



# Fitness Heptathlon - Upper Body Strength

## CHAIR PUSH-UPS



### EQUIPMENT NEEDED



**Chair or Wheelchair**  
(Your chair needs to have armrests with palms on the armrests, and your wheelchair **MUST** be locked!)



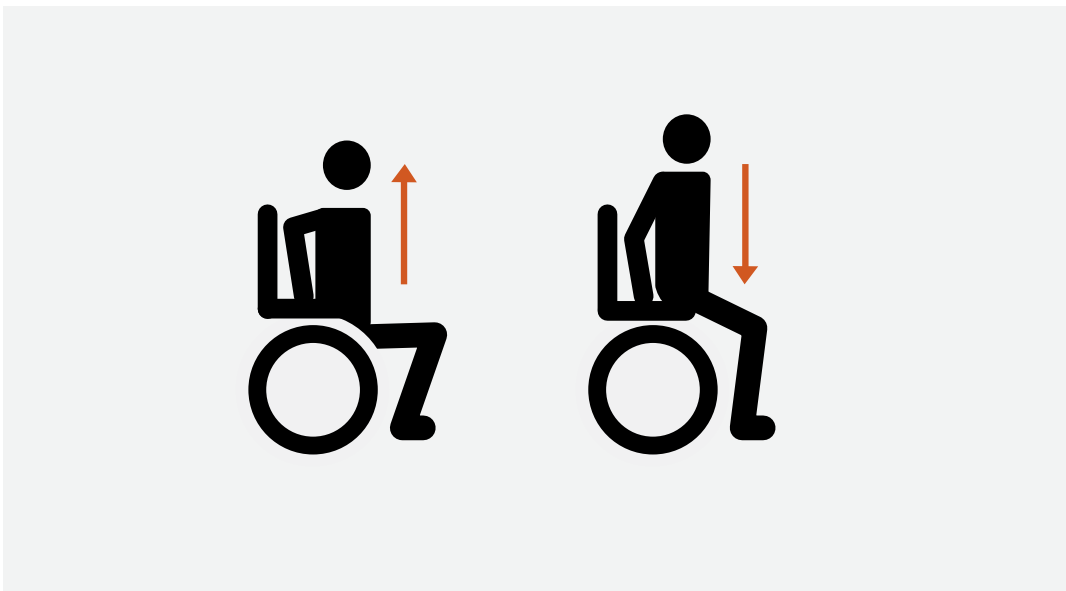
**Timer**

### RULES

- 1 Start in a normal sitting position in your wheelchair or chair, with your palms on the armrests.
- 2 Fully extend your arms while pressing against the arm rest, lifting your body up. Then, return to the normal seated position. This is considered one rep.
- 3 Use your timer and record how many chair push-ups you can do in 60 seconds (Record your total on your scorecard).

