



# Fitness as a Sport Participant Handbook – Training Plan

**Special  
Olympics**  
Oregon



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## What is Fitness as a Sport?

### 8 Week Program

Fitness as a Sport is an 8- week self-taught program that focuses on strength training. Each week participants will be given a recommended workout to assist them with learning correct form and body movement. This program is designed for all levels of participants from beginners to advanced.

### Types of exercise:

- **Endurance** - Endurance is the ability of your body to keep moving for long periods of time. Endurance can help with running farther distances without stopping and practice longer with fewer breaks.
- **Strength** - Strength is the ability of your body to do work. Strength gives us the ability to jump higher, throw farther, and sprint faster.
- **Flexibility** - Flexibility is the ability of your body to move easily in all directions. Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints

## What equipment will be needed for Fitness as a Sport?

### Weights

Some of the exercises encourage participants to utilize weights. This can be any weight size of your choice dependent on your ability and comfort level.

What if I do not own weights, or have access to a gym? That is ok, you can make your own weights by using normal every day house hold items such as; filled water bottles, can foods, etc.

## Week 1

### Focus this week

This week we will focus on learning two different exercises that will help strengthen our upper body and core; Over head press and Curl-ups. These two exercises help build muscle strength in a few key areas;

**Over head press:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders, (deltoid muscles), arms (triceps muscles), and upper back (trapezius)

**Curl-ups:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

### Exercises

It is important that we learn good and proper form for all exercises to ensure we are not only building the correct muscles groups, but also for our safety and to reduce the risk of injury.

**Over head press:** This exercise can be done standing or sitting down

Step 1: Stand with weights in your hands and your elbows bent. Your hands should be at shoulder height with your palms (inside of your hands) facing forward. This will look like a field goal made by your body. It is important that your elbows are at the same height as your shoulders.

Step 2: Slowly push the weights over your head until your arms are straight.

Step 3: Lower the weights back down to the starting position ensuring that your elbows are back in line with your shoulders.

Visual:



**Curl-ups:** This exercise can be done on the ground or sitting in a chair.

On the ground:

Step 1: Lie on your back on the floor. Bend your hips and knees so that your feet are flat on the floor.

Step 2: Reach your arms towards your knees

Step 3: Lift your head and then slowly lift your upper back until you touch your knees with your arms

Step 4: Try and get your shoulder blades completely off the ground.

Step 5: Pause and then slowly lower all the way back down, including your head.

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight, pressing your lower back against the back of your chair, and pull your belly button in toward your spine to engage your core muscles and shoulder pulled back.

Step 2: Cross your arms across your chest.

Step 3: Curl your shoulders, head and chest toward your thighs, trying to get your elbows as close to your thighs as possible

Step 4: Straighten your spine and come back to the starting position.

## Workout

If you like to listen to music, get that ready. Ensure that you have a water bottle nearby to remain hydrated during your work out, and last but not least grab your weights you will use for today's workout.

### Set one:

30 seconds of **over head press** for as many as you can do

1 minute of **rest**

30 seconds of **over head press** for as many as you can do

1 minute of **rest**

30 seconds of **over head press** for as many as you can do

1 minute of **rest**

30 seconds of **over head press** for as many as you can do

1 minute of **rest**

### Set two:

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

### Set three:

30 seconds of **over head press** for as many as you can do

1 minute of **rest**

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

30 seconds of **over head press** for as many as you can do

1 minute of **rest**

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

**Repeat each set 2-3 times**

## Week 2

### Focus this week

This week we will focus on learning two different exercises that will help strengthen our upper body and core; side arm raises and shin touches. These two exercises help build muscle strength in few key areas;

**Side arm raise:** This exercise helps us develop muscles in our upper side (serratus anterior muscles), shoulders (deltoid muscles), and upper back (trapezius)

**Sin touches:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

### Exercises

It is important that we learn good and proper form for all exercises to ensure we are not only building the correct muscles groups, but also for our safety and to reduce the risk of injury.

