



# FIT 5

## Fitness Cards

Level 4

*Special  
Olympics*



# DIRECTIONS

Level **4**

## 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 **4**

## 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**



## Jumping Jack Squat

1. Stand with your feet together and your arms down by your sides.
2. Jump up and spread your legs apart as you swing your arms over your head.
3. As you land with your legs apart, bend your knees and go into a wide squat.
4. Jump up and bring your arms back to your sides and your legs together.



1



2



3



4

Featuring Special Olympics CEO, Mary Davis

## High Knees Jog in Place

1. Jog in place. Try to get your knees as high as you can with each step.
2. Swing your arms the whole time.



Featuring Special Olympics Global Messenger, Bryce Cole

### Side-to-Side Bounding

1. Start by standing on your right foot with your right knee bent.
2. Leap as far as you can to your left starting with your left leg. Land on your left foot with your knee slightly bent.
3. Make sure that you are balanced. Now leap as far as you can to your right starting with your right leg. Land on your right foot with your knee slightly bent.
4. Continue going from side to side.



Featuring Special Olympics athlete, Matthew Whiteside

### Back Lunge

1. Stand tall. Use a chair or wall for balance if necessary.
2. Take a big step backward with your right leg. Put only the ball of your foot on the ground.
3. When you feel balanced, bend both your front and back leg so that your back knee almost touches the ground.
4. Step forward together. Keep your body straight the whole time.
5. Complete all repetitions with your right leg stepping back. Then switch to your left leg stepping back.



Featuring Special Olympics athlete, Danilo Benitez

## Hip Bridge

1. Lay on your back with your arms down by your sides.
2. Bend your knees so that your feet are flat on the floor.
3. Keeping your stomach muscles tight. Lift your hips off the ground toward the ceiling. Lift as high as you can. Pause. Slowly lower back to the starting position.



Featuring Special Olympics Global Messenger, Munir Vohra

### Reverse Fly

1. Bend over with your back straight and flat. Bend your knees slightly. Hold weights\* in your hands close to your knees.
2. Raise your arms out to your sides until they are level with your shoulders.
3. Pause for one second. Slowly lower your arms back to the starting point. Keep your back straight and eyes forward the whole time.

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



1



2



SIDE VIEW

Featuring Special Olympics Chairman, Tim Shriver



### Chair Dips

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

1. Sit on the edge of a sturdy chair or bench with your hands holding onto the edge. Keep your feet flat on the floor about 2 feet or ½ meter in front of you.
2. Scoot your buttocks off the edge of the chair. Supporting yourself with your arms and feet. Keep most of your weight in your arms.
3. Keep your back close to the chair. Bend your elbows and lower your buttocks toward the ground.
4. Straighten your arms and come back up.



Featuring Special Olympics athlete, James Black

### Plank Hold

1. Start on your hands and knees.
2. Straighten one leg at a time and put the balls of your feet on the floor. Your body should make a straight line from your heels to your shoulders. Keep your abdominal muscles tight and your back straight.
3. Hold this position for 20 seconds.

**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, Terrel Limerick

## Kneeling Hamstring Stretch

1. Kneel on the ground with one leg straight in front of you. Your front heel should be on the ground. Your toes should be pointing up.
2. Keeping your front leg straight, bend at your hips and lean over your front leg. Put your hands on the ground on both sides of your front knee. You should feel a stretch on the back of your front leg.
3. Repeat the stretch with your other leg in front.

**NOTE:** You can hold onto a wall or chair for balance if you have trouble balancing in this position.



Featuring Special Olympics athlete, Alicia Gogue

## Side Stretch

1. Stand tall with your feet a little wider than your hips.
2. Bring your left arm up so that it is close to your ear.
3. Bend sideways at your waist toward your right side. Keep your arm next to your ear the whole time. You should feel a stretch in the left side of your torso.
4. Repeat with your right arm up and your left side bent.



Featuring Special Olympics Global Messenger, Benjamin Collins

## Wrist Flexion and Extension Stretch

1. Stand or sit tall and put your arms straight out in front of you.
2. **Extension:** Turn your palm towards the ground. Use the other hand to pull your hand down toward the ground.
3. **Flexion:** Turn your palm face up toward the ceiling. Use the other hand to pull your fingers back toward the ground.
4. Switch arms and repeat both stretches.



EXTENSION



FLEXION

Featuring Special Olympics athlete, Robbie Albano