



# ***HIGH 5 FOR FITNESS***

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For youth ages 15 – 21 who want to be fit!

***Special  
Olympics***



# Acknowledgements



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Special Olympics  
**Unified Champion  
Schools**



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# High 5 for Fitness has 3 levels.

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**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**

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**Basic**

# Level 1 • Flexibility

1



## HIP CIRCLES

1. Stand with your feet shoulder width apart. Put your hands on your hips.
2. Rotate your hips, making big circles in one direction.
3. Change directions and repeat.



# Level 1 • Flexibility

1



## HEEL AND TOE WALKS

1. Raise your toes up to stand on your heels and walk forward.
2. Raise your heels up to stand on your tiptoes and walk forward.



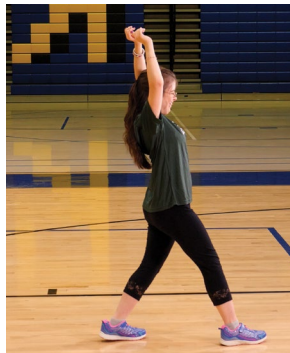
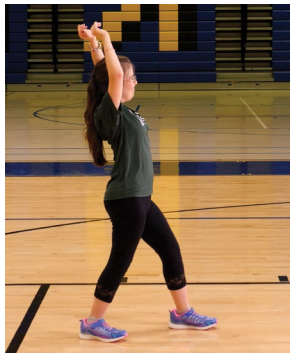
# Level 1 • Flexibility

1



## LARGE STEP WITH REACH

1. Stand with your feet shoulder width apart.
2. Take a big step forward with your right foot and bend your knee. As you step, reach your arms up high over your head. Repeat on the left side.
3. Keep stepping and reaching.





# Level 1 • Flexibility

1



## CROSS-BODY SHOULDER STRETCH

1. Cross your left arm across your chest with your elbow slightly bent. Make sure to keep your left shoulder down away from your ear.
2. Place your right hand on the back of your left arm just above the elbow. Pull your left arm in toward your chest until you feel a stretch. Repeat with your right arm.



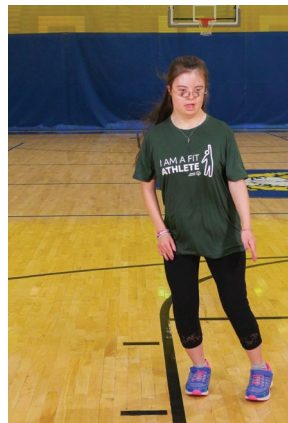
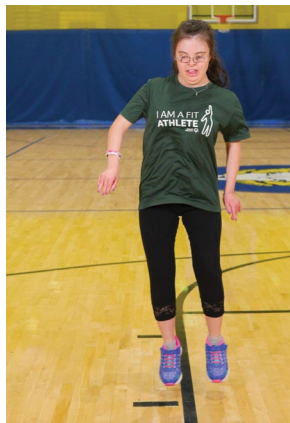
# Level 1 • Endurance

1



## SIDE TO SIDE HOPS

1. Bend your knees slightly and hop as high as you can to one side then the other side.
2. Keep hopping side to side.



# Level 1 • Endurance

1



## BUTT KICKERS

1. Jog in place and kick your heels up behind you.
2. Try doing butt kickers in place or while moving around.



# Level 1 • Endurance

1



## DUCK WALKS

1. Stand with your feet shoulder width apart and bend your knees to a low squat.
2. Put your arms at your sides with elbows bent.
3. Stay low in this “duck” position and walk forward.



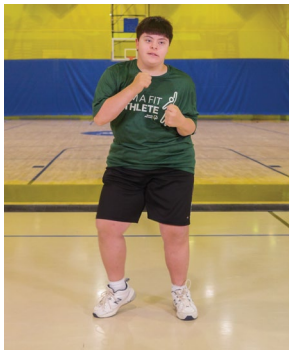
# Level 1 • Endurance

1



## FAST FEET

1. Stand with your feet shoulder width apart and your knees bent.
2. Put your arms at your sides with elbows bent.
3. Rise to the balls of your feet and run in place as fast as possible. Keep your feet moving quickly.