**Side arm raise:** This exercise can be done standing or sitting down

Step 1: Grab your weights, and stand tall with your arms down and by your side while holding your weights

Step 2: Slowly bring your arms out to your sides until your hands are level with your shoulders. Keeping your arms straight the whole time.

Step 3: Pause for 1-2 seconds and then slowly lower them back to starting position

Visual:



**Shin touches:** This exercise can be done on the ground or sitting in a chair.

On the ground:

Step 1: Lay on your back on the floor.

Step 2: Put your legs up in the air, straight over your hips and reach your arms out making your elbows in line with your head.

Step 3: Lift your arms slowly to touch your shins by bringing your head, neck and upper back off the ground as you reach.

Step 4: Slowly lower back to the starting position, avoiding slamming your back into the ground.

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight and against the back of your chair, and your arms above your head.

Step 2: Place your feet straight out in front of you shoulder width apart, with your toes up.

Step 3: Bring your arms, shoulders, and head toward your shins.

Step 4: Straighten your spine and come back to the starting position.

## Workout

If you like to listen to music, get that ready. Ensure that you have a water bottle nearby to remain hydrated during your work out, and last but not least grab your weights you will use for today's workout.

### Set one:

30 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

30 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

30 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

30 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

### Set two:

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

30 seconds of **curl-up** for as many as you can do

1 minute of **rest**

### Set three:

30 seconds of **Shin up** for as many as you can do

1 minute of **rest**

30 seconds of **Shin up** for as many as you can do

1 minute of **rest**

30 seconds of **Shin up** for as many as you can do

1 minute of **rest**

30 seconds of **Shin up** for as many as you can do

1 minute of **rest**

**Repeat each set 2-3 times**

## Week 3

### Focus this week

This week we will focus on learning three different exercises that will help strengthen our upper body and core; Push-ups, Curl-ups , and Over head press. These three exercises help build muscle strength in few key areas;

**Push-ups:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders (deltoid muscles), arms (triceps muscles), upper back (trapezius), and our upper side (serratus anterior muscles).

**Curl-ups:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

**Over head press:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders, (deltoid muscles), arms (triceps muscles), and upper back (trapezius)

### Exercises

It is important that we learn good and proper form for all exercises to ensure we are not only building the correct muscles groups, but also for our safety and to reduce the risk of injury.

**Push-ups:** This exercise can be done on the ground, sitting or sitting in a chair.

#### One the ground:

Step 1: Start in a plank position (hands on ground in line with shoulders, legs straight back, and head in neutral position). You can either have your feet helping support your lower body (full body) or your knees (modified).

Step 2: Bend your arms and lower yourself towards the ground trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual for full body:



Visual for modified:



Standing:

Step 1: Find a wall, and place your hands on the wall shoulder width apart, and touch your toes to the wall if able.

Step 2: Take two steps back with your feet from the wall, while keeping your hands on the wall.

Step 2: Bend your arms and move yourself towards towards the wall trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual:



### Seated:

Step 1: Sit up tall in your chair with your back against the chair, and place your hands on your knees.

Step 2: Lower yourself towards your thighs, trying to keep a straight back.

Step 3: Push yourself back up to the starting position.

**Curl-ups:** This exercise can be done on the ground or sitting in a chair.

On the ground:

Step 1: Lie on your back on the floor. Bend your hips and knees so that your feet are flat on the floor.

Step 2: Reach your arms towards your knees

Step 3: Lift your head and then slowly lift your upper back until you touch your knees with your arms

Step 4: Try and get your shoulder blades completely off the ground.

Step 5: Pause and then slowly lower all the way back down, including your head.

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight, pressing your lower back against the back of your chair, and pull your belly button in toward your spine to engage your core muscles and shoulder pulled back.

Step 2: Cross your arms across your chest.

Step 3: Curl your shoulders, head and chest toward your thighs, trying to get your elbows as close to your thighs as possible

Step 4: Straighten your spine and come back to the starting position.

