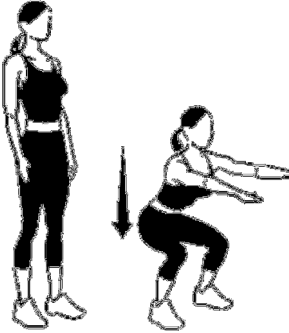
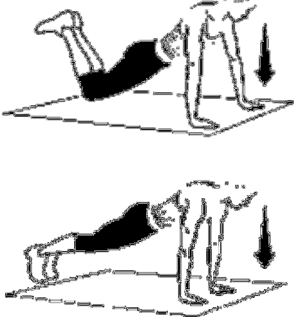

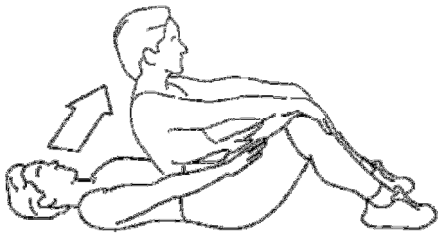
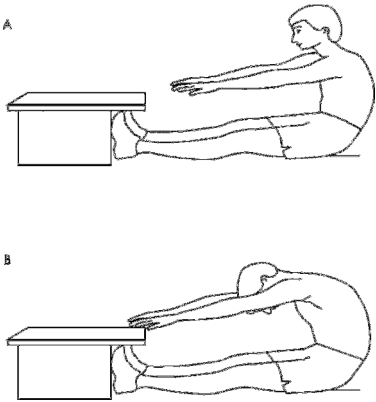
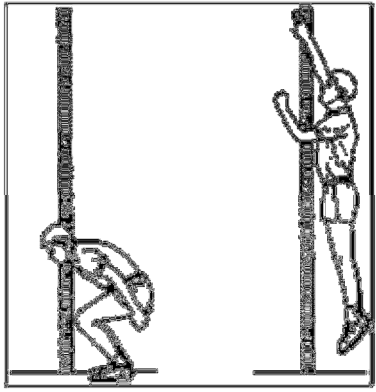


Own the podium

EWSNetwork 2012 Olympics: Overview of Events

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| <p>Sit Squat Hold</p>  | <p>Muscle: Quadriceps</p> <p>Instructions:</p> <ol style="list-style-type: none">1. Stand with your feet shoulder width apart.2. Begin the movement by flexing your knees and hips, sitting back with your hips. Continue until you have squatted a portion of the way down, but are above parallel to the floor.3. Hold for as long as you can in that position. |
| <p>Max Push Ups in 1 Minute</p>  | <p>Muscle: Pectorals, Deltoids, Core</p> <p>Instructions:</p> <ol style="list-style-type: none">1. Lie on the floor face down and place your hands shoulder width apart while holding your torso up at arms length.2. Lower yourself downward until your chest almost touches the floor as you inhale. Breathe out and press your upper body back up to the starting position while squeezing your chest.3. Complete as many as you can in one minute. |
| <p>Planks</p>  | <p>Muscle: Core</p> <p>Instructions:</p> <ol style="list-style-type: none">1. Get into a prone position on the floor, supporting your weight on your toes and your forearms. Keep your arms bent directly below the shoulder.2. Keep your body straight at all times, and hold this position as long as possible. |

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| <p>Max Sit Ups in 1 Minute</p>  | <p>Muscle: Abdominals</p> <p>Instructions:</p> <ol style="list-style-type: none"> 1. Lie flat on your back on the floor with your knees bent at 90° and feet flat on the floor. 2. Extend your arms and place your palms on your thighs. 3. Slowly curl your torso, raising your head and shoulders and sliding your hands along your thighs until they reach your knees. Lower your head and shoulders back down to the floor. 4. Complete as many as you can in one minute. |
| <p>Sit and Reach</p>  | <p>Muscle: Flexibility of lower back and hamstrings</p> <p>Instructions:</p> <ol style="list-style-type: none"> 1. Remove shoes and sit on the floor with legs stretched out straight ahead. Keep soles of the feet flat against a box. 2. Both knees should be locked and pressed flat to the floor. The tester may assist by holding them down. 3. With the palms facing downwards, and the hands on top of each other or side-by-side, reach forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. 4. The best out of three attempts is recorded. |
| <p>Vertical Jump</p>  | <p>Muscle: Quadriceps, Hamstrings, Core</p> <p>Instructions:</p> <ol style="list-style-type: none"> 1. Stand and reach up with the hand closest to the wall. Keep the feet flat on the ground, and record the point of the fingertips (standing reach height). 2. Next, stand away from the wall, and leap vertically as high as possible using both arms and legs to assist in projecting the body upwards. Attempt to touch the wall at the highest point of the jump. 3. The difference in distance between the standing reach height and the jump height is the score. 4. The best of three attempts is recorded. |

Resources: <http://www.sparkpeople.com/>, <http://www.tbfin.com/>