



Fitness as a Sport Participant Handbook Summer 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 & lower body, and core; frog squat and upright row. These two exercises help build muscle strength in a few key areas;

Frog Squat: This exercise helps us develop muscles in our upper and lower legs (quads, glutes, and hamstrings)

Upright Row: This exercise helps us develop muscles in our shoulders (deltoids) 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.

Frog Squat: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you push your butt back, and hinge your back keeping your chest facing forward, and bend your knees until you can touch the ground and thighs are parallel to ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground and hinge your back keeping your chest facing forward until you can touch the ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Upright Row: This exercise can be done on the ground or sitting in a chair.

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in front of your legs with wrist facing your legs
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:

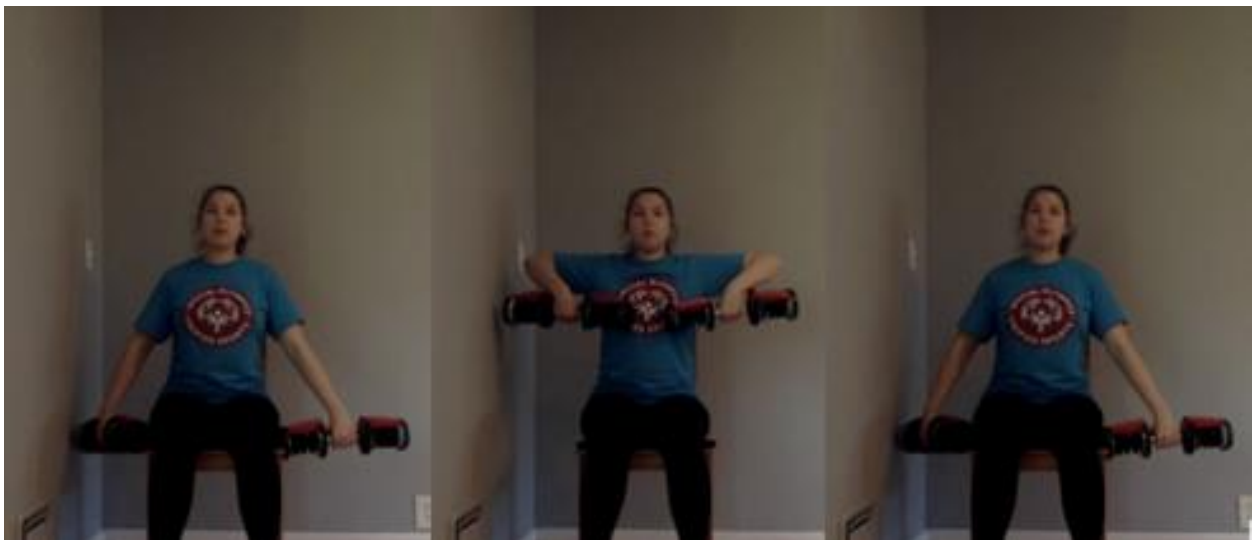


Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms down by your sides with wrists facing your back or with arms resting on your legs with wrist facing your legs.
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue 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:

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

Set two:

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

Set three:

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** 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; field goal chest press and side to side twist. These two exercises help build muscle strength in few key areas;

Field Goal Chest Press: This exercise helps us develop muscles in our chest (pectoralis) and shoulders (deltoid) muscles.

Side to Side Twist: This exercise helps us develop muscles in our belly (rectus abdominus and oblique muscles), as well as our shoulders (scapular 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.

Field Goal Chest Press: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Side to Side Twist: This exercise can be done on standing or sitting in a chair.

On ground:

- Step 1: Start in a seated position with your legs out in front of you and your arms by your side
- Step 2: twist only your shoulders and touch the right side of the ground
- Steps 3: twist only your shoulders and touch the left side of the ground
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs extended out in front of you or remain in a standard seated position, and your arms by your side
- Step 2: twist only your shoulders and tap the right side of your chair
- Steps 3: twist only your shoulders and tap the left side of your chair
- Step 4: continue alternating from side to side for the duration of the 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:

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

Set two:

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

Set three:

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** 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 & lower body, and core; frog squat, side to side twist, and burpee. These three exercises help build muscle strength in few key areas;

Frog Squat: This exercise helps us develop muscles in our upper and lower legs (quads, glutes, and hamstrings)

Side to Side Twist: This exercise helps us develop muscles in our belly (rectus abdominus and oblique muscles), as well as our shoulders (scapular muscles), and side (latissimus dorsi muscles).

