



# Fitness as a Sport Participant Handbook Winter 2021

*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; reverse fly and Side to Side Heel Touch Crunch. These two exercises help build muscle strength in a few key areas;

**Reverse fly:** This exercise helps us develop muscles in our upper back (rhomboid muscles), and shoulders (deltoid muscles).

**Side to Side Heel Touch Crunch:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our side (obliques).

### 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.

**Reverse Fly:** This exercise can be done standing or sitting down

Step 1: Bend your upper body to a 45 degree angle with your back straight and flat, and knees slightly bent if standing while holding weights in your hands in front of the center of your body in a circular position.

Step 2: Raise your arms out to your sides until your wrists are in line with your shoulders.

Step 3: Pause for 1-2 seconds and slowly lowers your arms back to the starting position.

\*Keep your back straight, and your eyes forward the whole time

Visual:



**Side to Side Heel Touch Crunch:** 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. Have your arms next to your side with your hands pointing in towards your body.

Step 2: Lift your shoulders off of the ground, trying to get your shoulder blades completely off the ground. Be sure to keep your head in line with your back.

Step 3: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 4: Go back to step 2.

Step 5: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 6: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

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.

Step 2: Let your arms hang next to your sides.

Step 3: Pull your shoulders slightly forward keeping that lower back against the back of the chair.

Step 4: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 5: Go back to step 2.

Step 6: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 7: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

### 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 **reverse fly** for as many as you can do

1 minute of **rest**

30 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

30 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

30 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

**Set two:**

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

**Set three:**

30 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

30 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Heel Touch Crunch** 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; forward arm raises and elbow to knee. These two exercises help build muscle strength in few key areas;

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

**Elbow to knee:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles), side (latissimus dorsi muscles), legs (quads and hamstrings) and butt (glute).

### 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.

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

Step 1: Grab your weights, and stand tall with your arms down and in front of your legs with your wrists pointing towards your thighs while holding your weights

Step 2: Slowly bring your arms up in front of you 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:



**Elbow to knee:** This exercise can be done on standing or sitting in a chair.

Standing:

Step 1: Start in a standing position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up to a 90 degree angle, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up to a 90 degree angle, and bring your right elbow to your left knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

Visual:



Sitting in a chair:

Step 1: Start in a seated position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up as high as you can, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up as high as you can, and bring your right elbow to your left knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

## 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 **forward arm raise** for as many as you can do

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

### Set two:

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

### Set three:

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

1 minute of **rest**

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

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

1 minute of **rest**

30 seconds of **elbow to knee** 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; Tricep Curls, Side to Side Heel Touch Crunch, and reverse fly. These three exercises help build muscle strength in few key areas;

**Tricep Curls:** This exercise helps us develop muscles in our upper arm (tricep muscles), shoulders (deltoid muscles), and core.

**Side to Side Heel Touch Crunch:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our side (obliques).

**Reverse fly:** This exercise helps us develop muscles in our upper back (rhomboid muscles), and shoulders (deltoid 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.

**Tricep Curls:** This exercise can be done seated or standing.

Step 1: Start in a standing or seated position with your legs shoulder width apart and a single weight in your hands in front of you.

Step 2: Raise your hands up over your head, and try to squeeze your ears with your elbows.

Step 3: Bend your arms at the elbow, and let your lower arm go behind your head.

Step 4: Return to step 2, and repeat for entire duration of exercise.

Visual:



**Side to Side Heel Touch Crunch:** This exercise can be done on the 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. Have your arms next to your side with your hands pointing in towards your body.

Step 2: Lift your shoulders off of the ground, trying to get your shoulder blades completely off the ground. Be sure to keep your head in line with your back.