**Over head press:** This exercise can be done standing or sitting down

Step 1: Stand with weights in your hands and your elbows bent. Your hands should be at shoulder height with your palms (inside of your hands) facing forward. This will look like a field goal made by your body. It is important that your elbows are at the same height as your shoulders.

Step 2: Slowly push the weights over your head until your arms are straight.

Step 3: Lower the weights back down to the starting position ensuring that your elbows are back in line with your shoulders.

Visual:



### Workout

If you like to listen to music, get that ready. Ensure that you have a water bottle nearby to remain hydrated during your work out, and last but not least grab your weights you will use for today's workout.

#### Set one:

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

**Set two:**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

**Set three:**

45 seconds of **over head press** for as many as you can do

1 minute of **rest**

45 seconds of **over head press** for as many as you can do

1 minute of **rest**

45 seconds of **over head press** for as many as you can do

1 minute of **rest**

45 seconds of **over head press** for as many as you can do

1 minute of **rest**

**Repeat each set 2-3 times**

## Week 4

### Focus this week

This week we will focus on learning three different exercises that will help strengthen our upper body and core; side arm raises, shin touches and over head press. These three exercises help build muscle strength in few key areas;

**Side arm raise:** This exercise helps us develop muscles in our upper side (serratus anterior muscles), shoulders (deltoid muscles), and upper back (trapezius)

**Shin touches:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

**Over head press:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders, (deltoid muscles), arms (triceps muscles), and upper back (trapezius)

### Exercises

It is important that we learn good and proper form for all exercises to ensure we are not only building the correct muscles groups, but also for our safety and to reduce the risk of injury.

**Side arm raise:** This exercise can be done standing or sitting down

Step 1: Grab your weights, and stand tall with your arms down and by your side while holding your weights

Step 2: Slowly bring your arms out to your sides until your hands are level with your shoulders. Keeping your arms straight the whole time.

Step 3: Pause for 1-2 seconds and then slowly lower them back to starting position

Visual:



**Shin touches:** This exercise can be done on the ground or sitting in a chair.

On the ground:

Step 1: Lay on your back on the floor.

Step 2: Put your legs up in the air, straight over your hips and reach your arms out making your elbows in line with your head.

Step 3: Lift your arms slowly to touch your shins by bringing your head, neck and upper back off the ground as you reach.

Step 4: Slowly lower back to the starting position, avoiding slamming your back into the ground.

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight and against the back of your chair, and your arms above your head.

Step 2: Place your feet straight out in front of you shoulder width apart, with your toes up.

Step 3: Bring your arms, shoulders, and head toward your shins.

Step 4: Straighten your spine and come back to the starting position.

**Over head press:** This exercise can be done standing or sitting down

Step 1: Stand with weights in your hands and your elbows bent. Your hands should be at shoulder height with your palms (inside of your hands) facing forward. This will look like a field goal made by your body.

It is important that your elbows are at the same height as your shoulders.

Step 2: Slowly push the weights over your head until your arms are straight.

Step 3: Lower the weights back down to the starting position ensuring that your elbows are back in line with your shoulders.

Visual:



## Workout

If you like to listen to music, get that ready. Ensure that you have a water bottle nearby to remain hydrated during your work out, and last but not least grab your weights you will use for today's workout.

### Set one:

45 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

45 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

45 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

45 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

### Set two:

45 seconds of **Shin up** for as many as you can do

1 minute of **rest**

45 seconds of **Shin up** for as many as you can do

1 minute of **rest**

45 seconds of **Shin up** for as many as you can do

1 minute of **rest**

45 seconds of **Shin up** for as many as you can do

1 minute of **rest**

### Set three:

45 seconds of **over head press** for as many as you can do

1 minute of **rest**

45 seconds of **over head press** for as many as you can do

1 minute of **rest**

45 seconds of **over head press** for as many as you can do

1 minute of **rest**

45 seconds of **over head press** for as many as you can do

1 minute of **rest**

**Repeat each set 2-3 times**

## Week 5

### Focus this week

This week we will focus on learning two different exercises that will help strengthen our upper body and core; Over head press and Curl-ups. These two exercises help build muscle strength in few key areas;

**Shin touches:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

**Push-ups:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders (deltoid muscles), arms (triceps muscles), upper back (trapezius), and our upper side (serratus anterior muscles).

