

Virtual Fitness Competition Events

Choose your events. You can choose to do all the events or just your favorites!

Push-Ups from Knees

- 1) Start in a plank from knees position with your knees on the ground and arms straight. Your body should be in a straight line from your knees to your shoulders.
- 2) Bend your elbows and lower your body to the ground. Your chest should lower all the way to the ground.
- 3) Push your body back up to the starting position by using arm strength. Continue to keep your body in a straight line from your knees to your shoulders for the whole exercise. This is one Push-Up.

What to submit: The amount of Push-Ups from knees that you complete in one minute.

Jumping Jacks

- 1) Jump up and spread your legs apart as you swing your arms over your head.
- 2) Jump again and bring your arms back to your sides and your legs together. This is one Jumping Jack.

What to submit: The amount of Jumping Jacks that you complete in one minute.

Single Leg Stance

- 1) Stand with your feet together and your arms out straight to the side.
- 2) Lift your left foot in the air out behind you while keeping your leg as straight as possible. Hold for as long as you can keep your balance.
- 3) Repeat this exercise on the other side by raising right foot. Hold for as long as you can keep your balance.

What to submit: The amount of time that you were able to hold your Single Leg Stance on your more dominant leg (the one with the better time).

Curl-Ups/Crunches

- 1) Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
- 2) Lift your head, and then slowly lift your upper back off the ground until you reach your knees. Try to get your shoulder blades completely off the ground.
- 3) Pause and then slowly lower all the way back down, including your head. You should now be in the starting position. This is one Curl-Up/Crunch.

What to submit: The amount of Curl-Ups/Crunches that you complete in one minute.

March in Place

- 1) From a standing position, lift your left knee up as high as you can and swing your right arm in front of you. Come back to the standing position.
- 2) Repeat with the opposite knee and opposite arm. Come back to the standing position. This is one March in Place.

What to submit: The amount of Marches in Place that you complete in one minute.

Safety Information

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise