



HIGH 5 FOR FITNESS

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For youth ages 12 – 14 who want to be fit!

***Special
Olympics***



Acknowledgements



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High 5 for Fitness has 3 levels.



LEVEL 1:
Basic



LEVEL 2:
Intermediate



LEVEL 3:
Advanced

High 5 for Fitness has exercises that can help you improve your flexibility, endurance, and strength. There are exercises for youth at all levels. Start with the Basic exercises. Are the exercises too easy? You can move up to the next level, exercise longer, do more of each exercise, or take a shorter break between exercises.

DIRECTIONS

Flexibility

Do each Flexibility exercise for 30 seconds.
Make sure to do both sides of your body
if the stretch only focuses on one side.
Complete 3 times.

Endurance

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

Strength

Do each Strength exercise 10 times.
Rest for 30 seconds in between each exercise.
Complete 3 times.



LEVEL 1

Basic

Level 1 • Flexibility

1



BUTTERFLY STRETCH

1. Sit tall with the bottoms of your feet together.
Pull your feet in close to your body.
2. Let your knees fall toward the floor.
3. Lean forward over your feet until you feel a stretch.



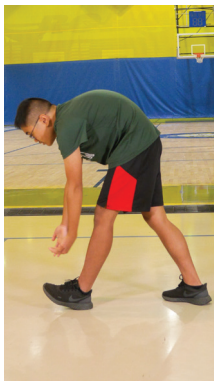
Level 1 • Flexibility

1



HAMSTRING SCOOPS

1. Stand with your right heel out in front, toes pointed up, and your leg straight.
2. Bend forward and reach down toward your right foot and scoop with your hands.
3. Step forward and return to a standing position. Repeat with your left heel in front.



Level 1 • Flexibility

1



CHEST AND SHOULDER STRETCH

1. Stand and put your hands together behind your back.
2. Raise your hands up as high as possible while keeping your elbows straight.
3. Keep your back straight and chin up.



Level 1 • Flexibility

1



T-ROTATIONS

1. Stand with your feet together and your arms out straight to the sides making a “T” shape.
2. Turn your upper body to one side as far as possible.
3. Return to center and turn to the other side.



Level 1 • Endurance

1



MARCHING

1. March in place or while moving around.



Level 1 • Endurance

1



QUICK PUNCHES

1. Stand with your feet shoulder width apart, and bend your knees.
2. Make fists with both hands and hold them in front of your chest. Keep your elbows by your sides.
3. Use your right arm to do a quick punch forward and bring your arm back.
4. Repeat using your left arm.



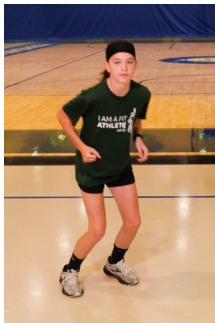
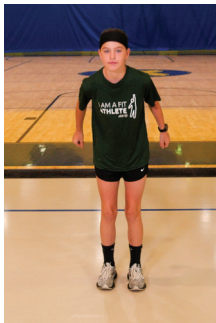
Level 1 • Endurance

1



SKI JUMPS

1. Stand with your feet together and knees bent.
Put your arms at your sides with your elbows bent like holding ski poles.
2. Jump to the left and turn so your hips and toes point right.
Then jump to the right and turn so your hips and toes point left.
3. Keep jumping and turning like you are skiing.



Level 1 • Endurance

1



ELBOW TO KNEE TOUCHES

1. Stand with your feet shoulder width apart.
Bend your arms and hold your elbows out in front of you at shoulder level.
2. Raise your left knee to touch it with your right elbow.
Then lower your knee, switch, and touch your left elbow to your right knee.



Level 1 • Strength

1



CURL UPS

1. Lie on your back with your knees bent, feet flat on the ground, and hands on your thighs.
2. Raise your head, shoulders, and upper back while you reach your hands to your knees.
3. Hold and lower back down.



Level 1 • Strength

1



ARM AND LEG RAISES

1. Start on your hands and knees.
2. Raise your right arm and left leg up at the same time, hold, and lower back down.
3. Repeat with your left arm and right leg.



Level 1 • Strength

1



PLANK HOLD

1. Start in the plank position with your hands flat on the ground, up on your toes, and your arms straight.
2. Keep your core muscles tight and your back flat.
3. Hold this position for 30 seconds.



