



# FIT 5

## Fitness Cards

### Level 5



# DIRECTIONS

Level **5**

## ENDURANCE

Do each exercise for 30 seconds. Rest for 1 minute in between each exercise. Complete 3 times.

## STRENGTH

Do 10 of each exercise and then move on to the next exercise. Rest for 1 minute. Complete 3 times.

## FLEXIBILITY

Perform the following stretches for 30 seconds. Make sure to do both sides if the stretch only focuses on one side of the body. Continue to do the flexibility exercises from the other levels.

# TOO EASY? TRY THIS!

Level **5**

Way to go!! You have completed the last level of the fitness cards! You can continue to add time or repetitions to each activity, reduce rest time between activities or repeat activities from earlier cards for an additional challenge.

## ENDURANCE

Slowly add 15 seconds to the exercise or reduce rest time by 15 seconds to make them harder. Then start adding exercises from the other levels to make a longer workout.

## STRENGTH

Add 1-2 repetitions at a time to each set to make the exercises harder. Then start adding in some exercises from the other levels to make a longer workout.

## FLEXIBILITY

Add time to the exercises to get a better stretch. Continue to practice all the exercises in each of the levels to make sure you are getting a full body stretch.

Resource created from funding provided by the Golisano Foundation, the U.S. Centers for Disease Control and Prevention, Finish Line and Herbalife.

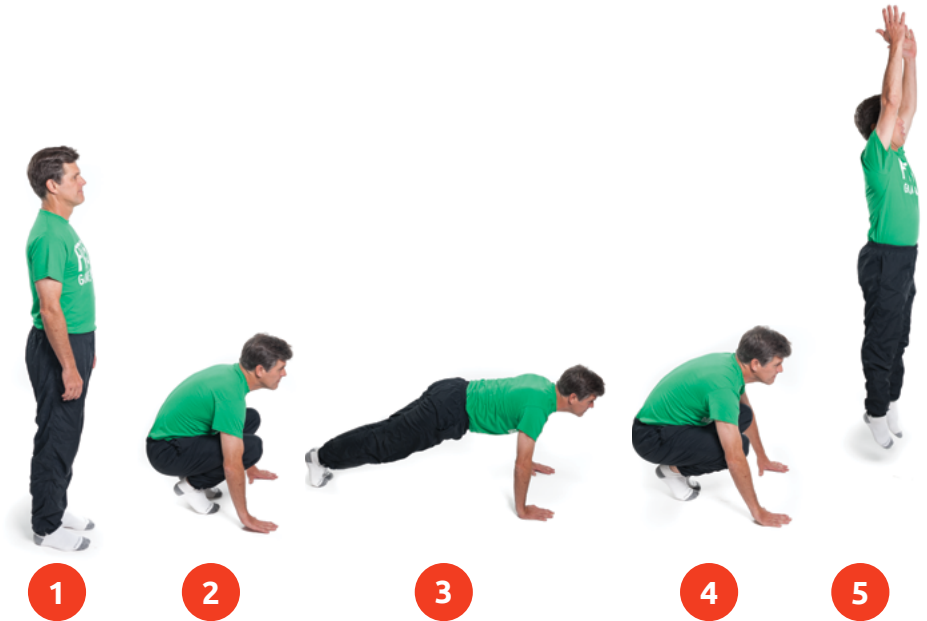
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**Special  
Olympics**



### Burpees

1. Squat down. Touch the floor with your hands just outside of your feet.
2. Jump or step your legs back behind you and get into a push-up position.
3. Jump or step your feet forward to get back to the squatting position.
4. Jump high into the air with your arms above your head. Bend your knees slightly when you land.



Featuring Special Olympics Chairman, Tim Shriver

### Step Ups with Jump and Switch

*You need a stair step or stool for this exercise.*

1. Start with your right foot on the step or stool.
2. Push off both feet, jump, and switch your feet. Your left foot is now on the stair and your right foot is on the floor.
3. Once you have your balance, jump again and switch your feet. Your right foot is back on the step or stool and your left foot is on the ground.
4. Continue jumping and switching your feet.