**Curl-ups:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

### Exercises

It is important that we learn good and proper form for all exercises to ensure we are not only building the correct muscles groups, but also for our safety and to reduce the risk of injury.

**Shin touches:** This exercise can be done on eth ground or sitting in a chair.

One the ground:

Step 1: Lay on your back on the floor.

Step 2: Put your legs up in the air, straight over your hips and reach your arms out making your elbows in line with your head.

Step 3: Lift your arms slowly to touch your shins by bringing your head neck and upper back off the ground as you reach.

Step 4: Slowly lower back to the starting position, avoiding slamming your back into the ground

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight and against the back of your chair, and your arms above your head.

Step 2: Place your feet straight out in front of you shoulder width apart, with your toes up.

Step 3: Bring your arms, shoulders, and head toward your shins.

Step 4: Straighten your spine and come back to the starting position.

**Push-ups:** This exercise can be done on the ground, sitting or sitting in a chair.

One the ground:

Step 1: Start in a plank position (hands on ground in line with shoulders, legs straight back, and head in neutral position). You can either have your feet helping support your lower body (full body) or your knees (modified).

Step 2: Bend your arms and lower yourself towards the ground trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual for full body:



Visual for modified:



Standing:

Step 1: Find a wall, and place your hands on the wall shoulder width apart, and touch your toes to the wall if able.

Step 2: Take two steps back with your feet from the wall, while keeping your hands on the wall.

Step 2: Bend your arms and move yourself towards towards the wall trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual:



### Seated:

Step 1: Sit up tall in your chair with your back against the chair, and place your hands on your knees.

Step 2: Lower yourself towards your thighs, trying to keep a straight back.

Step 3: Push yourself back up to the starting position.

**Curl-ups:** This exercise can be done on the ground or sitting in a chair.

On the ground:

Step 1: Lie on your back on the floor. Bend your hips and knees so that your feet are flat on the floor.

Step 2: Reach your arms towards your knees

Step 3: Lift your head and then slowly lift your upper back until you touch your knees with your arms

Step 4: Try and get your shoulder blades completely off the ground.

Step 5: Pause and then slowly lower all the way back down, including your head.

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight, pressing your lower back against the back of your chair, and pull your belly button in toward your spine to engage your core muscles and shoulder pulled back.

Step 2: Cross your arms across your chest.

Step 3: Curl your shoulders, head and chest toward your thighs, trying to get your elbows as close to your thighs as possible

Step 4: Straighten your spine and come back to the starting position.

## Workout

If you like to listen to music, get that ready. Ensure that you have a water bottle nearby to remain hydrated during your work out, and last but not least grab your weights you will use for today's workout.

### Set one:

45 seconds of **Shin touches** for as many as you can do

1 minute of **rest**

45 seconds of **Shin touches** for as many as you can do

1 minute of **rest**

45 seconds of **Shin touches** for as many as you can do

1 minute of **rest**

45 seconds of **Shin touches** for as many as you can do

1 minute of **rest**

### Set two:

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

### Set three:

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

**Repeat each set 2-3 times**

## Week 6

### Focus this week

This week we will focus on learning three different exercises that will help strengthen our upper body and core; Side arm raises, curl-ups, and push-ups. These three exercises help build muscle strength in few key areas;

**Side arm raise:** This exercise helps us develop muscles in our upper side (serratus anterior muscles), shoulders (deltoid muscles), and upper back (trapezius)

**Curl-ups:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

**Push-ups:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders (deltoid muscles), arms (triceps muscles), upper back (trapezius), and our upper side (serratus anterior muscles).

### Exercises

It is important that we learn good and proper form for all exercises to ensure we are not only building the correct muscles groups, but also for our safety and to reduce the risk of injury.

