

MIGHIGAN INDIAN FAMILY OLYMPICS

Recline Row Competition

Participant's Name: _____ Male Female Tribe: _____

Recline Rows

Age Groups: (12 and under) (13-15) (16-18) (19-24) (25-32) (33-40) (41-54) (60+)

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

of Recline Rows/Points: _____

MIGHIGAN INDIAN FAMILY OLYMPICS

Chin-Up Competition

Participant's Name: _____ Male Female Tribe: _____

Chin Ups

Age Groups: (12 and under) (13-15) (16-18) (19-24) (25-32) (33-40) (41-54) (60+)

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

of Recline Rows/Points: _____