



# Fitness Heptathlon - Cardiovascular Endurance

## STEP TEST

### EQUIPMENT NEEDED



#### 12-inch Step or Platform

(Find any space that is sturdy and can hold your weight, and is 1 foot off the ground)



Timer

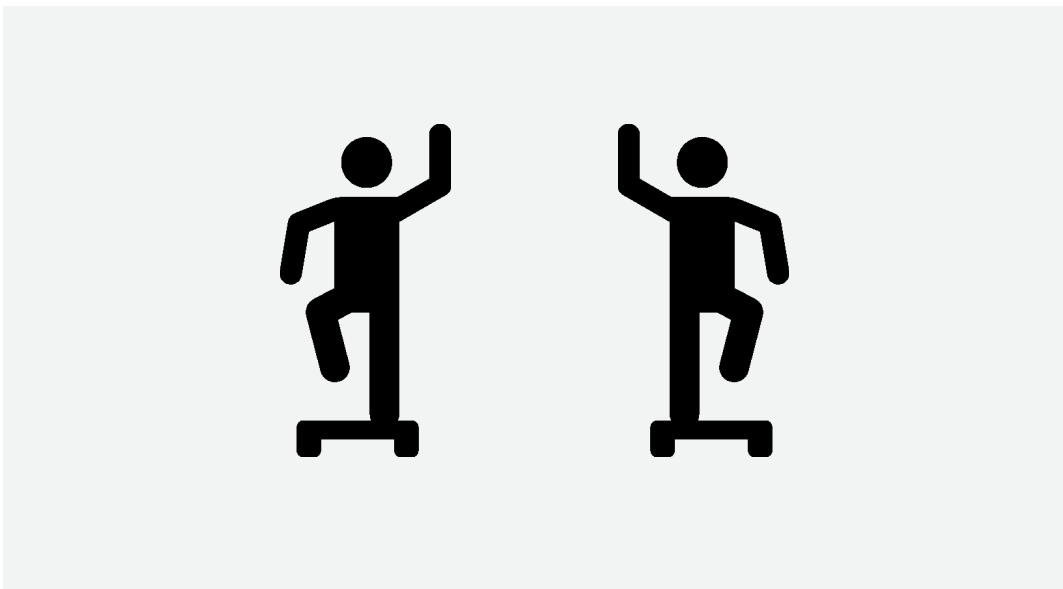


### RULES

- 1 Step on and off a 12-inch box alternating right foot up and down and left foot up and down.
- 2 Continue stepping up and down alternating feet as quickly and safely as you can for 60 seconds.
- 3 Use your timer and record how many steps you can complete in 60 seconds. Each step is awarded with one point (Record your total on your scorecard).

How many steps can you complete 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**

# Fitness Heptathlon Event Overview

INDIVIDUAL SKILLS - CARDIOVASCULAR ENDURANCE

Special  
Olympics  
Washington





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## SEATED JUMPING JACKS

### EQUIPMENT NEEDED



**Sturdy Chair**  
(No wheels, no armrests)



**Timer**

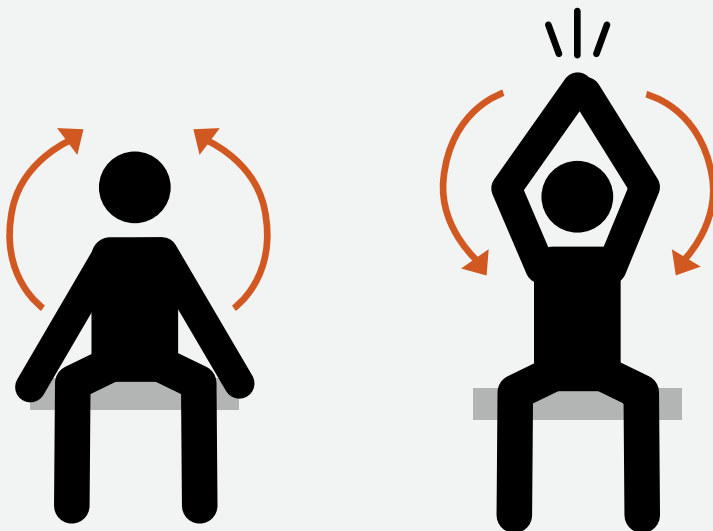


### RULES

- 1** Extend your arms out to the sides. Then extend your arms up above your head and clap your hands. Then, bring your arms back down to the side position. This is considered one rep.
- 2** Use your timer and record how many reps you can do in 60 seconds. Each rep is awarded with one point (Record your total on your scorecard).

**How many seated jumping jacks can you do in 60 seconds?**

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## MOUNTAIN CLIMBERS

### EQUIPMENT NEEDED



Timer



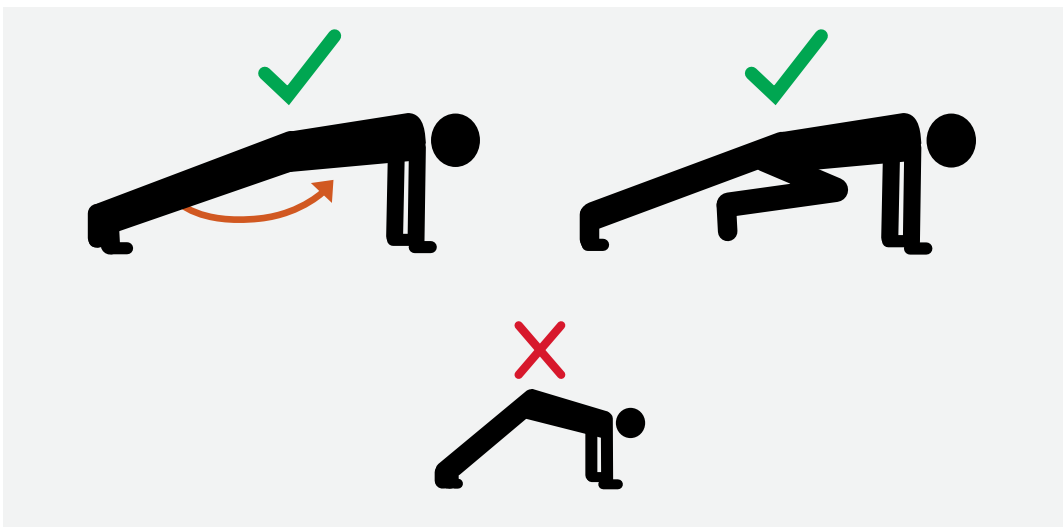
### RULES

- 1 Start on your hands and knees. Straighten one leg at a time and put the balls of your feet on the floor and place your hands below your shoulders. (Keep your abdominal muscles tight and your back straight)
- 2 Your body should make a straight line from your heels to your shoulders. (You should always have a straight back and should never make an "A" body shape while completing this exercise)
- 3 Pull your right knee into your abdomen as far as you can. Then do the same with your left leg. Try to get your knee as close to your chest as possible.
- 4 Use your timer and record how many reps you can do in 60 seconds. Each rep is awarded with one point (Record your total on your scorecard).

*A rep is not counted if correct form is NOT maintained. That means when any movement such as bending, sagging, or swaying occurs at the elbows, shoulders, trunk, or knees.*

## How many mountain climbers can you complete in 60 seconds?

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