Step 3: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

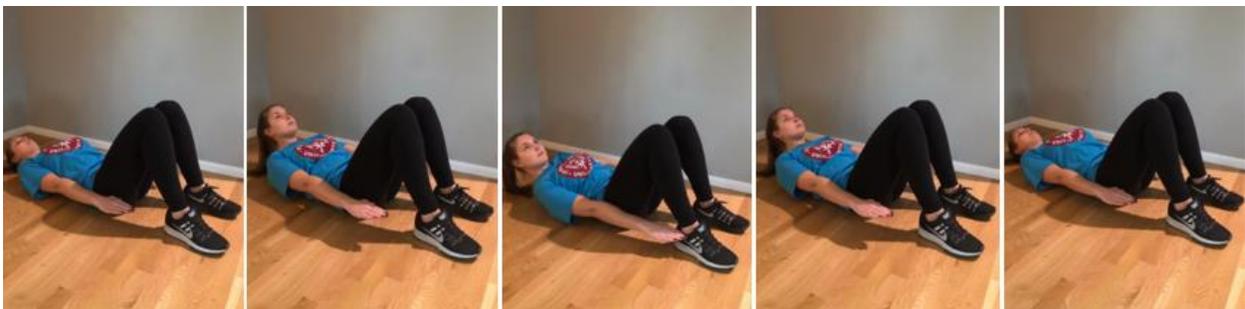
Step 4: Go back to step 2.

Step 5: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 6: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

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.

Step 2: Let your arms hang next to your sides.

Step 3: Pull your shoulders slightly forward keeping that lower back against the back of the chair.

Step 4: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 5: Go back to step 2.

Step 6: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 7: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

**Reverse Fly:** This exercise can be done standing or sitting down

Step 1: Bend your upper body to a 45 degree angle with your back straight and flat, and knees slightly bent if standing while holding weights in your hands in front of the center of your body in a circular position.

Step 2: Raise your arms out to your sides until your wrists are in line with your shoulders.

Step 3: Pause for 1-2 seconds and slowly lowers your arms back to the starting position.

\*Keep your back straight, and your eyes forward the whole time

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 **forward arm raise** for as many as you can do

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

### Set two:

45 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

### Set three:

45 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

45 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

45 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

45 seconds of **reverse fly** 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; reverse fly, elbow to knee and forward arm raises. These three exercises help build muscle strength in few key areas;

**Reverse fly:** This exercise helps us develop muscles in our upper back (rhomboid muscles), and shoulders (deltoid muscles).

**Elbow to knee:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles), side (latissimus dorsi muscles), legs (quads and hamstrings) and butt (glute).

**Forward arm raise:** This exercise helps us develop muscles in our 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.

**Reverse Fly:** This exercise can be done standing or sitting down

Step 1: Bend your upper body to a 45 degree angle with your back straight and flat, and knees slightly bent if standing while holding weights in your hands in front of the center of your body in a circular position.

Step 2: Raise your arms out to your sides until your wrists are in line with your shoulders.

Step 3: Pause for 1-2 seconds and slowly lowers your arms back to the starting positon.

\*Keep your back straight, and your eyes forward the whole time

Visual:



**Elbow to knee:** This exercise can be done on standing or sitting in a chair.

Standing:

Step 1: Start in a standing position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up to a 90 degree angle, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up to a 90 degree angle, and bring your right elbow to your right knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

Visual:



Sitting in a chair:

Step 1: Start in a seated position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up as high as you can, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up as high as you can, and bring your right elbow to your right knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

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

Step 1: Grab your weights, and stand tall with your arms down and in front of your legs with your wrists pointing towards your thighs while holding your weights

Step 2: Slowly bring your arms up in front of you 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:

45 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

45 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

45 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

45 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

### Set two:

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

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

### Set three:

45 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

45 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

45 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

45 seconds of **elbow to knee** 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; reverse fly, Side to Side Heel Touch Crunch, Tricep Curls and elbow to knee. These two exercises help build muscle strength in few key areas;

**Reverse fly:** This exercise helps us develop muscles in our upper back (rhomboid muscles), and shoulders (deltoid muscles).

**Side to Side Heel Touch Crunch:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our side (obliques).

**Tricep Curls:** This exercise helps us develop muscles in our upper arm (tricep muscles), shoulders (deltoid muscles), and core.

**Elbow to knee:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles), side (latissimus dorsi muscles), legs (quads and hamstrings) and butt (glute).

