



# FIT 5

## Fitness Cards

### Level 2



# DIRECTIONS

Level **2**

## 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 **2**

## ENDURANCE

Slowly add 15 seconds to the exercise or reduce rest time by 15 seconds to make them harder. Move onto ENDURANCE LEVEL 3 when you can do these exercises for 1 minute with only 30 seconds rest.

## STRENGTH

Add 1-2 repetitions at a time to each set to make the exercises harder. Move on to STRENGTH LEVEL 3 when you can do 20 repetitions of these exercises.

## FLEXIBILITY

Slowly add time to the exercises to get a better stretch. Move on to FLEXIBILITY LEVEL 3 once you can hold the stretch for 1 minute.

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

This resource was supported by the Grant or Cooperative Agreement Number, U27 DD001156, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

**Special  
Olympics**



### Side to Side Hops

1. Bend the knees slightly and hop as high as you can to one side then the other side.

**NOTE:** You can also hop forward to backward or hop in place.



Featuring Special Olympics athlete leader, Novie Craven

### Jog in Place

1. Jog in place.
2. Make sure you are also swinging your arms the whole time.



Featuring Special Olympics athlete, Alicia Gogue



### Step Ups

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

1. Step onto the step or stool with one foot then the other foot.
2. Now step off of the step or stool with one foot then the other foot.
3. Pump your arms or hold onto the wall or stair railing for support
4. Keep stepping in the up-up-down-down pattern as fast as possible.

1



2



3



4



Featuring Special Olympics Global Messenger, Munir Vohra

### Chair Squats

*You will need a chair for this exercise. You may want to put the chair next to the wall for safety.*

1. Stand in front of the chair with your arms straight out in front of you. Your feet should be as wide as your shoulders.
2. Bend your knees and hips. Lower yourself until you are seated in the chair. Do not use your hands.
3. Now stand up. Try your best to only use your legs (not your arms).



Featuring Special Olympics CEO, Mary Davis

### Shrugs

1. Stand tall with your arms down by your side. Hold small weights\* in your hands.
2. Bring (or shrug) your shoulders up towards your ears.
3. Hold for one second. Slowly let your shoulders return to the starting position.

\*Start with 2-5lb weights, and increase if that feels easy. If you do not have weights, you can use full water bottles instead.



Featuring Special Olympics athlete, Robbie Albano

### Overhead Press

1. Stand with weights\* in your hands and your elbows bent. Your hands should be at shoulder height with your palms facing forward.
2. Slowly push the weights over your head until your arms are straight. Keep your abdominal muscles tight and your back straight.
3. Lower the weights back down to the starting position.

\*Start with 2-5lb weights, and increase if that feels easy. If you do not have weights, you can use full water bottles instead.



1

2

3

Featuring Special Olympics Global Messenger,  
David Godoy

### Plank from Knees

1. Start on your hands and knees.
2. Walk your hands forward. Lower your hips until your body is a straight line from your shoulders to your knees. Put your feet in the air.
3. Hold this position for 20 seconds. Focus on keeping your abdominal muscles tight and your back straight.

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



Featuring Special Olympics athlete, Solomon Burke

### Quadriceps Stretch

1. Lay on the ground on your right side.
2. Bend your left knee. Grab your right foot with your left hand.
3. Pull your foot behind you toward your buttocks. You should feel a stretch in the front of your thigh.
4. Now switch sides so that you are laying on the ground on your left side and your right leg is bent.

**NOTE:** If you cannot reach your foot, you can use a towel to wrap around your foot so you can grab the towel instead of your foot.



Featuring Special Olympics athlete, Danilo Benitez

### Modified Hurdler's Stretch

1. Sit on the floor with your left leg straight out in front of you.
2. Bend your right leg. Place the bottom of your right foot on the inside of your left knee. Let your right knee fall towards the floor.
3. Keep your back straight. Bend your hips toward your left knee and reach toward your left foot. You should feel a stretch in the back of your left leg and the inside of your right hip.
4. Repeat this stretch with your right leg straight and your left leg bent.



Featuring Special Olympics athlete, James Black

### Chest Stretch

1. Stand tall near a wall.
2. Raise your left arm so that your elbow is shoulder height.
3. Bend your elbows and place your forearm on the wall
4. Turn your body to the right. You should feel a stretch in your chest muscles.
5. Repeat the stretch with your right forearm on the wall and twisting to your left side.



Featuring Special Olympics Global Messenger, Dan Tucholski