A yellow circle with a person in the middle

Description automatically generatedA close-up of a logo

Description automatically generated

**FUNFITNESS ATHLETE EXERCISE GUIDE**

**Flexibility Exercises**

*HIP FLEXOR STRETCH KNEE TO CHEST HAMSTRINGSTRETCH/MOBILIZATION*

A person lying on a mat with his leg up

Description automatically generatedA person in orange shirt and black pants doing squats on a mat

Description automatically generatedA picture containing person, laying, striped, female

Description automatically generated

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*THORACIC MOBIILY*  S*HOULDER/CHEST STRETCH ANKLE MOBILITY*

A person standing on a chair with another person standing on a chair

Description automatically generated*A collage of a person stretching

Description automatically generated*A person lying on a mat

Description automatically generated *Open books Knee to chair stretch*

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*Photo Credit: All non-Special Olympics images obtained from HEP2go.com*

**Strengthening Exercises**

THERABAND T’S PUSH-UP VARIATIONS TOWEL WRINGS

A person sitting on a chair with a red band

Description automatically generatedA person holding a towel

Description automatically generated *modified knee push up wall- pushup*

A group of people doing push ups

Description automatically generated

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*CHAIR SQUAT PLANK*

A person doing push ups

Description automatically generated*A person doing squats on a chair

Description automatically generated*

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*Photo Credit: All non-Special Olympics images obtained from HEP2go.com*

SIDE-STEPPING BRIDGE

A person lying on the floor

Description automatically generated*A collage of a person doing a squat

Description automatically generated*

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*SINGLE LEG DEADLIFT BIRD DOGS*

A person doing a yoga pose

Description automatically generated*A person in green shirt and black shorts doing a push up

Description automatically generated*

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*Photo credit: All non-Special Olympics images obtained from HEP2go.com*

**Balance Exercises**

SINGLE LEG STANCE TANDEM WALKING SINGLE LEG TOE TAPS

A collage of a person in different poses

Description automatically generated*Two men standing on the floor

Description automatically generatedA person wearing a green shirt with his arms out

Description automatically generated*

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*SEATED REACHING: FORWARD & LATERAL ALTERNATING MARCH HOLD*

A person in a green shirt and black shorts

Description automatically generatedA person doing a back stretch

Description automatically generated with medium confidence

A collage of a person holding a ball

Description automatically generated

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*Photo credit: All non-Special Olympics images obtained from HEP2go.com*

**Aerobic Exercises**

A collage of a person in green shirts

Description automatically generatedA group of people in a room

Description automatically generated AIR PUNCHES JUMPING JACKS

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QUICK STEP-UPs LINE JUMPS

A group of people in a gym

Description automatically generatedA person standing on a step

Description automatically generated

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*For more information about FUNfitness, exercises, and fitness resources*

*A qr code on a white background

Description automatically generatedVisit the FUNfitness MyHealth page*

*Photo Credit: All non-Special Olympics images obtained from HEP2go.com*