### 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.

**Reverse Fly:** This exercise can be done standing or sitting down

Step 1: Bend your upper body to a 45 degree angle with your back straight and flat, and knees slightly bent if standing while holding weights in your hands in front of the center of your body in a circular position.

Step 2: Raise your arms out to your sides until your wrists are in line with your shoulders.

Step 3: Pause for 1-2 seconds and slowly lowers your arms back to the starting positon.

\*Keep your back straight, and your eyes forward the whole time

Visual:



**Side to Side Heel Touch Crunch:** This exercise can be done on the 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. Have your arms next to your side with your hands pointing in towards your body.

Step 2: Lift your shoulders off of the ground, trying to get your shoulder blades completely off the ground. Be sure to keep your head in line with your back.

Step 3: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 4: Go back to step 2.

Step 5: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 6: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

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.

Step 2: Let your arms hang next to your sides.

Step 3: Pull your shoulders slightly forward keeping that lower back against the back of the chair.

Step 4: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 5: Go back to step 2.

Step 6: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 7: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

**Tricep Curls:** This exercise can be done seated or standing.

Step 1: Start in a standing or seated position with your legs shoulder width apart and a single weight in your hands in front of you.

Step 2: Raise your hands up over your head, and try to squeeze your ears with your elbows.

Step 3: Bend your arms at the elbow, and let your lower arm go behind your head.

Step 4: Return to step 2, and repeat for entire duration of exercise.

Visual:



**Elbow to knee:** This exercise can be done on standing or sitting in a chair.

Standing:

Step 1: Start in a standing position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up to a 90 degree angle, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up to a 90 degree angle, and bring your right elbow to your right knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

Visual:



Sitting in a chair:

Step 1: Start in a seated position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up as high as you can, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up as high as you can, and bring your right elbow to your right knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

## 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 **reverse fly** for as many as you can do

1 minute of **rest**

30 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

30 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

30 seconds of **reverse fly** for as many as you can do

1 minute of **rest**

### Set two:

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

### Set three:

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

30 seconds of **elbow to knee** for as many as you can do

1 minute of **rest**

**Set four:**

30 seconds of **tricep curls** for as many as you can do

1 minute of **rest**

30 seconds of **tricep curls** for as many as you can do

1 minute of **rest**

30 seconds of **tricep curls** for as many as you can do

1 minute of **rest**

30 seconds of **tricep curls** 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 to Side Heel Touch Crunch, forward arm raises, and Tricep Curls. These three exercises help build muscle strength in few key areas;

**Side to Side Heel Touch Crunch:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our side (obliques).

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

**Tricep Curls:** This exercise helps us develop muscles in our upper arm (tricep muscles), shoulders (deltoid muscles), and core.

### 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 to Side Heel Touch Crunch:** This exercise can be done on the 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. Have your arms next to your side with your hands pointing in towards your body.

Step 2: Lift your shoulders off of the ground, trying to get your shoulder blades completely off the ground. Be sure to keep your head in line with your back.

Step 3: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

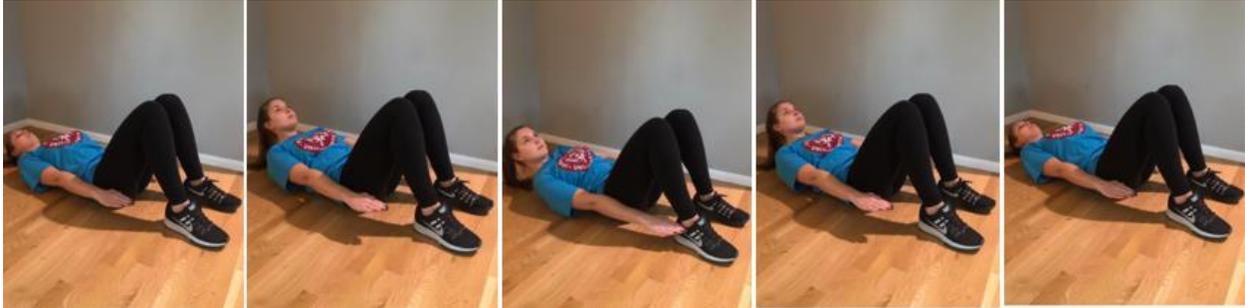
Step 4: Go back to step 2.

