

## MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



[WATCH THE VIDEO HERE](#)



## 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.