Burpee: This exercise helps us develop muscles in our upper and lower body, including the legs, hips, belly (abdomen), arms, chest and shoulders.

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.

Frog Squat: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you push your butt back, and hinge your back keeping your chest facing forward, and bend your knees until you can touch the ground and thighs are parallel to ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground and hinge your back keeping your chest facing forward until you can touch the ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Side to Side Twist: This exercise can be done on standing or sitting in a chair.

On ground:

- Step 1: Start in a seated position with your legs out in front of you and your arms by your side
- Step 2: twist only your shoulders and touch the right side of the ground
- Steps 3: twist only your shoulders and touch the left side of the ground
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs extended out in front of you or remain in a standard seated position, and your arms by your side
- Step 2: twist only your shoulders and tap the right side of your chair
- Steps 3: twist only your shoulders and tap the left side of your chair
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



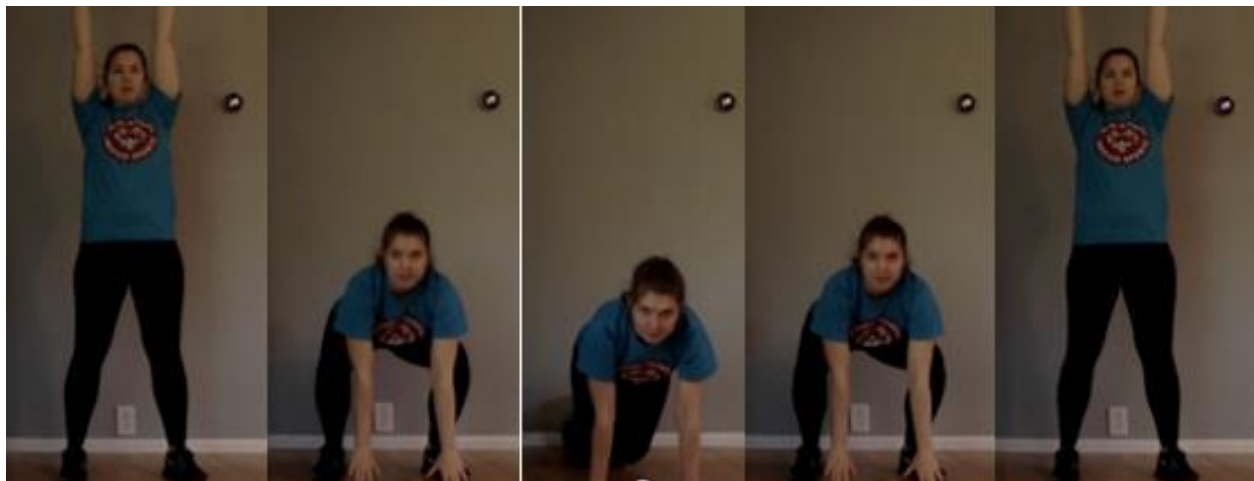
Burpee: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and bend your knees into deep squat
- Step 3: one at a time or together place both feet behind you, into a plank position.
- Step 4: one at a time or together bring feet back to under your body, into a frog squat position
- Step 5: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and try to touch the ground
- Step 3: raise your arms back up in front of you with hands flexed with palms facing forward, and stop at chest level with your wrists and elbows in line with your shoulders
- Step 4: pull your arms in toward your chest keeping hands flexed with palms facing forward, and try to touch your elbow and wrist to your body and then push your hands back out (modified seated push-up)
- Step 5: lift arms back up over your head and go back to neutral position, step 1.

*Continue 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 **Frog Squat** for as many as you can do

1 minute of **rest**

45 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

45 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

45 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

Set two:

45 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

45 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

Set three:

45 seconds of **Burpee** for as many as you can do

1 minute of **rest**

45 seconds of **Burpee** for as many as you can do

1 minute of **rest**

45 seconds of **Burpee** for as many as you can do

1 minute of **rest**

45 seconds of **Burpee** 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 & lower body, and core; field goal chest press, upright row, and burpee. These three exercises help build muscle strength in few key areas;

Field Goal Chest Press: This exercise helps us develop muscles in our chest (pectoralis) and shoulders (deltoid) muscles.