Step 5: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 6: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

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.

Step 2: Let your arms hang next to your sides.

Step 3: Pull your shoulders slightly forward keeping that lower back against the back of the chair.

Step 4: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 5: Go back to step 2.

Step 6: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 7: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

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

Step 1: Grab your weights, and stand tall with your arms down and in front of your legs with your wrists pointing towards your thighs while holding your weights

Step 2: Slowly bring your arms up in front of you 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:



**Tricep Curls:** This exercise can be done seated or standing.

Step 1: Start in a standing or seated position with your legs shoulder width apart and a single weight in your hands in front of you.

Step 2: Raise your hands up over your head, and try to squeeze your ears with your elbows.

Step 3: Bend your arms at the elbow, and let your lower arm go behind your head.

Step 4: Return to step 2, and repeat for entire duration of exercise.

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 to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

### Set two:

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

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

### Set three:

45 seconds of **tricep curls** for as many as you can do

1 minute of **rest**

45 seconds of **tricep curls** for as many as you can do

1 minute of **rest**

45 seconds of **tricep curls** for as many as you can do

1 minute of **rest**

45 seconds of **tricep curls** 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; reverse fly, Side to Side Heel Touch Crunch, Tricep Curls and elbow to knee. These four exercises help build muscle strength in few key areas;

**Reverse fly:** This exercise helps us develop muscles in our upper back (rhomboid muscles), and shoulders (deltoid muscles).

**Side to Side Heel Touch Crunch:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our side (obliques).

**Tricep Curls:** This exercise helps us develop muscles in our upper arm (tricep muscles), shoulders (deltoid muscles), and core.

**Elbow to knee:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles), side (latissimus dorsi muscles), legs (quads and hamstrings) and butt (glute).

### 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.

**Reverse Fly:** This exercise can be done standing or sitting down

Step 1: Bend your upper body to a 45 degree angle with your back straight and flat, and knees slightly bent if standing while holding weights in your hands in front of the center of your body in a circular position.

Step 2: Raise your arms out to your sides until your wrists are in line with your shoulders.

Step 3: Pause for 1-2 seconds and slowly lowers your arms back to the starting positon.

\*Keep your back straight, and your eyes forward the whole time

Visual:



**Side to Side Heel Touch Crunch:** This exercise can be done on the 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. Have your arms next to your side with your hands pointing in towards your body.

Step 2: Lift your shoulders off of the ground, trying to get your shoulder blades completely off the ground. Be sure to keep your head in line with your back.

Step 3: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 4: Go back to step 2.

Step 5: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 6: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

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.

Step 2: Let your arms hang next to your sides.

Step 3: Pull your shoulders slightly forward keeping that lower back against the back of the chair.

Step 4: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 5: Go back to step 2.

Step 6: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 7: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

**Tricep Curls:** This exercise can be done seated or standing.

Step 1: Start in a standing or seated position with your legs shoulder width apart and a single weight in your hands in front of you.

Step 2: Raise your hands up over your head, and try to squeeze your ears with your elbows.

Step 3: Bend your arms at the elbow, and let your lower arm go behind your head.

Step 4: Return to step 2, and repeat for entire duration of exercise.

Visual:



**Elbow to knee:** This exercise can be done on standing or sitting in a chair.

Standing:

Step 1: Start in a standing position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up to a 90 degree angle, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up to a 90 degree angle, and bring your right elbow to your right knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

Visual:



Sitting in a chair:

Step 1: Start in a seated position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up as high as you can, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up as high as you can, and bring your right elbow to your right knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