Level 1 • Strength

1



SQUATS

1. Stand with your feet shoulder width apart and hold your arms out straight in front at shoulder level.
2. Bend your knees and hips like you are sitting in a chair.
3. Straighten your knees and return to standing.





LEVEL 2

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Intermediate

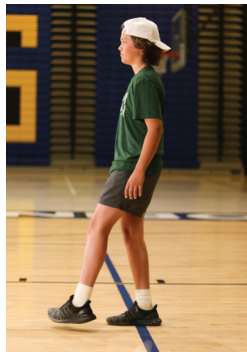
Level 2 • Flexibility

2



WRIST AND ANKLE ROTATIONS

1. Put your arms out straight to the sides.
2. Make circles with your wrists in one direction and then the opposite direction.
3. Raise your right foot and make circles with your right ankle in one direction and then the opposite direction. Switch and repeat with your left ankle.



Level 2 • Flexibility

2



STANDING KNEE HUGS

1. Stand with your feet shoulder width apart.
Bend your right knee and raise it up toward your chest.
2. Grab your knee with both hands and pull it in toward your body and hold.
You can lean against a wall for balance.
3. Switch sides and repeat with your left knee.



Level 2 • Flexibility

2



WALKING TOE TOUCH

1. Step forward and kick your right leg up to your hip level.
Reach with your left hand to touch your right foot.
2. Step forward and kick your left leg and reach with your right hand to touch your left foot.
3. Keep your arms and legs straight.



Level 2 • Flexibility

2



TRICEPS AND SIDE STRETCH

1. Stand with your feet shoulder width apart. Reach back and place your right hand on your upper back.
2. Put your left hand on your right elbow and pull down gently. Lean to the left while holding the stretch.
3. Repeat with your left arm.



Level 2 • Endurance

2



JOGGING

1. Jog in place or while moving around.



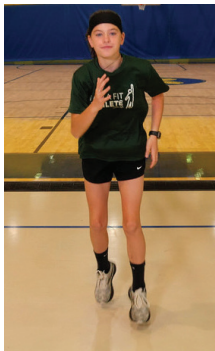
Level 2 • Endurance

2



SKI JACKS

1. Stand with your feet together and your arms at your sides.
2. Jump and land with your right foot forward and your left foot back.
At the same time, swing your left arm forward and your right arm back.
3. Jump again and switch your feet and arms like you are skiing cross-country.



Level 2 • Endurance

2



WINDMILLS

1. Stand with your feet shoulder width apart and your arms out straight to the sides.
2. Bend forward and touch your right hand to your left foot. Keep your arms and legs as straight as possible.
3. Stand up, then touch your left hand to your right foot.



Level 2 • Endurance

2



PUNCHES WITH KICKS

1. Perform quick punches from Level 1.
2. After each punch, kick your right foot forward to about hip level.
3. Repeat on your left side.



Level 2 • Strength

2



PLANK HOLD WITH STRAIGHT ARM RAISE

1. Start in the plank position.
2. Raise your right arm to shoulder level, hold, and return to the starting position.
3. Repeat with your left arm.



Level 2 • Strength

2



KNEE PUSH-UPS

1. Start in the plank position with your arms straight, knees on the ground, and feet up.
2. Bend your elbows and lower your chest to almost touch the ground. Keep your body straight and core tight.
3. Push your body back up to the starting position.



Level 2 • Strength

2



SIDE LEG RAISES

1. Lie on your left side with your body straight, legs together, and feet stacked on top of one another. Reach your left arm out straight over your head.
 2. Keep your legs straight, raise your top leg, and hold.
 3. Lower your leg back down and repeat.
3. Switch to your right side and repeat with your top leg.



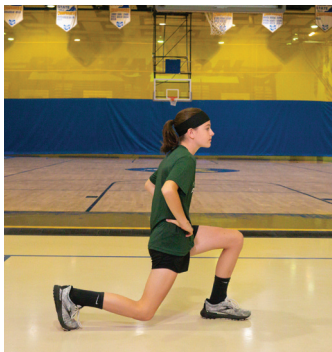
Level 2 • Strength

2



BACKWARD LUNGES

1. Stand with your feet shoulder width apart and put your hands on your hips.
2. Take a big step backward with your right foot and bend both knees so that your right knee is almost touching the ground.
3. Push off your right leg and return to the starting position. Repeat with your left leg.