Upright Row: This exercise helps us develop muscles in our shoulders (deltoids) and upper back (trapezius).

Burpee: This exercise helps us develop muscles in our upper and lower body, including the legs, hips, belly (abdomen), arms, chest and shoulders.

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.

Field Goal Chest Press: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Upright Row: This exercise can be done on the ground or sitting in a chair.

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in front of your legs with wrist facing your legs
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms down by your sides with wrists facing your back or with arms resting on your legs with wrist facing your legs.
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



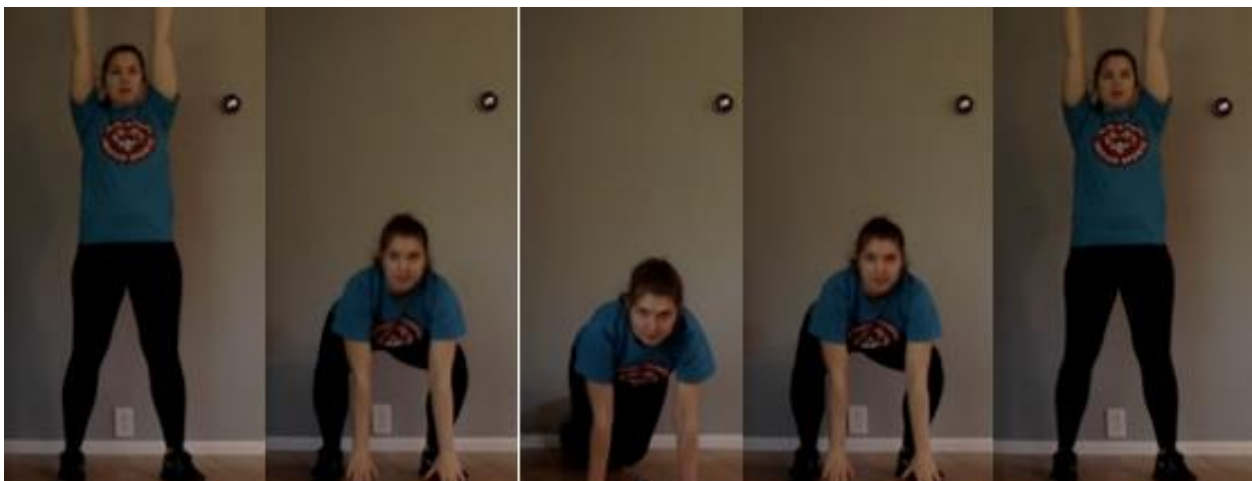
Burpee: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and bend your knees into deep squat
- Step 3: one at a time or together place both feet behind you, into a plank position.
- Step 4: one at a time or together bring feet back to under your body, into a frog squat position
- Step 5: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and try to touch the ground
- Step 3: raise your arms back up in front of you with hands flexed with palms facing forward, and stop at chest level with your wrists and elbows in line with your shoulders
- Step 4: pull your arms in toward your chest keeping hands flexed with palms facing forward, and try to touch your elbow and wrist to your body and then push your hands back out (modified seated push-up)
- Step 5: lift arms back up over your head and go back to neutral position, step 1.

*Continue 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 **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

45 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

45 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

45 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

Set two:

45 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

45 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

45 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

45 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

Set three:

45 seconds of **Burpee** for as many as you can do

1 minute of **rest**

45 seconds of **Burpee** for as many as you can do

1 minute of **rest**

45 seconds of **Burpee** for as many as you can do

1 minute of **rest**

45 seconds of **Burpee** 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 & lower body, and core; field goal chest press, side to side twist, frog squat and burpee. These four exercises help build muscle strength in few key areas;

Field Goal Chest Press: This exercise helps us develop muscles in our chest (pectoralis) and shoulders (deltoid) muscles.

Side to Side Twist: This exercise helps us develop muscles in our belly (rectus abdominus and oblique muscles), as well as our shoulders (scapular muscles), and side (latissimus dorsi muscles).

