



# FIT 5

Fitness Cards

Level 1

*Special  
Olympics*



# DIRECTIONS

Level **1**

## 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.

# TOO EASY? TRY THIS!

Level **1**

## ENDURANCE

Slowly add 15 seconds to the exercise or reduce rest time by 15 seconds to make them harder. Move onto ENDURANCE LEVEL 2 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 2 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 2 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**



## Jumping Jacks

1. Jump up and spread your legs apart as you swing your arms over your head.
2. Jump again and bring your arms back to your sides and your legs together.



Featuring Special Olympics athlete, Matthew Whiteside

### March and Swing Arms

1. March in place. Lift your knees up as high as you can. Go at a steady pace.
2. As you bring your knee up, swing the opposite arm in front of you.
3. Switch your arms when you switch your legs.



Featuring Special Olympics Global Messenger,  
Benjamin Collins



### Quick Punches

1. Put both your hands in fists by your chest. Keep your elbows down by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.
2. Turn toward your left side. Punch your right arm in that direction.
3. Return to the center with both hands in fists by your chest and elbows down by your side.
4. Now, turn toward your right side. Punch your left arm in that direction.



Featuring Special Olympics Global Messenger, Joe Wu

### Straight Leg Raises

1. Stand tall. Use a chair or wall for balance.
2. Forward: Slowly lift your leg up in front of you as high as you can. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
3. Side: Slowly lift your leg out to the side with your toe pointed forward. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
4. your leg. Do not swing your leg.
5. After you have completed all leg lifts on one side, switch to the other side.

**NOTE:** Use ankle weights for an extra challenge.



Featuring Special Olympics Global Messenger,  
Alisa Ogden

### Push-Ups on the Wall

1. Stand facing wall. Place your hands flat on wall at shoulder level with straight arms. Your feet should be behind your body so that you are leaning on the wall.
2. Bend your arms to bring your chest to the wall. Keep your legs in place. Make your body a straight line.
3. Push your arms straight to return to the starting position. Make sure your body stays in a straight line the whole time.



Featuring Special Olympics athlete, Garrett Barnes

### Curl-Ups

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until you reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.



Featuring Special Olympics Global Messenger,  
Dan Tucholski

## Calf Stretch

1. Stand facing a wall. Put your hands against the wall at shoulder height.
2. Put one foot in front of the other.
3. Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
4. Keep your knee straight and your hips forward. Make sure your heel stays on the ground.
5. Switch your feet and repeat the stretch.



Featuring Special Olympics Global Messenger, Christa Bleull

## Child's Pose

1. Kneel on the ground.
2. Bend at your hips. Put your arms next to your head with your hands on the ground in front of you.
3. Sit your bottom down over your heels. You should feel a stretch in your shoulders and lower back.



Featuring Special Olympics Global Messenger, Dan Tucholski

## Knee to Chest

1. Lie on your back with your legs straight.
2. Bring your right knee toward your chest.
3. Wrap your hands underneath your knee. Pull your leg closer to your body until you feel a stretch in the back of your right thigh.
4. Repeat the stretch on your left leg.



Featuring Special Olympics athlete leader, Novie Craven