



# Fitness Heptathlon - Lower Body Strength

## SQUATS



### EQUIPMENT NEEDED



Timer

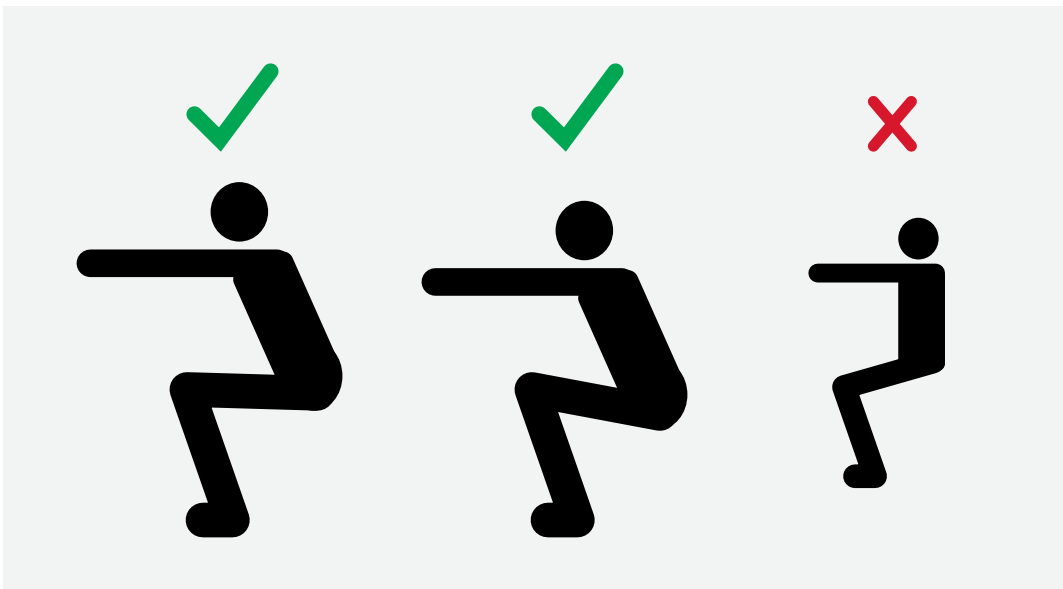
### RULES

- 1 Start each rep in the standing position, with your arms stretched straight out in front of you. Your feet should be shoulder-width apart and your spine should be straight.
- 2 Squat down until your hips are below the top of your knees and your knees are over your toes. (Keep your chin up with your eyes straight ahead at all times)
- 3 Use your timer and record how many squats you can do in 60 seconds (Record your total on your scorecard).

*A squat with bad form will NOT be counted. This means bending your spin, not fully coming down so your hips are below your knees, etc.*

## How many squats 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**

# Fitness Heptathlon Event Overview

INDIVIDUAL SKILLS - LOWER BODY STRENGTH

Special  
Olympics  
Washington





# Fitness Heptathlon - Lower Body Strength

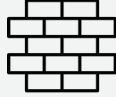
## WALL SITS



### EQUIPMENT NEEDED



Timer



Solid Wall

### RULES

- 1 Stand with your back flat against the wall, with your arms at your sides or across your chest.
- 2 Bend at the knees and lower yourself down until your thighs are parallel to the ground.

- 3 Hold this position in the correct form for as long as you can (Record score on your scorecard).

*Time is recorded starting when you assume the correct position. Time stops when correct form is lost. That means any adjustment from the original position (if your back leaves the wall, if you squat down too low, etc.*

## How long can you hold a wall sit?

### SETUP



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