



FIT 5

Fitness Cards

Level 3

*Special
Olympics*



DIRECTIONS

Level **3**

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 **3**

ENDURANCE

Slowly add 15 seconds to the exercise or reduce rest time by 15 seconds to make them harder. Move onto ENDURANCE LEVEL 4 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 4 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 4 once you can hold the stretch for 1 minute.

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**Special
Olympics**



Forward Jacks

1. Stand with one foot in front of the other and your arms down by your sides.
2. Jump up and switch your feet. Swing your arms sideways over your head.
3. Jump to bring your arms back to your sides and switch your legs back to the starting position.



Featuring Special Olympics Chief Inspiration Officer,
Loretta Claiborne

Mountain Climbers

1. Start in a push up position with your left leg in front so that your foot is on the floor under your chest.
2. Keep your hands down on the ground. Jump or step with your legs and switch your feet so that your right leg is in front.
3. Jump or step with your legs again and switch your feet so that your left leg is in front. Continue jumping and switching as fast as you can.



Featuring Special Olympics Global Messenger, Alisa Ogden

Frog Jumps

1. Start by standing with your feet apart.
2. Bend at your knees and hips to squat down. Touch the floor with your hands.
3. Jump straight up in the air with your arms up.
4. Land in a squat with your hands touching the floor.



Featuring Special Olympics athlete, Danilo Benitez

Squats

1. Stand with your feet as wide as your shoulders.
2. Bend your knees and hips until you look like you are sitting in a pretend chair. Keep your chest up. Keep your feet flat on the floor.
3. Use your legs to stand up.



Featuring Special Olympics Global Messenger, Dan Tucholski

Side Arm Raises

1. Stand tall with your arms down by your side. Hold small weights* in your hands.
2. Slowly bring your arms out to your sides until your hands are level with your shoulders. Keep your arms straight the whole time.
3. Pause for one second and then slowly lower them back to your body.

* Begin with 1-2 pound weights. Slowly increase weight by 1-2 pounds if you do not feel too tired.



Featuring Special Olympics Global Messenger, Joe Wu

Push-Up from Knees

1. Start in a Plank from Knees position from the Level 2 Strength Cards. Put your hands a little wider than your 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 your body a straight line from your knees to your shoulders for the whole exercise.



Featuring Special Olympics Global Messenger, Christa Bleull

Arm and Leg Raise

1. Start on your hands and knees.
2. Slowly lift your right leg and your left arm until you make a straight line from heel to fingertip.
3. Lower your arm and leg back to the starting position.
4. Do all repetitions on one side. Then, repeat the same movement using your left leg and right arm. Keep this exercise slow to help you balance.

1



2



Featuring Special Olympics Global Messenger, Alisa Ogden

Kneeling Hip Stretch

1. Kneel on the ground.
2. Take one big step forward.
Bend your front leg.
3. Push your hips forward and put your hands on your hips. You should feel a stretch in your back leg's hip area.
4. Repeat the stretch with the other leg in front.



Featuring Special Olympics athlete, Solomon Burke

Butterfly Stretch

1. Sit on the ground with the bottoms of your feet touching each other. Let your knees fall toward the floor.
2. Your feet should be close to your body
3. Sit tall and lean forward over your feet.
4. You should feel a stretch in your groin.



Featuring Special Olympics athlete, Robbie Albano

Triceps Stretch

1. Stand or sit tall with your left arm by your ear. Bend your elbow so that your hand touches your back.
2. Reach over your head with your right arm. Grab your left elbow with your right hand. Pull your left arm even closer to your ear. You should feel a stretch in your upper left arm.
3. Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.



Featuring Special Olympics Global Messenger,
David Godoy