

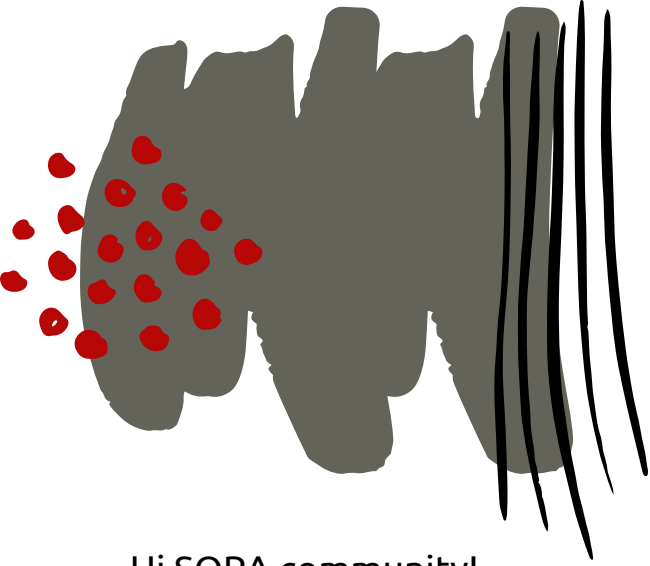


**Special
Olympics**



SPECIAL OLYMPICS PENNSYLVANIA

Winter AMRAP Challenge



AMRAP

Hi SOPA community!

In an effort to keep our athletes engaged and ready for competition this winter, we are going to offer a fitness challenge for the 2022 Winter Season!

Those of you that have been involved with our UNCathlon events are familiar with the As Many Rounds As Possible or "AMRAP" events. For our fitness challenge, we are going to unveil the Winter AMRAP Challenge!

We are taking 5 exercises from the Fitness Heptathlon: Ball Taps, Jumping Jacks, Power Punches, Push Ups, and Squats. There are forms below to help explain these exercises.

The Challenge is to do 5 repetitions of each of the 5 exercises over 5 minutes. Completing 5 repetitions of all 5 exercises will equal 1 round. We want to know how many rounds you can do in 5 minutes.

All participants will receive a t-shirt for completing the AMRAP Challenge. All participants will be in a random draw for an Xbox 360 as well as multiple gift cards and SOPA Swag.

You can report your rounds through this Google Form: [AMRAP Score Reporting Form](#) no later than Sunday, March 6 at 5:00 p.m.

Best of luck!

The SOPA Competition Team

SOPA WINTER AMRAP CHALLENGE



As Many Rounds As Possible = AMRAP

5 Ball Taps

5 Jumping Jacks

5 Power Punches

5 Push Ups

5 Squats

= 1 Round

the number of rounds in
5 minutes = your score!

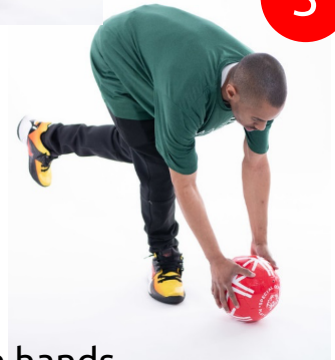
Getting started:

1. You must have a current athlete medical on file with your local program to participate. If you are not a current SOPA athlete you can find more information [here](#).
2. Practice each of the exercises until you can successfully complete at least 5 of each, modify as needed (modifications are included on each exercise page).
3. Build up your endurance doing the exercises together. Start by doing 2 exercises, then adding a third and so on until you are able to do all 5 together.
4. Set a stopwatch or alarm for 5 minutes, see how many rounds you can complete in this timeframe.
5. Challenge yourself to beat your best score.
6. By Sunday, March 6 submit your best score [using this link](#) (if you need assistance submitting please contact a friend, family member or one of your Special Olympics coaches).

MATERIALS

Before you start, make sure you have:

- Ball or any object you can hold and tap to the ground



[WATCH THE VIDEO HERE](#)

PROCEDURE

EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

MODIFICATIONS

If you are unable to reach the ground, place an elevated item in front of you and tap the ball or object on that surface.

If doing from a seated position hold object with two hands directly in front of you, perform taps from right to left by rotating torso.

[WATCH THE VIDEO HERE](#)



PROCEDURE

EXERCISE:

1. Participant should start each rep in the standing position, holding no weight and feet slightly wider than their hips or shoulder width apart. Toes should be pointed slightly outwards.
2. Participant should find a spot in front of them at eye level to focus on so their head stays in the proper position.
3. Participant squats down until their hip crease is below the top of knee.
4. Participant stands up again and finishes with knees and hips fully extended.

NOTES:

1. Participant should maintain a natural head position – chin up, eyes straight ahead.
2. Participant should make sure their knees are bent over toes.
3. Participant's feet need to be shoulder-width apart.
4. Participant's spine should be straight.

MODIFICATIONS

Chair Squats:

1. Stand in front of the chair with your arms straight out in front of you. Your feet should be as wide as your shoulders.
2. Bend your knees and hips. Lower yourself until you are seated in the chair. Do not use your hands.
3. Now stand up. Try your best to only use your legs (not your arms).



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VIDEO HERE](#)



PROCEDURE

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.

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.

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VIDEO HERE](#)



PROCEDURE

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 5 times total (not each arm).

MODIFICATIONS

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



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PROCEDURE

EXERCISE:

1. Participant starts in a high plank position with arms shoulder width apart and palms flat on the floor.
2. The head, back, hips, knees and toes should be in a straight line.
3. Participant bends their elbows and lower their chest toward the ground.
Participants must bend their elbows at least 90 degrees before returning to the starting position. A towel or a block under the chest can help participants to know they've gone far enough down. They should use their arms and core to push back up to the starting position.

MODIFICATIONS

If the above is too difficult, try Modified push-ups. Follow the same directions as above except place your knees on the ground and bend your legs.

CHAIR PUSH-UP EXERCISE:

1. Participant will begin in their wheelchair or chair with armrest and palms on the arm rest.
2. Participant will fully extend the arms; while pressing against the arm rest lifting their body.
3. Once arms are fully extended, the participant returns to seated position.
A complete push-up is done once the participant returns to the seated position.

