



Push-Ups *Event Overview*

EQUIPMENT NEEDED



Stopwatch



Your body!



Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:

#sowavirtualgames

RULES

- 1 Start in a high-plank position (hands below shoulders, legs straight behind, head in neutral position)
- 2 Only hands/feet should be touching the ground
- 3 Bend your arms and lower yourself towards the ground
- 4 Get as low as you can, and then push yourself back up to the starting position
- 5 Repeat for one minute

How many push-ups can you complete in 1 minute?



MODIFICATIONS

Knee pushups



Wall pushups



Seated pushups

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

One-handed pushups



Fitness Challenge Event Overview
2020 Virtual Summer Games

**Special
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