifting their body.
3. Once arms are fully extended, the participant returns to seated position.
4. A complete push-up is done once the participant returns to the seated position.

**CHAIR PUSH-UP SCORING:** Count the number of push-ups completed by the participant in 60 seconds.

## 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.