



# Fitness Heptathlon - Lower Body Endurance

## FRONT-TO-BACK JUMPS



### EQUIPMENT NEEDED



#### Designated Markers

(You can use cones, water bottles, shoes, hats, or any objects that will not move)



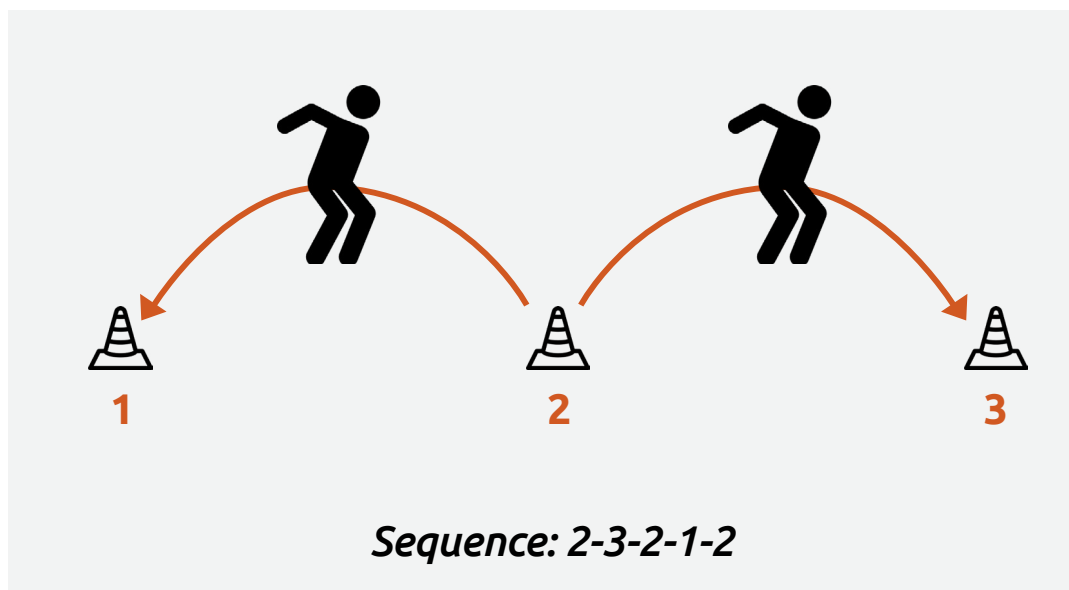
#### Timer

### RULES

- 1 Place three designated markers on the ground one foot apart. (Adaptations can be made to reduce this distance if needed)
- 2 Start at marker #2 and jump with two feet to marker #3. Then, jump back to marker #2. Then, jump to marker #1. Then, jump back to marker #2. This is considered one cycle (2-3-2-1-2).
- 3 Use your timer and record how many cycles you can do in 30 seconds. Each cycle is awarded with one point (Record your total on your scorecard).

How many front-to-back cycles can you do in 30 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 - Lower Body Endurance

## SIDE-TO-SIDE JUMPS



### EQUIPMENT NEEDED



#### Designated Markers

(You can use cones, water bottles, shoes, hats, or any objects that will not move)



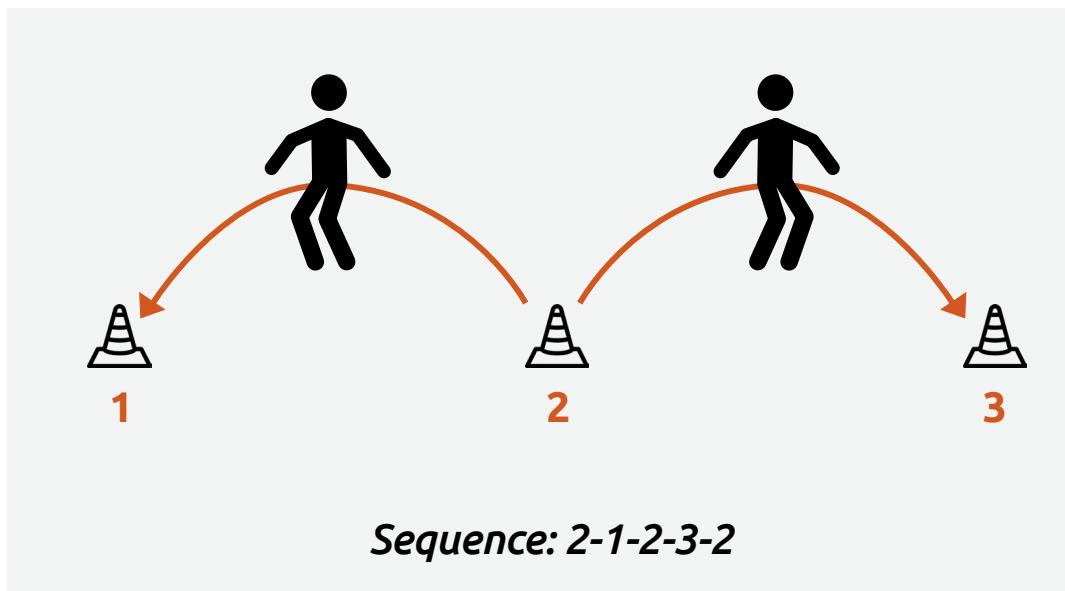
#### Timer

### RULES

- 1 Place three designated markers on the ground one foot apart. (Adaptations can be made to reduce this distance if needed)
- 2 Face forward at all times and make jumps to the side. Start at marker #2 and jump with two feet to marker #1. Then, jump back to marker #2. Then, jump to marker #3. Then, jump back to marker #2. This is considered one cycle (2-1-2-3-2).
- 3 Use your timer and record how many cycles you can do in 30 seconds. Each cycle is awarded with one point (Record your total on your scorecard).

How many side-to-side cycles can you do in 30 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 - LOWER BODY ENDURANCE

Special  
Olympics  
Washington

