



**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.
5. Participant does this test with their eyes closed.

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, when the hands come off the hips, or when the eyes open.

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



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts on hands and knees.
2. Participant straightens one leg at a time and put their knees on the floor.
3. Participant's hands are placed below their shoulders.
4. Participant's body should make a straight line from their knees to their shoulders.
5. Participant should keep their abdominal muscles tight and their back straight.
6. Participant should hold this position in the correct form for as long as possible.

NOTES:

1. Participant should always have a straight back and should never make an "A" body shape while completing this exercise.
2. Stop the test when correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging or swaying occurs at the elbows, shoulders, or trunk.

SCORING: Total time until participant breaks form is recorded. After the max of 55 seconds the max score has been achieved.

MODIFICATIONS

Participants with mobility impairments in the hands, wrists or forearms can complete this test with their elbows and forearms on the ground. Note that this test is more difficult so form should be monitored even more closely.

MATERIALS

Before you start, make sure you have:

- Stopwatch

PROCEDURE AND SCORING



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VIDEO HERE**



EXERCISE:

1. Participant should start each rep in the standing position, holding no weight and feet slightly wider than their hips or shoulder width apart. Toes should be pointed slightly outwards.
2. Participant should find a spot in front of them at eye level to focus on so their head stays in the proper position.
3. Participant squats down until their hip crease is below the top of knee.
4. Participant stands up again and finishes with knees and hips fully extended.

NOTES:

1. Participant should maintain a natural head position – chin up, eyes straight ahead.
2. Participant should make sure their knees are bent over toes.
3. Participant's feet need to be shoulder-width apart.
4. Participant's spine should be straight.

SCORING: Each successful repetition is counted for 30 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.

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, and knees 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.