LEVEL 3

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Advanced

Level 3 • Flexibility

3



STANDING HAMSTRING STRETCH

1. Stand with your feet together and your legs straight.
2. Bend forward and reach for your toes.
3. Keep your legs as straight as possible.



Level 3 • Flexibility

3



ARM SWINGS

1. Stand with your feet shoulder width apart with your arms out straight to the sides.
2. Cross your arms in front and reach your hands as far back as possible to touch your shoulders or back.



Level 3 • Flexibility

3



STANDING SIDE REACHES

1. Stand with your feet shoulder width apart and put your left hand on your hip.
2. Raise your right arm over your head and lean to the left side. Hold the stretch.
3. Repeat with the left arm up and lean to the right.



Level 3 • Flexibility

3



WALKING QUAD STRETCH

1. Step forward onto your right foot and raise your left foot up behind you.
2. Reach your left hand back, grab your ankle, and make sure your knee points down.
3. Let go of your ankle, step forward with your left foot, and repeat on the right side. Keep walking and alternating sides.



Level 3 • Endurance

3



MOUNTAIN CLIMBERS

1. Start in the plank position with your left knee close to your chest and your right leg out straight.
2. Quickly switch your legs to bring your right knee close to your chest.
3. Keep switching your legs.



Level 3 • Endurance

3



HIGH KNEES JOGGING

1. Jog with high knees in place or while moving around.



Level 3 • Endurance

3



SEAL JACKS

1. Stand with your feet together and your arms out straight in front at shoulder level.
2. Jump and open your legs wide and open your arms out to each side.
3. Quickly jump again and bring your arms and legs back together to the starting position.



Level 3 • Endurance

3



FROG JUMPS

1. Stand with your feet shoulder width apart and your arms at your sides.
2. Bend your knees to squat down and touch the ground between your feet.
3. Jump straight up and raise your arms over your head. Land softly back in a squat position.



Level 3 • Strength

3



SIDE PLANK

1. Lie on your right side with your right arm straight underneath your shoulder. Put one foot on top of the other and raise your hips off the ground.
2. Keep your body in a straight line, look forward, and hold for 30 seconds.
3. Repeat on your left side.



Level 3 • Strength

3



WALL SIT HOLD

1. Lean your back against a wall, bend your knees, and lower down like you are sitting in a chair.
2. Keep your back against the wall and hold for 30 seconds.



Level 3 • Strength

3



HIP BRIDGES

1. Lie on your back with your knees bent and your feet flat on the ground. Place your arms by your sides with hands facing down.
2. Raise your hips and then lower to starting position.



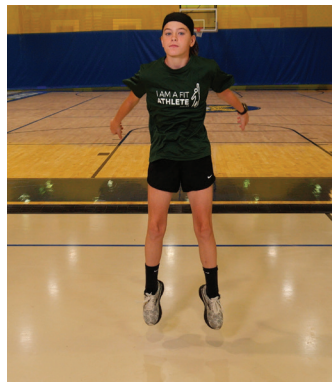
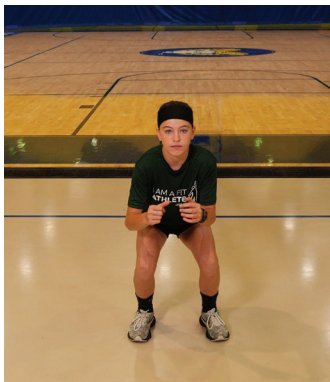
Level 3 • Strength

3



SQUAT JUMPS

1. Stand with your feet shoulder width apart and your arms at your sides.
2. Bend your knees so you are in a squat position.
3. Jump up quickly, and swing your arms and then land softly in a squat.





Tracking Your Progress



TRACKING

It is helpful to track your activities as you work toward the Eat, Drink, and Move goals. On the following page, you will find a 12-week tracker sheet.

Track your High 5 for Fitness activities every week for 12 weeks. Encourage your family and friends to join you, too! 12 weeks is about the time it takes to get fit.

You can do this!

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
Eat Color the plate if you ate from all 6 food groups today.							
Drink Color the bottle if you drank at least 2 bottles of water today.							
Move Color the shoe if you moved for 60 minutes or more today.							

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Eat Color the star if you ate from all 6 food groups every day this week.												
Drink Color the star if you drank at least 2 bottles of water every day this week.												
Move Color the star if you moved for 60 minutes or more every day this week.												