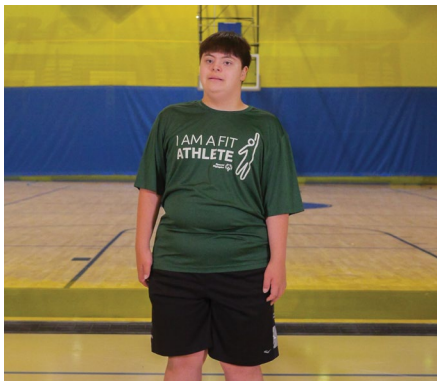
# Level 1 • Strength

1



## SHRUGS

1. Stand with your feet shoulder width apart with your arms at your sides.
2. Shrug your shoulders up toward your ears and hold.
3. Lower your shoulders down to the starting position.



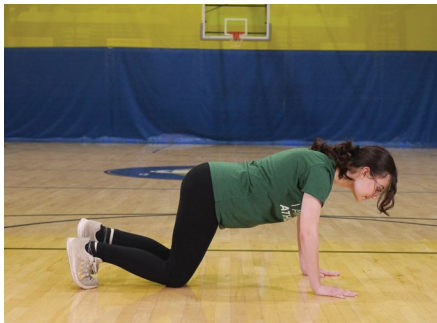
# Level 1 • Strength

1



## DONKEY KICKS

1. Start on your hands and knees with your back flat.
2. Raise your right leg straight back and up while keeping your knee bent and the bottom of your foot towards the ceiling.
3. Push your right foot up toward the ceiling, hold, and then lower your leg down. Repeat with your left leg.



# Level 1 • Strength

1



## SUMO SQUATS

1. Stand with your feet wider than shoulder width apart and your arms at your sides with elbows bent.
2. Shift weight to your heels, slowly bend your knees and hips like you are sitting low in a chair, and hold.
3. Straighten your knees and return to standing.





# Level 1 • Strength

1



## SPIDERMANS

1. Start in a plank position with your body straight.
2. Bend your right knee and touch it to your right elbow, hold, and return to the plank position.
3. Repeat and touch your left knee to your left elbow.





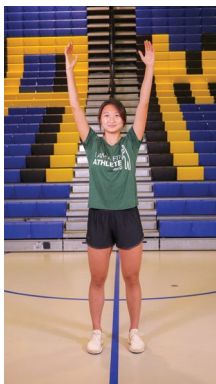
# Level 2 • Flexibility

2



## ARM CIRCLES

1. Stand with your feet shoulder width apart and your arms out straight to the sides.
2. Slowly rotate your arms forward, making big circles.
3. Repeat in a backward direction.



## Level 2 • Flexibility

2



### LEG SWINGS

1. Stand with your arms out to the sides or hold onto a chair or wall for balance.
2. Balancing on your left leg, swing your right leg out in front of you to hip level, and then swing it back behind you.
3. Repeat with your left leg.



## Level 2 • Flexibility

2



### STRADDLE STRETCH

1. Sit with your legs straight and open in a wide “V” position.
2. Reach toward your right foot while keeping your legs as straight as possible until you feel a stretch.
3. Repeat the stretch toward your left foot, and then toward the middle.



## Level 2 • Flexibility

2



### FIRE HYDRANTS

1. Start on your hands and knees with your back flat.
2. Keep your right knee bent at 90 degrees and raise it up to the side at hip level, hold, and then lower your leg back down.
3. Repeat with your left leg.



## Level 2 • Endurance

2



### JUMPING T'S

1. Stand with your feet together and your arms at your sides.
2. Jump and raise your arms out to the sides at shoulder level, forming a "T", and your legs open wide.
3. Jump again and bring your legs together and your arms back to your sides.



## Level 2 • Endurance

2



### SQUARE JUMPS

1. Imagine there is a small square on the ground.
2. Keep your feet together and jump to all four corners of the square.
3. Keep jumping around the square using forward, side, and backward jumps.