**Side arm raise:** This exercise can be done standing or sitting down

Step 1: Grab your weights, and stand tall with your arms down and by your side while holding your weights

Step 2: Slowly bring your arms out to your sides until your hands are level with your shoulders. Keeping your arms straight the whole time.

Step 3: Pause for 1-2 seconds and then slowly lower them back to starting position

Visual:



**Curl-ups:** This exercise can be done on the ground or sitting in a chair.

On the ground:

Step 1: Lie on your back on the floor. Bend your hips and knees so that your feet are flat on the floor.

Step 2: Reach your arms towards your knees

Step 3: Lift your head and then slowly lift your upper back until you touch your knees with your arms

Step 4: Try and get your shoulder blades completely off the ground.

Step 5: Pause and then slowly lower all the way back down, including your head.

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight, pressing your lower back against the back of your chair, and pull your belly button in toward your spine to engage your core muscles and shoulder pulled back.

Step 2: Cross your arms across your chest.

Step 3: Curl your shoulders, head and chest toward your thighs, trying to get your elbows as close to your thighs as possible

Step 4: Straighten your spine and come back to the starting position.

**Push-ups:** This exercise can be done on the ground, sitting or sitting in a chair.

One the ground:

Step 1: Start in a plank position (hands on ground in line with shoulders, legs straight back, and head in neutral position). You can either have your feet helping support your lower body (full body) or your knees (modified).

Step 2: Bend your arms and lower yourself towards the ground trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual for full body:



Visual for modified:



### Standing:

Step 1: Find a wall, and place your hands on the wall shoulder width apart, and touch your toes to the wall if able.

Step 2: Take two steps back with your feet from the wall, while keeping your hands on the wall.

Step 2: Bend your arms and move yourself towards towards the wall trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

### Visual:



### Seated:

Step 1: Sit up tall in your chair with your back against the chair, and place your hands on your knees.

Step 2: Lower yourself towards your thighs, trying to keep a straight back.

Step 3: Push yourself back up to the starting position.

## Workout

If you like to listen to music, get that ready. Ensure that you have a water bottle nearby to remain hydrated during your work out, and last but not least grab your weights you will use for today's workout.

### Set one:

45 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

45 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

45 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

45 seconds of **Side arm raise** for as many as you can do

1 minute of **rest**

### Set two:

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

45 seconds of **curl-up** for as many as you can do

1 minute of **rest**

### Set three:

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

45 seconds of **Push-ups** for as many as you can do

1 minute of **rest**

**Repeat each set 2-3 times**

## Week 7

### Focus this week

This week we will focus on learning four different exercises that will help strengthen our upper body and core; Curl-ups, push-ups, shin touches and over head press. These four exercises help build muscle strength in few key areas;

**Curl-ups:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

**Push-ups:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders (deltoid muscles), arms (triceps muscles), upper back (trapezius), and our upper side (serratus anterior muscles).

**Shin touches:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

**Over head press:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders, (deltoid muscles), arms (triceps muscles), and upper back (trapezius)

### Exercises

It is important that we learn good and proper form for all exercises to ensure we are not only building the correct muscles groups, but also for our safety and to reduce the risk of injury.

**Curl-ups:** This exercise can be done on eth ground or sitting in a chair.

One the ground:

Step 1: Lie on your back on the floor. Bend your hips and knees so that your feet are flat on the floor.

Step 2: Reach your arms towards you knees

Step 3: Lift your head and then slowly lift your upper back until you touch your knees with your arms

Step 4: Try and get your shoulder blades completely off the ground.

Step 5: Pause and then slowly lower all the way back down, including your head.

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight, pressing your lower back against the back of your chair, and pull your belly button in toward your spine to engage your core muscles and shoulder pulled back.

Step 2: Cross your arms across your chest.

Step 3: Curl your shoulders, head and chest toward your thighs, trying to get your elbows as close to your thighs as possible

Step 4: Straighten your spine and come back to the starting position.

**Push-ups:** This exercise can be done on the ground, sitting or sitting in a chair.

One the ground:

Step 1: Start in a plank position (hands on ground in line with shoulders, legs straight back, and head in neutral position). You can either have your feet helping support your lower body (full body) or your knees (modified).

