



Michigan Indian Family Olympics

EVENT RULES: Fitness Circuit

- **Event:** This circuit involves three different stations: Hurdle hops, push-ups and recline rows. The child is to perform as many reps as possible in 30 seconds for each movement.
- **Ages:** The event is open to ages 7-54 years old.
- **Hurdle Hop:** Counted by one full jump over the hurdle.
- **Push-ups:** You will have 30 seconds to perform as many push-ups as you can. 1 point per push-up completed. Participant must lower down to touch their chest to the board. For individuals who cannot perform a full push-up, they can go off of their knees but must touch the ground with their chest for the rep to count.
- **Recline Rows:** You will have 30 seconds to perform as many recline rows as you can. 1 point per recline row completed. Participant must pull/row themselves up so that their hands are near their rib cage and shoulder blades are squeezed together for the repetition to count. For individuals who struggle at first, allow them to move their feet forward or backward to make the movement more or less difficult.
- **Final Results:** The reps for each station will be added together for a final point total and will determine the results.