

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests and no wheels



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PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a standing position with arms at their sides.
2. Participant jumps up and spreads legs apart as they swing their arms over their head. They should clap their hands together at the top.
3. Participant jumps again and bring their arms back to their sides and their legs together.
4. Repeat for allotted times.

NOTES: Participant must complete a full repetition (ex. go from start position, clap at the top, return to start position = 1 repetition) in order for it to be counted.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

Participants with lower body mobility issues can do Seated Jumping Jacks.

EXERCISE:

Participant will extend their arms out to the sides and then up above their head, clapping their hands. The arms will come back down to the side position. The process will continue for 60 seconds. Each time the participant claps hands above the head, a repetition is counted.

SCORING: The total number of repetitions done in 60 seconds is counted for the final score.

MATERIALS

Before you start, make sure you have:

- Stopwatch

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PROCEDURE AND SCORING

EXERCISE:

1. Start each rep in a full standing position.
2. Participant must drop and touch their chest and hips to the ground.
3. Participant then returns back to a full standing position to jump and clap both hands together over their head.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.



MATERIALS

Before you start, make sure you have:

- Stopwatch



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PROCEDURE AND SCORING

EXERCISE:

1. Participant gets into a push-up or plank position, making sure to distribute their weight evenly between hands and toes.
2. Hands should be about shoulder-width apart; back should be flat and head in alignment.
3. Participant pulls their right knee into their abdomen as far as possible.
4. Participant switches legs, pulling one knee out and bringing the other knee in. This movement continues for the allotted time. Each time their knee comes towards their abdomen that counts as 1 point.

NOTES:

1. Participant should keep hips down in a push-up position the entire time.
2. If the knee does not come close to the participant's abdomen, that repetition does not count towards their score.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



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PROCEDURE AND SCORING

EXERCISE:

1. Participant puts both hands in fists by their chest.
2. They should keep their elbows down by their side. Participant stands with feet a little wider than their shoulders and their knees should be bent slightly.
3. Participant turns toward the left side and punches their right arm in that direction.
4. Participant returns to the center with both hands in fists by their chest and elbows down by their side.
5. Participant turns toward the right side and punches their left arm in that direction.
6. Participant returns to the center with both hands in fists by their chest and elbows down by their side.
7. Repeat these movements for allotted times.

NOTES:

1. Participant needs to punch arm out and return it to the starting position in order for the repetition to count.
2. If the participant does not rotate or extend their arm all the way, the repetition will not count.
3. Each punch thrown successfully will count as 1 point.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

This exercise can be done with the participant seated in a sturdy chair.