

Arm Wrestling On Floor

Objective:

Arm wrestling is one of the first ways a young person discovers their strength. It is a strength activity that goes back centuries. For youth athletes, a fun, friendly arm wrestling competition will:

- Develop muscular strength by repeated all-out, short-burst efforts.
- Increase muscular endurance by repeated all-out continuous efforts.
- Develop teamwork.

Materials:

None required

Procedures:

1. Have participants pair off into groups of two.
2. Participants will lie down on the floor or mat facing their opponent. Opponents will clasp hands with opposite hand resting on their low back. On the go signal, opponents will give all out effort to pin opponents hand to floor or mat.
3. The loser of the match must immediately do 5 pushups.
4. Now have a second match with the same partner, using the opposite hand. Again, the loser does 5 pushups.
5. After partners have had a match with each hand they then challenge different partners.