Frog Squat: This exercise helps us develop muscles in our upper and lower legs (quads, glutes, and hamstrings)

Burpee: This exercise helps us develop muscles in our upper and lower body, including the legs, hips, belly (abdomen), arms, chest and shoulders.

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.

Field Goal Chest Press: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Side to Side Twist: This exercise can be done on standing or sitting in a chair.

On ground:

- Step 1: Start in a seated position with your legs out in front of you and your arms by your side
- Step 2: twist only your shoulders and touch the right side of the ground
- Steps 3: twist only your shoulders and touch the left side of the ground
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs extended out in front of you or remain in a standard seated position, and your arms by your side
- Step 2: twist only your shoulders and tap the right side of your chair
- Steps 3: twist only your shoulders and tap the left side of your chair
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Frog Squat: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you push your butt back, and hinge your back keeping your chest facing forward, and bend your knees until you can touch the ground and thighs are parallel to ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground and hinge your back keeping your chest facing forward until you can touch the ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Burpee: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and bend your knees into deep squat
- Step 3: one at a time or together place both feet behind you, into a plank position.
- Step 4: one at a time or together bring feet back to under your body, into a frog squat position
- Step 5: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and try to touch the ground
- Step 3: raise your arms back up in front of you with hands flexed with palms facing forward, and stop at chest level with your wrists and elbows in line with your shoulders
- Step 4: pull your arms in toward your chest keeping hands flexed with palms facing forward, and try to touch your elbow and wrist to your body and then push your hands back out (modified seated push-up)
- Step 5: lift arms back up over your head and go back to neutral position, step 1.

*Continue 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:

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

Set two:

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

Set three:

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

Set four:

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** 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 & lower body, and core; upright row, field goal chest press, side to side twist and burpee. These four exercises help build muscle strength in few key areas;

Upright Row: This exercise helps us develop muscles in our shoulders (deltoids) and upper back (trapezius).

Field Goal Chest Press: This exercise helps us develop muscles in our chest (pectoralis) and shoulders (deltoid) muscles.

Side to Side Twist: This exercise helps us develop muscles in our belly (rectus abdominus and oblique muscles), as well as our shoulders (scapular muscles), and side (latissimus dorsi muscles).

Burpee: This exercise helps us develop muscles in our upper and lower body, including the legs, hips, belly (abdomen), arms, chest and shoulders.

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.

Upright Row: This exercise can be done on the ground or sitting in a chair.

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in front of your legs with wrist facing your legs
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms down by your sides with wrists facing your back or with arms resting on your legs with wrist facing your legs.
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Field Goal Chest Press: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Side to Side Twist: This exercise can be done on standing or sitting in a chair.

On ground:

- Step 1: Start in a seated position with your legs out in front of you and your arms by your side
- Step 2: twist only your shoulders and touch the right side of the ground
- Steps 3: twist only your shoulders and touch the left side of the ground
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs extended out in front of you or remain in a standard seated position, and your arms by your side
- Step 2: twist only your shoulders and tap the right side of your chair
- Steps 3: twist only your shoulders and tap the left side of your chair
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Burpee: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and bend your knees into deep squat
- Step 3: one at a time or together place both feet behind you, into a plank position.
- Step 4: one at a time or together bring feet back to under your body, into a frog squat position
- Step 5: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and try to touch the ground
- Step 3: raise your arms back up in front of you with hands flexed with palms facing forward, and stop at chest level with your wrists and elbows in line with your shoulders
- Step 4: pull your arms in toward your chest keeping hands flexed with palms facing forward, and try to touch your elbow and wrist to your body and then push your hands back out (modified seated push-up)
- Step 5: lift arms back up over your head and go back to neutral position, step 1.

*Continue 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:

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

Set two:

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

Set three:

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

Set four:

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** 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 entire body; frog squat, upright row, field goal chest press, side to side twist and burpee. These five exercises help build muscle strength in few key areas;

Frog Squat: This exercise helps us develop muscles in our upper and lower legs (quads, glutes, and hamstrings)

Upright Row: This exercise helps us develop muscles in our shoulders (deltoids) and upper back (trapezius).

