



Fitness Heptathlon - Core Body Strength

CURL UPS



EQUIPMENT NEEDED



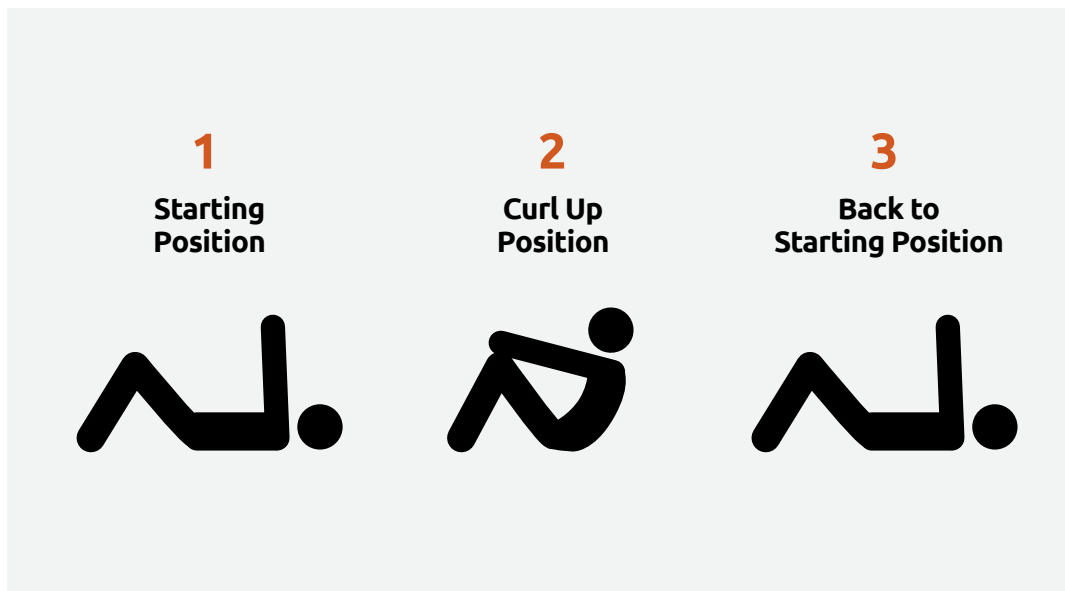
Timer

RULES

- 1 Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. This is the starting position.
- 2 Reach your arms toward your knees, lifting your head and your upper back until your hands touch your knees (Your shoulder blades should completely come off the ground).
- 3 Then, lower all the way back down, until the back of your head touches the ground. This 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 curl ups 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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PLANKS



EQUIPMENT NEEDED



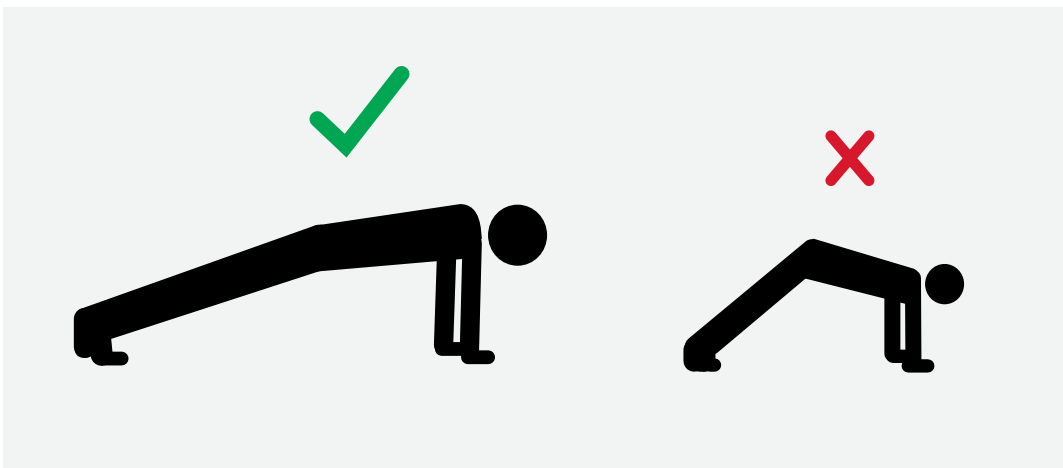
Timer

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 Hold this position in the correct form for as long as you can. The max time is 60 seconds. Record score on your scorecard.
Stop the test when correct form cannot be maintained. That means when any movement such as bending, sagging, or swaying occurs at the elbows, shoulders, trunk, or knees.

How long can you hold a plank?

SETUP



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