

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 13

Fastest 100m by an amputee

Richard Browne from the USA set a record by running 100m in 10.53 seconds! Your challenge today is to run or walk 100m as fast as you safely can. If you're not confident, you can try running or walking on the spot for 10.53 seconds.

Adaptations:

Upper Limb Difference:

Focusing on arm and upper body movement creates a strong muscle memory for when we run. Try focusing on arm or upper body movements to build strength and speed.

Lower Limb Difference:

For those with lower limb differences, use a prosthetic leg/s for the walk, run or



complete the challenge seated. Alternatively, try walking or running with a partner for assistance.

This challenge helps improve leg strength and confidence!

If you can't complete these activities, contact us for adaptations.

www.limbpower.com