



Fitness Heptathlon - Balance

BALL TAP



EQUIPMENT NEEDED



Ball

(You can use a kickball, volleyball, soccer ball, basketball, etc.)



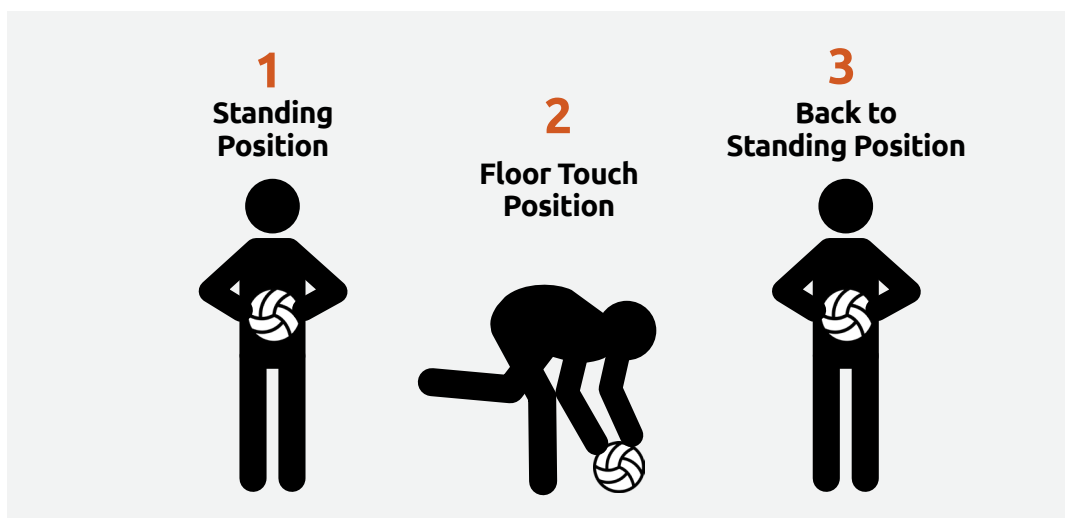
Timer

RULES

- 1 Stand with your feet together and hold a ball in both hands.
- 2 Lift one foot in the air and bend your knees. At the same time, reach down and tap the floor to one side of your body while keeping your balance. Then, return to standing position.
**If you are a beginner at this exercise you can reset each time by putting both feet on the ground and alternating which foot you raise off the ground.
* If you would like a more advanced exercise: keep the same foot off the ground and repeat without losing balance as many times as you can in 60 seconds.*
- 3 Going from the standing position to the floor touch position without losing your balance is considered one rep.
- 4 Use your timer and record how many reps you can do in 60 seconds (Record your total on your scorecard)

How many ball taps can you do in 60 seconds?

SETUP



Remember to take a picture or video of yourself competing in this event! Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

#sowavirtualgames





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SEATED LATERAL BENDS



EQUIPMENT NEEDED



Chair or Wheelchair



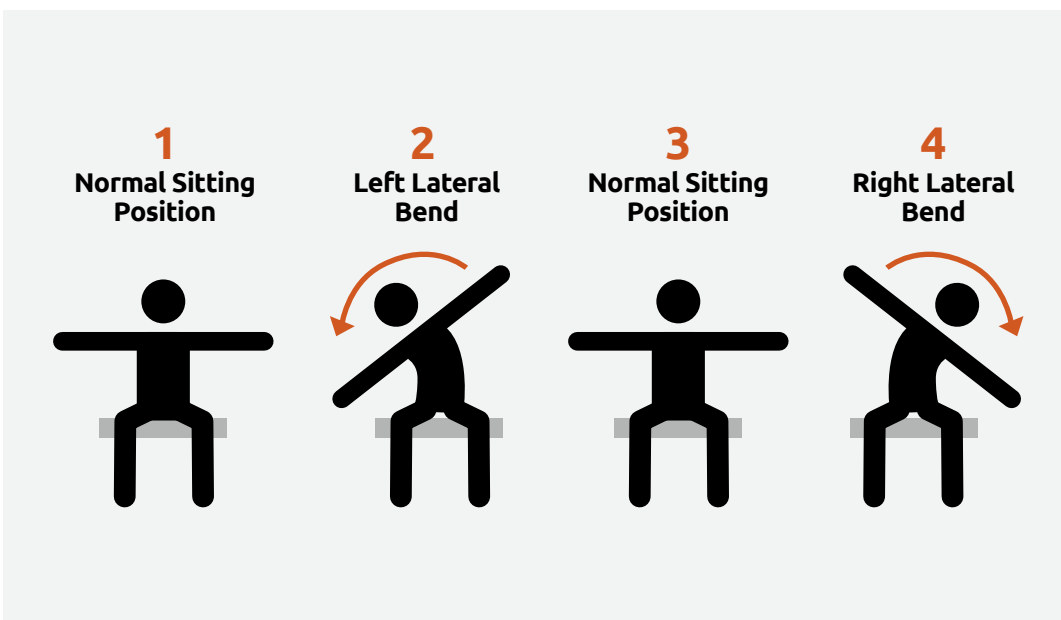
Timer

RULES

- 1 Sit with your arms extended out to both sides.
- 2 Bend to the right as far as you can and come back up to a normal sitting position. Then, bend to the left as far as you can and come back up to a normal sitting position.
- 3 Each lateral bend to the side and return to a normal seated position is considered one rep.
- 4 Use your timer and record how many reps you can do in 30 seconds (Record your total on your scorecard)

How many lateral bends can you do in 30 seconds?

SETUP



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