

Try the YMCA

QUARENTEAM FITNESS CHALLENGE

Sponsored by the IUP Exercise Science Club

Fitness is determined through performance of skills that test one's ability of muscular endurance, cardio (anerobic – due to time), agility, accuracy, coordination. TEST YOUR "FITNESS" BY PARTICIPATING IN THE FOLLOWING CHALLENGE

RULES:

- Teams can be from two to five participants.
- Participants must take a video of them completing the challenge.
- Submit the completed video to Daniel Roan at danielroan@icymca.org between **April 24 and April 30**.
- Each participant must participate in at least 2 events and each station is designed for only two people.
- The team who successfully completes the Quarantine Fitness Challenge with the best (lowest) time will win a special prize.

Instructions: This is a timed course. Please take a video of your team completing the course, be sure you have a time stamp on the video and email your completed course to danielroan@icymca.org. Time should start with the start of the first station.

<u>Stations</u>	<u>DESCRIPTION</u>
1. Plank Clap (endurance/coordination)	Two team members start in push-up position. Stay in up phase and clap the opposite hand of your partner while holding the plank position. Repeat alternating hands for five full cycles (10 touches).
2. Partner Squat (back preferred) (strength/coordination)	Complete five squats to 90 degrees
3. Target Toss (Throw) (accuracy)	Two team members – each must toss sandbag (or soft object that will not roll) into target taped on the ground (2 ft. squared). Participant must be 6 foot from the target. Can only have two sandbags to start. (similar to corn toss)
4. Playground Ball Over/Under (coordination)	Two team members will stand back to back and pass the playground ball (or ball of similar size like basketball) over head the under legs 5 times
5. Partner Get-up (strength/endurance)	Must complete 5 get-ups (feet must stay on the ground)

6. Jump Rope (anaerobic)

7. Wheelbarrow Crawl (strength/coordination)



8. Ladder Drills with Tape (agility)

9. Glute Bridge & Superman (strength, balance, coordination)

10. Burpees (overall fitness/power)

Two team members must each complete – 10 Jumps

Two team members will “crawl” five feet from the start, go around an cone (or fixed obstacle, and “crawl” back to starting line.

Tape will be place on the ground making five blocks connecting together. Each block should be 10in x 10in. One team member will start on the right side of the ladder and jump in and out of each square (both feet together) through the ladder being sure to tap in and out of each square until moving to the next square within the ladder. A second team member will then return down the left side of the ladder.

1st person lays on the floor (belly up) with knees bent and feet flat – 2nd person lines up perpendicular to first person at their feet and is on all fours on the ground (two hands and two knees). 1st person places their feet on the back of 2nd person. 1st person will do a glute bridge while 2nd person will perform alternating superman (extend right arm & left leg). The next repetition the 2nd person will extend left arm and right leg). Repeat 5 times (5 glut bridges)

ALL PARTICIPANTS TO COMPLETE AT THE SAME TIME –Repeat 5 times.