Step 2: Bend your arms and lower yourself towards the ground trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual for full body:



Visual for modified:



Standing:

Step 1: Find a wall, and place your hands on the wall shoulder width apart, and touch your toes to the wall if able.

Step 2: Take two steps back with your feet from the wall, while keeping your hands on the wall.

Step 2: Bend your arms and move yourself towards towards the wall trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual:



Step 1: Sit up tall in your chair with your back against the chair, and place your hands on your knees.

Step 2: Lower yourself towards your thighs, trying to keep a straight back.

Step 3: Push yourself back up to the starting position.

**Shin touches:** This exercise can be done on eth ground or sitting in a chair.

One the ground:

Step 1: Lay on your back on the floor.

Step 2: Put your legs up in the air, straight over your hips and reach your arms out making your elbows in line with your head.

Step 3: Lift your arms slowly to touch your shins by bringing your head neck and upper back off the ground as you reach.

Step 4: Slowly lower back to the starting position, avoiding slamming your back into the ground

Visual:



**Over head press:** This exercise can be done standing or sitting down

Step 1: Stand with weights in your hands and your elbows bent. Your hands should be at shoulder height with your palms (inside of your hands) facing forward. This will look like a field goal made by your body. It is important that your elbows are at the same height as your shoulders.

Step 2: Slowly push the weights over your head until your arms are straight.

Step 3: Lower the weights back down to the starting position ensuring that your elbows are back in line with your shoulders.

Visual:



## Workout

If you like to listen to music, get that ready. Ensure that you have a water bottle nearby to remain hydrated during your work out, and last but not least grab your weights you will use for today's workout.

### Set one:

1 minute of **curl-up** for as many as you can do

1 minute of **rest**

1 minute of **curl-up** for as many as you can do

1 minute of **rest**

1 minute of **curl-up** for as many as you can do

1 minute of **rest**

1 minute of **curl-up** for as many as you can do

1 minute of **rest**

**Set two:**

1 minute of **Push-ups** for as many as you can do

1 minute of **rest**

1 minute of **Push-ups** for as many as you can do

1 minute of **rest**

1 minute of **Push-ups** for as many as you can do

1 minute of **rest**

1 minute of **Push-ups** for as many as you can do

1 minute of **rest**

**Set three:**

1 minute of **Shin touches** for as many as you can do

1 minute of **rest**

1 minute of **Shin touches** for as many as you can do

1 minute of **rest**

1 minute of **Shin touches** for as many as you can do

1 minute of **rest**

1 minute of **Shin touches** for as many as you can do

1 minute of **rest**

**Set four:**

1 minute of **over head press** for as many as you can do

1 minute of **rest**

1 minute of **over head press** for as many as you can do

1 minute of **rest**

1 minute of **over head press** for as many as you can do

1 minute of **rest**

1 minute of **over head press** for as many as you can do

1 minute of **rest**

**Repeat each set 2-3 times**

## Week 8

### Focus this week

This week we will focus on learning four different exercises that will help strengthen our upper body and core; Curl-ups, push-ups, shin touches and over head press. These four exercises help build muscle strength in few key areas;

**Curl-ups:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

**Push-ups:** This exercise helps us develop muscles in our chest (pectoral muscles), shoulders (deltoid muscles), arms (triceps muscles), upper back (trapezius), and our upper side (serratus anterior muscles).

**Shin touches:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles) and side (latissimus dorsi muscles).

**Side arm raise:** This exercise helps us develop muscles in our upper side (serratus anterior muscles), shoulders (deltoid muscles), and upper back (trapezius)

### Exercises

It is important that we learn good and proper form for all exercises to ensure we are not only building the correct muscles groups, but also for our safety and to reduce the risk of injury.

**Curl-ups:** This exercise can be done on eth ground or sitting in a chair.

One the ground:

Step 1: Lie on your back on the floor. Bend your hips and knees so that your feet are flat on the floor.