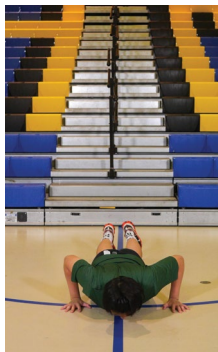
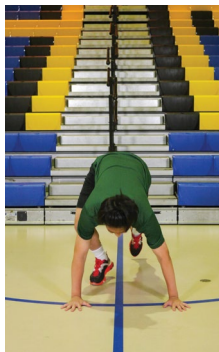
## Level 2 • Endurance

2



### ADVANCED FAST FEET

1. Perform Fast Feet from Level 1.
2. Stay controlled and drop down to your stomach, and then quickly stand back up and continue foot fire.
3. Repeat the drops every 10 seconds.



## Level 2 • Endurance

2



### SIDE SKATERS

1. Stand with your feet shoulder width apart, your knees bent, and your arms by your sides.
2. Leap sideways off your left foot and land on your right foot. As you leap, reach your left hand across to the right. Leap from your right foot to your left and reach your right hand across to the left.
3. Keep leaping side to side like a speed skater.



## Level 2 • Strength

2



### BICYCLE CRUNCH

1. Lie on your back with your legs straight. Clasp your hands behind your head.
2. Pull your right knee in toward your chest and touch your left elbow to your right knee.
3. Switch and touch your right elbow to your left knee.



## Level 2 • Strength

2



### PLANK SHOULDER TAPS

1. Start in the plank position with your body straight.
2. Tap your left shoulder with your right hand, return to the plank position, and then tap your right shoulder with your left hand.



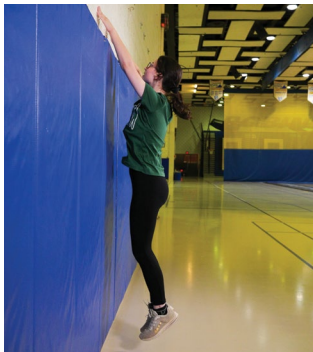
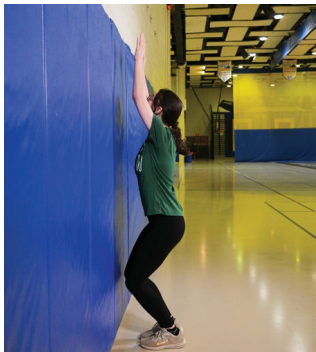
## Level 2 • Strength

2



### JUMPING WALL TAPS

1. Stand with your feet shoulder width apart and facing a wall, about 12 inches away.
2. Jump up as high as you can and touch the wall with your fingertips at the top. Land softly and quickly jump again.
3. Keep jumping and touching the wall.



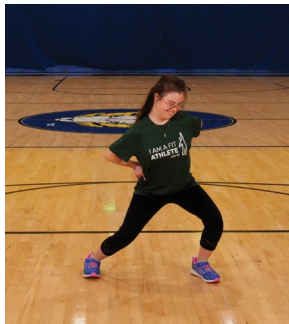
# Level 2 • Strength

2



## SIDE LUNGES

1. Stand with your feet shoulder width apart and put your hands on your hips.
2. Take a big step out to the side with your right foot and keep your left leg straight. Bend your right knee, lower into a side lunge, hold, and return to standing.
3. Repeat the lunge on the left side.





**LEVEL 3**

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**Advanced**

## Level 3 • Flexibility

3



### UPPER BACK STRETCH

1. Stand tall and lace your fingers together with your palms facing outward.
2. Stretch your arms out in front of you at shoulder level.
3. Reach out so that you feel your upper back stretch. Tuck your chin toward your chest.





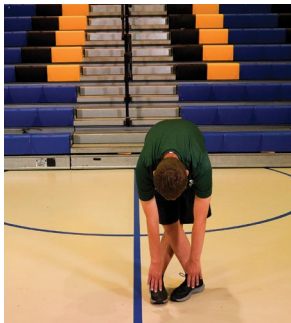
# Level 3 • Flexibility

3



## CROSSOVER TOE TOUCH

1. Cross your right leg over your left.
2. Reach for your toes keeping your legs as straight as possible, hold, and return to standing.
3. Repeat with your left leg over your right.