How many chair push-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**





# Fitness Heptathlon - Upper Body Strength

## PUSH-UPS



### EQUIPMENT NEEDED



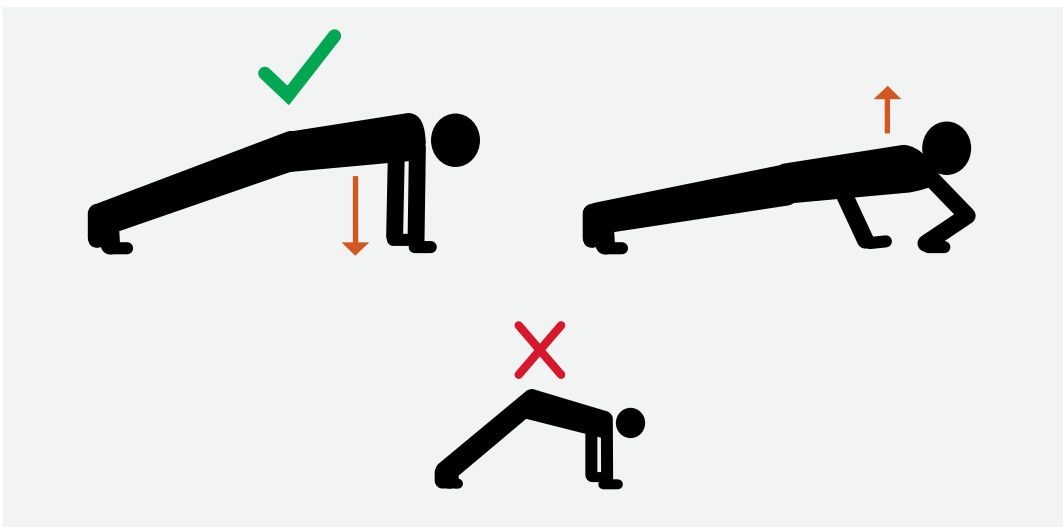
Timer

### 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 Bend your elbows and lower your chest toward the ground. Then, use your arms and core to push yourself back up to the starting position.
- 4 Use your timer and record how many push-ups 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 push-ups can you complete in 60 seconds?

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## ROMAN HOLD



### EQUIPMENT NEEDED



Timer

### RULES

- 1 Stand flat-footed with your legs shoulder-width apart

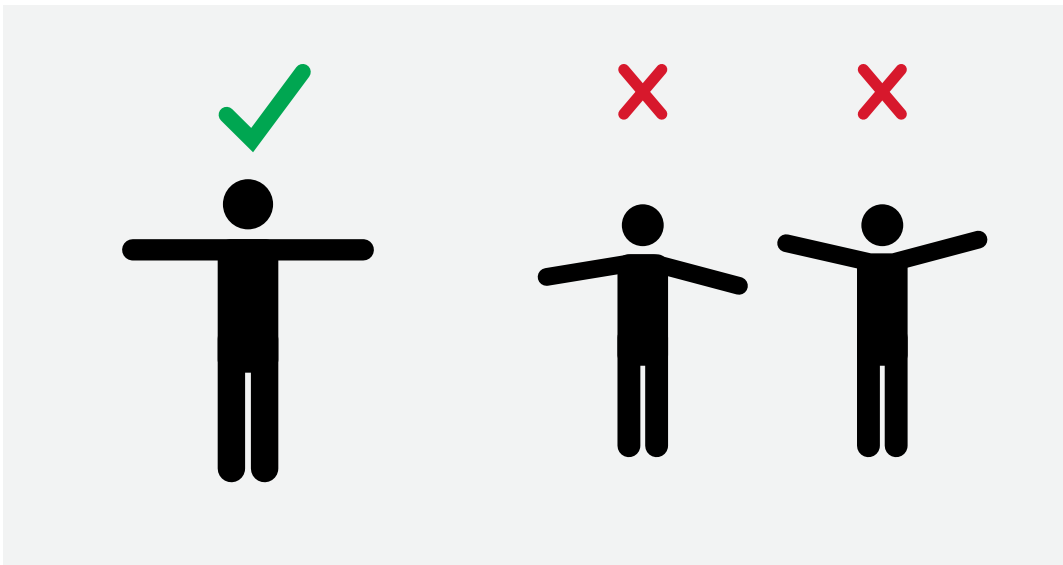
Raise your arms laterally to a 90-degree angle (shoulder height) and hold this position. Your body should form a "T". Remember to keep your neck tall and straight, but keep your shoulders down, to be safe.

- 2 Hold your arms in this position for as long as possible, without dropping your arm. (You can receive one warning that your arms have dropped and continue. If your arms drop a second time, you must stop).

- 3 Record your time on your scorecard  
*Maximum Time is 60 seconds, so if you reach a full 60 seconds, stop and record your score.*  
*Dumbbells can be used to increase the difficulty of the exercise, but this is optional.*

## How long can you do a roman hold?

### SETUP



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