



6-Week Fitness Challenge



This challenge is open to athletes and Unified partners!

Train and test your fitness in a variety of exercises including jumping jacks, squats, boxing, push ups and curl ups. Each exercise has at least one modified version so this challenge is great for all ability levels.

Here's how it works:

REGISTER: [Click here](#) to register for the challenge.

PRACTICE: Practice each exercise at least 5 days each week to build your strength and endurance. Record your best score from each session on the weekly scorecard.

SUBMIT YOUR RESULTS: At the end of each week, submit your weekly scorecard. At the end of challenge you should have submitted 6 scorecards. Participants will be scored on their overall results for each exercise, as well as how much they improved from Week 1 to Week 6. Scorecards should be submitted weekly to emily@specialolympicsalaska.org

If a participant does not already have an athlete/partner release form on file, they must complete a [Virtual Athlete Release Form](#).

Please note: Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks. You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking plenty of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain proper social distancing rules while exercising – 6 ft. apart from others

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme shortness of breath
- Very rapid or irregular heartbeat during exercise

Contact: Emily Tymick / emily@specialolympicsalaska.org

See more: <https://specialolympicsalaska.org/events/6-week-fitness-challenge/>

Fitness Challenge

Push Ups

Event Overview

Equipment Needed:



Stopwatch



Your Body

How many push ups
can you do in 60
seconds?

1



2



Directions

1

Start in the high plank position (hands below shoulders, legs straight behind, head in neutral position).

2

Only hands and feet should be touching the ground (unless doing a modified version, see below).

3

Bend your arms and lower yourself towards the ground.

4

Go as low as you can, and then push yourself back up to the starting position.

Repeat for 1 minute

Modifications

Knee Push Ups



Wall Push Ups



Seated Push Ups

Place your hands on your knees, sitting up tall. Lower yourself toward your thighs. Push yourself back up to starting position. Repeat.

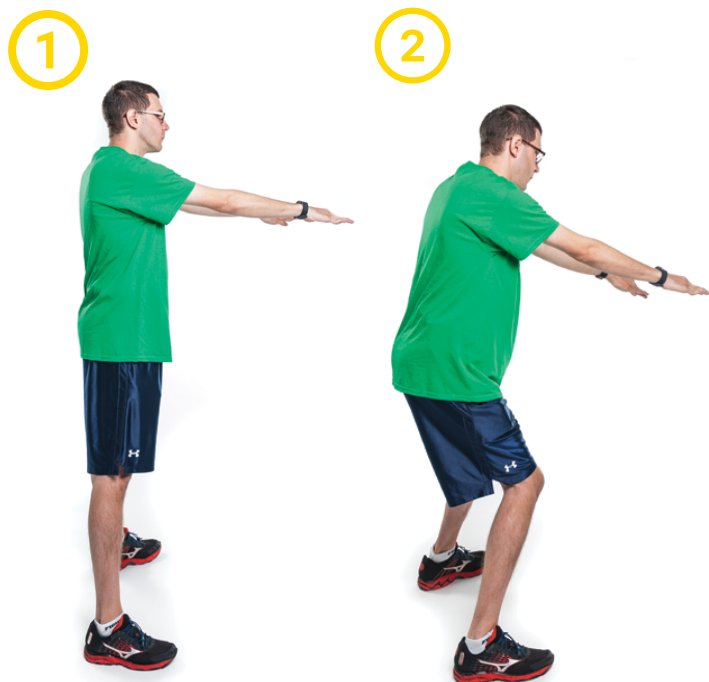
Fitness Challenge

Squats

Event Overview

Equipment Needed:  Stopwatch  Your Body

How many squats can you do in 60 seconds?



Directions

- 1 Start in a standing position with feet shoulder width apart.
- 2 Bend your knees and hips until it looks like you are sitting in a pretend chair.
- 3 Keep your chest up and feet flat on the floor.
- 4 Use your legs to stand up and return to the starting position.

Repeat for 1 minute

Modifications

Seated Single Straight Leg Raises

Start in a seated position with a straight back. Place your hands on your lap. Lift one leg out in front of you, keeping your leg straight. Lower your leg back to the starting position. Repeat with other leg. Continue for 1 minute.

Chair Squats



Fitness Challenge

Jumping Jacks

Event Overview

Equipment Needed:  Stopwatch  Your Body

How many jumping jacks can you do in 60 seconds?



Directions

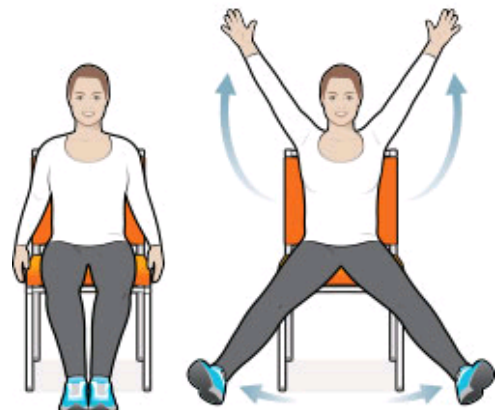
- 1 Start in a standing position.
- 2 Jump up and spread your legs apart as you swing your arms over your head.
- 3 Jump again and bring your arms back to your sides and legs together.

Repeat for 1 minute

Modifications

Seated Jumping Jacks

Sit with good posture and a straight back. At the same time, bring both hands above your head and open your legs as far as you can. Bring your arms and legs back to starting position. Repeat.



Fitness Challenge

Boxing

Event Overview

Equipment Needed:  Stopwatch  Your Body

How many punches can you do in 60 seconds?



Directions

- ① Make a fist with both hands and hold in front of your chest, keeping your elbows by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.
- ② Turn toward your left side. Punch your right arm in that direction.
- ③ Return to center with both hands in fists in front of your chest and elbows down by your side.
- ④ Now, turn toward your right side. Punch your arm in that direction.

Repeat for 1 minute

Modifications

Seated Boxing

Perform the punching moves explained above, but from a seated position.

Fitness Challenge

Curl Ups

Event Overview

Equipment Needed:



Stopwatch



Your Body

How many curl ups can you do in 60 seconds?

1



2



Directions

1

Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor.

2

Reach your arms toward your knees.

3

Lift your head and then slowly lift your upper back until you reach your knees; Try to get your shoulder blades completely off the floor.

4

Pause and then slowly lower all the way back down, including your head.

Repeat for 1 minute

Modifications

Seated Double Knee Lifts

Start in a seated position with a straight back. Hold on to the sides of the chair. At the same time, lift both legs toward your chest, knees bent. Lower your legs back to the starting position. Repeat.



Seated Single Knee Lifts

Start in a seated position with a straight back. Hold on to the sides of the chair. Lift one leg toward your chest, keeping your knee bent. Lower your leg back to the starting position. Repeat with other leg. Continue for 1 minute.



JUMPING JACKS

What type of jumping jacks did you do?

Regular Jumping Jacks
Seated Jumping Jacks

Record the number of jumping jacks you were able to do in 1 minute for at least 5 days of the week.

MON

TUES

WED

THURS

FRI

SAT

SUN

BOXING

What type of boxing did you do?

Regular Boxing
Seated Boxing

Record the number of punches you were able to throw in 1 minute for at least 5 days of the week.

MON

TUES

WED

THURS

FRI

SAT

SUN

CURL UPS

What type of curl ups did you do?

Regular Curl Ups
Double Knee Raises
Single Knee Raises

Record the number of curl ups you did in 1 minute for at least 5 days of the week.

MON

TUES

WED

THURS

FRI

SAT

SUN