Field Goal Chest Press: This exercise helps us develop muscles in our chest (pectoralis) and shoulders (deltoid) muscles.

Side to Side Twist: This exercise helps us develop muscles in our belly (rectus abdominus and oblique muscles), as well as our shoulders (scapular muscles), and side (latissimus dorsi muscles).

Burpee: This exercise helps us develop muscles in our upper and lower body, including the legs, hips, belly (abdomen), arms, chest and shoulders.

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.

Frog Squat: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you push your butt back, and hinge your back keeping your chest facing forward, and bend your knees until you can touch the ground and thighs are parallel to ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground and hinge your back keeping your chest facing forward until you can touch the ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Upright Row: This exercise can be done on the ground or sitting in a chair.

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in front of your legs with wrist facing your legs
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms down by your sides with wrists facing your back or with arms resting on your legs with wrist facing your legs.
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Field Goal Chest Press: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Side to Side Twist: This exercise can be done on standing or sitting in a chair.

On ground:

- Step 1: Start in a seated position with your legs out in front of you and your arms by your side
- Step 2: twist only your shoulders and touch the right side of the ground
- Steps 3: twist only your shoulders and touch the left side of the ground
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs extended out in front of you or remain in a standard seated position, and your arms by your side
- Step 2: twist only your shoulders and tap the right side of your chair
- Steps 3: twist only your shoulders and tap the left side of your chair
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



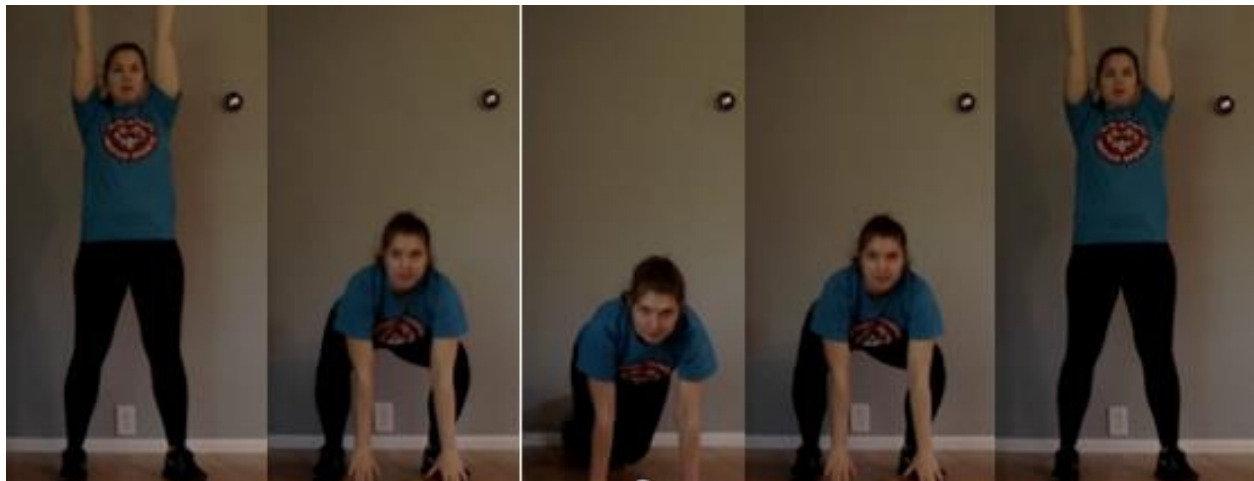
Burpee: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and bend your knees into deep squat
- Step 3: one at a time or together place both feet behind you, into a plank position.
- Step 4: one at a time or together bring feet back to under your body, into a frog squat position
- Step 5: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and try to touch the ground
- Step 3: raise your arms back up in front of you with hands flexed with palms facing forward, and stop at chest level with your wrists and elbows in line with your shoulders
- Step 4: pull your arms in toward your chest keeping hands flexed with palms facing forward, and try to touch your elbow and wrist to your body and then push your hands back out (modified seated push-up)
- Step 5: lift arms back up over your head and go back to neutral position, step 1.