Featuring Special Olympics Global Messenger, Christa Bleull

## Tuck Jumps

1. Stand with your feet together.
2. Swing arms and bend your knees. Now jump as high as you can and bring your knees up in front of you.
3. Try to get your knees close to your chest on each jump.



1



2



3



4

Featuring Special Olympics athlete, James Black

### Wall Sit

1. Start by standing against a wall. Step forward so that your feet are in front of you. Keep your hips on the wall.
2. Bend your knees and hips. You should look like you are sitting in an imaginary chair. Keep your arms by your side or in front of your body. Do not touch your knees or thighs.
3. Keep your body tight and your back against the wall the whole time. Hold this position for 20 seconds.

**NOTE:** This exercise is a hold so it is not done in repetitions. To make this exercise more difficult, hold the exercise 10 additional seconds. Continue to increase the length of the hold until you can hold for 1 minute.



Featuring Special Olympics athlete, Garrett Barnes

### One Leg Deadlift

1. Start by standing tall with your feet together. Put your arms out to your sides at shoulder height.
2. Balance on your right foot.
3. Keep your left leg straight. Slowly lean forward and lift your left leg behind you.
4. Slowly stand up without touching your left foot on the floor.
5. Do all repetitions on one side and then switch to the other

1



2



Featuring Special Olympics athlete, Matthew Whiteside

### Forward Arm Raises

1. Stand with your arms down by your side. Hold weights\* in your hands.
2. Keep your arms straight. Slowly bring your arms out in front of you until they are shoulder height. Tighten your abdominal muscles so that your shoulders, hips, and back stay in a straight line. Do not lean back.
3. Lower your arms slowly to return to the starting position.

\* Begin with 2 pound weights and slowly increase weight by 1-2 pounds if you do not feel too tired. If you do not have weights, you can use a full water bottle instead.

1



2



Featuring Special Olympics athlete, Alicia Gogue



### Full Push Up

1. Start in a Plank Hold position from Level 4. Put your hands a little wider than shoulders
2. Bend your elbows and lower your body toward the ground. Try to lower your chest all the way to the ground.
3. Push your body back up to the starting position. Keep a straight line from your feet to your shoulders for the whole exercise.

1



2



Featuring Special Olympics Global Messenger, Bryce Cole

### Side Plank

1. Lie on your side with your elbow underneath your shoulder. Put one foot on top of the other.
2. Lift your hips off the ground. Keep your body in a straight line. Look forward.
3. Hold this position for 20 seconds.

**NOTE:** This exercise is a hold so it is not done in repetitions. To make this exercise more difficult, hold the exercise 10 additional seconds. Continue to increase the length of the hold until you can hold for 1 minute.



Featuring Special Olympics athlete, Robert Jones

### Shin Touches

1. Lay on your back on the floor. Put your legs straight up over your hips and your arms over your head.
2. Lift your arms. Touch your shins. Bring your head, neck, and upper back off the ground as you reach toward your shins. Slowly lower back to the starting position.

1



2



Featuring Special Olympics Global Messenger,  
Bryce Cole

### Seated Rotation Stretch

1. Sit tall on the floor with your legs straight out in front of you.
2. Cross your right leg over your left leg. Put your right foot on the floor close to your left knee.
3. Turn your upper body towards your right side. Use your right arm to help you sit tall. Use your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back.
4. Switch sides and repeat the stretch.



Featuring Special Olympics Chief Inspiration Officer,  
Loretta Claiborne

## Crossed Leg Hip Stretch

1. Lay on the ground with your right knee in the air.
2. Put your left ankle on top of your right thigh.
3. Grab underneath your right thigh. Pull your thigh towards your chest. You should feel a stretch in your left hip.
4. Switch legs and repeat the stretch.



Featuring Special Olympics Global Messenger, Munir Vohra

### Shoulder Rotation Stretch

1. Stand or sit tall.
2. Put your right arm next to your ear. Bend your elbow and reach your hand down as far as you can on your back.
3. Now reach your left arm behind your back. Bend your elbow and reach your left hand as high up on your back as you can.
4. You should feel a stretch in both shoulders.
5. Repeat the stretch with your left arm next to you



Featuring Special Olympics athlete,  
Solomon Burke