## 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 **reverse fly** for as many as you can do

1 minute of **rest**

1 minute of **reverse fly** for as many as you can do

1 minute of **rest**

1 minute of **reverse fly** for as many as you can do

1 minute of **rest**

1 minute of **reverse fly** for as many as you can do

1 minute of **res**

### Set two:

1 minute of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

1 minute of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

1 minute of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

1 minute of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

### Set three:

1 minute of **elbow to knee** for as many as you can do

1 minute of **rest**

1 minute of **elbow to knee** for as many as you can do

1 minute of **rest**

1 minute of **elbow to knee** for as many as you can do

1 minute of **rest**

1 minute of **elbow to knee** for as many as you can do

1 minute of **rest**

**Set four:**

1 minute of **tricep curls** for as many as you can do

1 minute of **rest**

1 minute of **tricep curls** for as many as you can do

1 minute of **rest**

1 minute of **tricep curls** for as many as you can do

1 minute of **rest**

1 minute of **tricep curls** 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; forward arm raises, Side to Side Heel Touch Crunch, Tricep Curls and elbow to knee. These four exercises help build muscle strength in few key areas;

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

**Side to Side Heel Touch Crunch:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our side (obliques).

**Tricep Curls:** This exercise helps us develop muscles in our upper arm (tricep muscles), shoulders (deltoid muscles), and core.

**Elbow to knee:** This exercise helps us develop muscles in our belly (rectus abdominus muscles), as well as our chest (pectoral muscles), side (latissimus dorsi muscles), legs (quads and hamstrings) and butt (glute).

### 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.

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

Step 1: Grab your weights, and stand tall with your arms down and in front of your legs with your wrists pointing towards your thighs while holding your weights

Step 2: Slowly bring your arms up in front of you 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:



**Side to Side Heel Touch Crunch:** 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. Have your arms next to your side with your hands pointing in towards your body.

Step 2: Lift your shoulders off of the ground, trying to get your shoulder blades completely off the ground. Be sure to keep your head in line with your back.

Step 3: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 4: Go back to step 2.

Step 5: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 6: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

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.

Step 2: Let your arms hang next to your sides.

Step 3: Pull your shoulders slightly forward keeping that lower back against the back of the chair.

Step 4: Reach your left arm down to your left ankle, and hold for 1-2 seconds.

Step 5: Go back to step 2.

Step 6: Reach your right arm down to your right ankle, and hold for 1-2 seconds.

Step 7: Go back to step 2.

Continue this side to side motion throughout the entire exercise.

**Tricep Curls:** This exercise can be done seated or standing.

Step 1: Start in a standing or seated position with your legs shoulder width apart and a single weight in your hands in front of you.

Step 2: Raise your hands up over your head, and try to squeeze your ears with your elbows.

Step 3: Bend your arms at the elbow, and let your lower arm go behind your head.

Step 4: Return to step 2, and repeat for entire duration of exercise.

Visual:



**Elbow to knee:** This exercise can be done on standing or sitting in a chair.

Standing:

Step 1: Start in a standing position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up to a 90 degree angle, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up to a 90 degree angle, and bring your right elbow to your right knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

Visual:



Sitting in a chair:

Step 1: Start in a seated position with your legs shoulder width apart and hands bent behind your head with elbows and hands in line with your ears.

Step 2: Raise your right leg up as high as you can, and bring your left elbow to your right knee.

Step 3: go back to neutral position, step 1.

Step 4: Raise your left leg up as high as you can, and bring your right elbow to your right knee.

Step 5: go back to neutral position, step 1.

\*Continue alternating side to side for entire duration of exercise.

## 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 **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

1 minute of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

1 minute of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

1 minute of **Side to Side Heel Touch Crunch** for as many as you can do

1 minute of **rest**

### Set two:

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

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

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

1 minute of **rest**

### Set three:

1 minute of **elbow to knee** for as many as you can do

1 minute of **rest**

1 minute of **elbow to knee** for as many as you can do

1 minute of **rest**

1 minute of **elbow to knee** for as many as you can do

1 minute of **rest**

1 minute of **elbow to knee** for as many as you can do

1 minute of **rest**

**Set four:**

1 minute of **tricep curls** for as many as you can do

1 minute of **rest**

1 minute of **tricep curls** for as many as you can do

1 minute of **rest**

1 minute of **tricep curls** for as many as you can do

1 minute of **rest**

1 minute of **tricep curls** 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>