Step 2: Reach your arms towards you knees

Step 3: Lift your head and then slowly lift your upper back until you touch your knees with your arms

Step 4: Try and get your shoulder blades completely off the ground.

Step 5: Pause and then slowly lower all the way back down, including your head.

Visual:



Sitting in a chair:

Step 1: Sit up tall with your spine straight, pressing your lower back against the back of your chair, and pull your belly button in toward your spine to engage your core muscles and shoulder pulled back.

Step 2: Cross your arms across your chest.

Step 3: Curl your shoulders, head and chest toward your thighs, trying to get your elbows as close to your thighs as possible

Step 4: Straighten your spine and come back to the starting position.

**Push-ups:** This exercise can be done on the ground, sitting or sitting in a chair.

One the ground:

Step 1: Start in a plank position (hands on ground in line with shoulders, legs straight back, and head in neutral position). You can either have your feet helping support your lower body (full body) or your knees (modified).

Step 2: Bend your arms and lower yourself towards the ground trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual for full body:



Visual for modified:



Standing:

Step 1: Find a wall, and place your hands on the wall shoulder width apart, and touch your toes to the wall if able.

Step 2: Take two steps back with your feet from the wall, while keeping your hands on the wall.

Step 2: Bend your arms and move yourself towards towards the wall trying to keep your back straight the entire time getting as low as you can.

Step 3: Push yourself back up to the starting position.

Visual:



Step 1: Sit up tall in your chair with your back against the chair, and place your hands on your knees.

Step 2: Lower yourself towards your thighs, trying to keep a straight back.

Step 3: Push yourself back up to the starting position.

**Shin touches:** This exercise can be done on eth ground or sitting in a chair.

One the ground:

Step 1: Lay on your back on the floor.

Step 2: Put your legs up in the air, straight over your hips and reach your arms out making your elbows in line with your head.

Step 3: Lift your arms slowly to touch your shins by bringing your head neck and upper back off the ground as you reach.

Step 4: Slowly lower back to the starting position, avoiding slamming your back into the ground

Visual:



**Side arm raise:** This exercise can be done standing or sitting down

Step 1: Grab your weights, and stand tall with your arms down and by your side while holding your weights

Step 2: Slowly bring your arms out to your sides until your hands are level with your shoulders. Keeping your arms straight the whole time.

Step 3: Pause for 1-2 seconds and then slowly lower them back to starting position

Visual:



## Workout

If you like to listen to music, get that ready. Ensure that you have a water bottle nearby to remain hydrated during your work out, and last but not least grab your weights you will use for today's workout.

### Set one:

1 minute of **curl-up** for as many as you can do

1 minute of **rest**

1 minute of **curl-up** for as many as you can do

1 minute of **rest**

1 minute of **curl-up** for as many as you can do

1 minute of **rest**

1 minute of **curl-up** for as many as you can do

1 minute of **rest**

**Set two:**

1 minute of **Push-ups** for as many as you can do

1 minute of **rest**

1 minute of **Push-ups** for as many as you can do

1 minute of **rest**

1 minute of **Push-ups** for as many as you can do

1 minute of **rest**

1 minute of **Push-ups** for as many as you can do

1 minute of **rest**

**Set three:**

1 minute of **Shin touches** for as many as you can do

1 minute of **rest**

1 minute of **Shin touches** for as many as you can do

1 minute of **rest**

1 minute of **Shin touches** for as many as you can do

1 minute of **rest**

1 minute of **Shin touches** for as many as you can do

1 minute of **rest**

**Set four:**

1 minute of **Side arm raise** for as many as you can do

1 minute of **rest**

1 minute of **Side arm raise** for as many as you can do

1 minute of **rest**

1 minute of **Side arm raise** for as many as you can do

1 minute of **rest**

1 minute of **Side arm raise** for as many as you can do

1 minute of **rest**

**Repeat each set 2-3 times**

## Resources Used for this Handbook

1. Special Olympics Fit 5 Guide: <https://soor.org/wp-content/uploads/2020/03/Fit-5-Guide.pdf>