**SOPA - FITNESSS HEPTATHLON**

***Participant Score Sheet Form***

**Participant Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise Areas** | **FITNESS EXERCISES** | **Put an X next to the 7 events you will be participating in.**  ***\*Remember***   * *Pick 2 from each Exercise Area.* * *Pick 1 more from any of the Exercise Areas.* | **1st Score**  **DUE:**  ***Mar. 25, 2021*** | **2nd Score**  **DUE:**  ***Apr 22, 2021*** | **3rd / Final**  **Score**  **DUE*:***  ***May 27, 2021*** |
| AGILITY | **10 yd Run or Walk or Roll\*** |  |  |  |  |
| **5-10-5 Run or Walk or Roll\*** |  |  |  |  |
| **Box Agility** |  |  |  |  |
| **One Leg Stance –Eyes Open** |  |  |  |  |
| **One Leg Stance –Eyes Closed** |  |  |  |  |
| **Seated Lateral Bends\*** |  |  |  |  |
| **Ball Taps** |  |  |  |  |
| **Lane Slides** |  |  |  |  |
| STRENGTH | **Squats** |  |  |  |  |
| **Sit and Stand** |  |  |  |  |
| **Wall Sits** |  |  |  |  |
| **Standing Long Jump** |  |  |  |  |
| **Planks** |  |  |  |  |
| **Side to Side Jumps** |  |  |  |  |
| **Curl Ups** |  |  |  |  |
| **Chair Push Ups\*** |  |  |  |  |
| **Push Ups (Floor)** |  |  |  |  |
| **Roman Holds\*** |  |  |  |  |
| ENDURANCE | **Step Test** |  |  |  |  |
| **Jumping Jacks** |  |  |  |  |
| **Burpee** |  |  |  |  |
| **Jump Rope** |  |  |  |  |
| **Mountain Climbers** |  |  |  |  |
| **Power Punches\*** |  |  |  |  |
| **Front to Back Jumps** |  |  |  |  |
| **Seated Jumping Jacks\*** |  |  |  |  |

**Asterisks \* indicate exercises for those in a wheelchair.**

**Please complete and return to your coach by the deadlines listed.**