# Level 3 • Flexibility

3



## OPEN AND CLOSE THE GATE

1. Stand with your feet shoulder width apart and your arms at your sides with elbows bent.
2. Raise your right knee up in front to hip level, rotate your leg out to the right side, and touch your foot down.
3. Raise your leg back up, rotate it to the front, and repeat.
4. Repeat with your left leg.



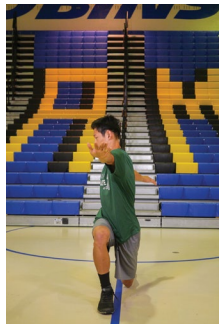
# Level 3 • Flexibility

3



## LUNGE WITH TWIST

1. Stand with your feet shoulder width apart and your arms out straight to the sides.
2. Take a big step backward with your left foot and bend both knees into a lunge position. Twist your upper body to the right so you are facing to the side with your left arm front and right arm back.
3. Repeat with your right foot stepping back. Keep switching between your right and left.



## Level 3 • Endurance

3



### STAR JUMPS

1. Stand with your feet together and your arms at your sides.
2. Jump and raise your arms and legs out to the sides so your body makes a star in the air.
3. Land softly and quickly jump again.



## Level 3 • Endurance

3



### SCISSOR JUMPS

1. Start in a lunge position with your right leg forward, left leg back, and both knees bent. Put your hands on your hips.
2. Jump and switch your legs so the right is back, and left is forward. Land softly and quickly jump again.



## Level 3 • Endurance

3



### MUMMY KICKS

1. Stand with your feet shoulder width apart, your arms straight in front at shoulder level, and your left hand over your right.
2. Do small kicks forward switching your right and left feet, while criss-crossing your hands.
3. Keep kicking quickly, switching your feet and hands.



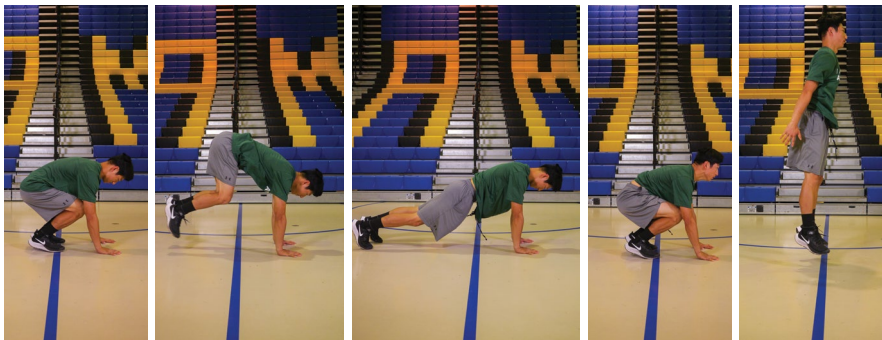
## Level 3 • Endurance

3



### BURPEES

1. Stand with your feet together and your arms at your sides.
2. Squat down and place your hands on the ground in front.
3. Jump your feet back into the plank position.
4. Jump your feet back in toward your hands, return standing, and repeat.



## Level 3 • Strength

3



### FORWARD LUNGES

1. Stand with your feet shoulder width apart and put your hands on your hips.
2. Take a big step forward with your right foot and bend both knees so that your left 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 • Strength

3



### ALTERNATING SUPERMANS

1. Lie face down with your arms straight above your head and your legs straight.
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 3 • Strength

3



### KNEE PULL-INS

1. Lie on your back with your legs together and out straight. Place your hands under you and facing down.
2. Pull your knees in while raising your shoulders up, hold, and return to starting position.



## Level 3 • Strength

3



### PUSH UPS

1. Start in the plank position.
2. Bend your elbows and lower your chest to almost touch the ground.
3. Push your body back up to the starting position.





**YOU CAN DO THIS!**

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**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
<b>Eat</b> Color the plate if you ate from all 5 food groups today.							
<b>Drink</b> Color the bottle if you drank at least 3 bottles of water today.							
<b>Move</b> 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
<b>Eat</b> Color the star if you ate from all 5 food groups every day this week.												
<b>Drink</b> Color the star if you drank at least 3 bottles of water every day this week.												
<b>Move</b> Color the star if you moved for 60 minutes or more every day this week.	