



**Special
Olympics**



SPECIAL OLYMPICS WISCONSIN

FITNESS COMPETITION

LEVEL 3 EXERCISES

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Ball



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

Note: If participant would like a more advanced exercise, keep the same foot off the ground and repeat without losing balance as many times as possible in the prescribed time.

SCORING: Participant goes from the upright position to the floor touch position as many times as they can without losing their balance for 60 seconds. Count how many times they tap the ball in that 60-second timeframe for their total score.

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



**WATCH THE
VIDEO HERE**



PROCEDURE AND SCORING

EXERCISE:

1. Participant gets into a push-up or plank position, making sure to distribute their weight evenly between hands and toes.
2. Hands should be about shoulder-width apart; back should be flat and head in alignment.
3. Participant pulls their right knee into their abdomen as far as possible.
4. Participant switches legs, pulling one knee out and bringing the other knee in. This movement continues for the allotted time. Each time their knee comes towards their abdomen that counts as 1 point.

NOTES:

1. Participant should keep hips down in a push-up position the entire time.
2. If the knee does not come close to the participant's abdomen, that repetition does not count towards their score.

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.