*Continue 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:

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

Set two:

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

Set three:

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

Set four:

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

Set five:

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** 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 entire body; frog squat, upright row, field goal chest press, side to side twist and burpee. These five exercises help build muscle strength in few key areas;

Frog Squat: This exercise helps us develop muscles in our upper and lower legs (quads, glutes, and hamstrings)

Upright Row: This exercise helps us develop muscles in our shoulders (deltoids) and upper back (trapezius).

Field Goal Chest Press: This exercise helps us develop muscles in our chest (pectoralis) and shoulders (deltoid) muscles.

Side to Side Twist: This exercise helps us develop muscles in our belly (rectus abdominus and oblique muscles), as well as our shoulders (scapular muscles), and side (latissimus dorsi muscles).

Burpee: This exercise helps us develop muscles in our upper and lower body, including the legs, hips, belly (abdomen), arms, chest and shoulders.

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.

Frog Squat: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you push your butt back, and hinge your back keeping your chest facing forward, and bend your knees until you can touch the ground and thighs are parallel to ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

Visual:

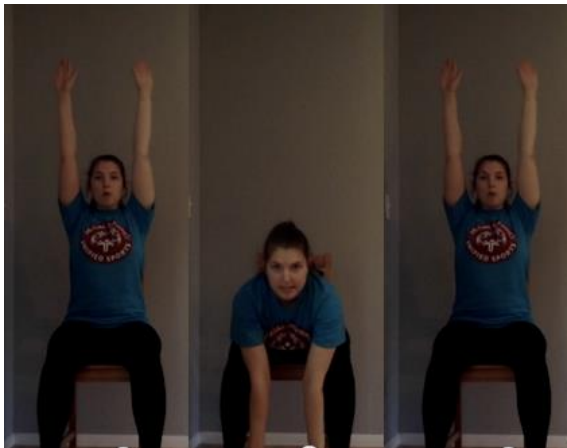


Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground and hinge your back keeping your chest facing forward until you can touch the ground
- Step 3: lift arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Upright Row: This exercise can be done on the ground or sitting in a chair.

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in front of your legs with wrist facing your legs
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms down by your sides with wrists facing your back or with arms resting on your legs with wrist facing your legs.
- Step 2: Raise both arms at the same time to bring wrist up to shoulders, and have elbow in line with shoulders
- Step 3: lower both arms down and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Field Goal Chest Press: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Visual:



Side to Side Twist: This exercise can be done on standing or sitting in a chair.

On ground:

- Step 1: Start in a seated position with your legs out in front of you and your arms by your side
- Step 2: twist only your shoulders and touch the right side of the ground
- Steps 3: twist only your shoulders and touch the left side of the ground
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position with your legs extended out in front of you or remain in a standard seated position, and your arms by your side
- Step 2: twist only your shoulders and tap the right side of your chair
- Steps 3: twist only your shoulders and tap the left side of your chair
- Step 4: continue alternating from side to side for the duration of the exercise.

Visual:



Burpee: This exercise can be done standing or sitting down

Standing:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
- Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and bend your knees into deep squat
- Step 3: one at a time or together place both feet behind you, into a plank position.

- Step 4: one at a time or together bring feet back to under your body, into a frog squat position
 - Step 5: lift arms and body back up and go back to neutral position, step 1.
- *Continue for entire duration of exercise.

Visual:



Sitting in a chair:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head with wrist facing forward
 - Step 2: lowers your arms down to the ground as you hinge your back keeping your chest facing forward, and try to touch the ground
 - Step 3: raise your arms back up in front of you with hands flexed with palms facing forward, and stop at chest level with your wrists and elbows in line with your shoulders
 - Step 4: pull your arms in toward your chest keeping hands flexed with palms facing forward, and try to touch your elbow and wrist to your body and then push your hands back out (modified seated push-up)
 - Step 5: lift arms back up over your head and go back to neutral position, step 1.
- *Continue 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:

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

30 seconds of **Field Goal Chest Press** for as many as you can do

1 minute of **rest**

Set two:

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

30 seconds of **Upright Row** for as many as you can do

1 minute of **rest**

Set three:

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

30 seconds of **Side to Side Twist** for as many as you can do

1 minute of **rest**

Set four:

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

30 seconds of **Frog Squat** for as many as you can do

1 minute of **rest**

Set five:

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** for as many as you can do

1 minute of **rest**

30 seconds of **Burpee** 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>