

# Physical Activity Plan



**Special  
Olympics**  
South Carolina

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## CEO BARRY COATS



### #InclusiveHealth

Special Olympics South Carolina is pleased to offer this sports-specific Fitness program to help you in your training. Your health is a top priority for us. We want you to be the best athlete, unified partner, and coach that you can be so use this program as a supplement to your normal training. Add the exercises to your daily routine and encourage your fellow teammates to do the same. Don't forget to make healthy food choices and watch how much better you'll feel.

This program is set for 5 days a week for 8 total weeks. Feel free to repeat the program as many times as you'd like or select exercises from another sport of your choice. When you first start the program, you may find that some of the exercises are challenging but by the end, hopefully you'll be able to do each exercise with more ease. Examples of the exercises are available on our website, [www.so-sc.org](http://www.so-sc.org), so be sure watch them to make sure you are performing each exercise with proper form and technique. The videos also offer ways to modify the exercises should you need to. Push yourself and I promise, your hard work will pay off!

Celebrate your successes and encourage others along the way. Make sure to keep us updated on your progress. Use the **#InclusiveHealth** and tag us (Special Olympics South Carolina) on social media. We want to build a community that promotes a healthy lifestyle, and you get to help us do that. We are proud of you for making positive changes and taking control of your health!



## BASKETBALL AND FLAG FOOTBALL

*Please perform these exercises outside, weather permitting. All exercises can be performed with or without weights.*

**Warm Up A:** 5-minute jog; 5 neck circles (both directions); 20 arm circles forward; 20 arm circles backward; 10 body squats; 10 lateral lunges (each leg)

**Warm Up B:** 15 burpees; 5 neck circles (each direction); 20 arm circles forward; 20 arm circles backward; 10 forward lunges (each leg)

**Stretches (hold each pose for 15 seconds):** neck side tilt (each side); straight arms behind back; cross body shoulder stretch (each arm); seated spinal twist (each direction); quad stretch (each leg); knee to chest stretch (each leg)

### WEEK 1

**Day 1:** Warm Up A; 3 x 10 wide squats, 3 x 10 pushups, 3 x 10 trunk twists, 3 x 8 backward lunges (each leg); stretches

**Day 2:** Warm Up B; 3 x 15 vertical jumps (arms above head), 3 x 30-second jumping jacks, 3 x 20-yard sprints, 3 x 10 squat jumps; stretches

**Day 3:** Warm Up A; 3 x 10 forward lunges (each leg), 3 x 10 single-leg glute bridge (each leg), 3 x 30-seconds high knees, 3 x 20-yard side shuffle (both directions); stretches



**Day 4:** CORE! Warm Up B; 3 x 10 sit-ups, 3 x 30-second planks, 3 x 10 trunk twists, 3 x 10 leg raises; stretches

**Day 5:** Warm Up A; 3 x 10 narrow squats, 3 x 10 lateral skaters, 3 x 10 calf raises, 3 x 10 pushups; stretches



### WEEK 2

**Day 1:** Warm Up A; 3 x 10 single leg high knee hop (almost like a skip), 3 x 10 burpees, 3 x 10 mountain climbers, 3 x 10 vertical jumps; stretches

**Day 2:** Warm Up A; 3 x 10 sit ups, 3 x 30-second jump rope, 3 x 10 supermans, 3 x 10 backward lunges; stretches

**Day 3:** Warm Up B; 3 x 10 lateral lunges, 3 x 10 windmills, 3 x 10 leg raises, 3 x 30-second jog in place; stretches

**Day 4:** Warm Up B; 3 x 20-yard side shuffle, 3 x 20-seconds high knees, 3 x 20-yard karaoke (both directions), 3 x 15 squat jumps; stretches

**Day 5:** STRETCH! Try a free online yoga class

### WEEK 3

**Day 1:** Warm Up A; 3 x 30-second hopscotch drill, 3 x 12 forward lunges, 3 x 12 wide squats, 3 x 10 shoulder press; stretches

**Day 2:** Warm Up B; 3 x 40-second high plank hold, 3 x 10 lateral arm raises, 3 x 12 tuck ups, 3 x 10 supermans; stretches

**Day 3:** Warm Up A; 3 x 15 squat jumps, 3 x 10 backward lunges, 3 x 30-second high knees, 3 x 12 pushups; stretches



**Day 4:** CARDIO! Warm Up A; 4 x 10 burpees; 4 x 10 single leg hops; 4 x 20 jump ropes; 4 x 20 jumping jacks; stretches

**Day 5:** Warm Up B; 3 x 15 burpees, 3 x 30-second low side shuffles, 3 x 12 vertical jumps, 3 x 15 v-ups; stretches



## WEEK 4

**Day 1:** Warm Up A; 3 x 10 close-grip pushups, 3 x 12 lateral skaters, 3 x 12 supermans, 3 x 20-second planks; stretches

**Day 2:** BALL DRILLS! Try practicing your skills if you have a football or basketball. If not, just rest

**Day 3:** Warm Up A; 3 x 15 burpees, 3 x 12 squat jumps, 3 x 12 glute bridges, 3 x 12 glute kickbacks; stretches

**Day 4:** Warm Up B; 3 x 12 lateral arm raises, 3 x 12 forward arm raises, 4 x 10 backward lunges, 3 x 15 calf raises; stretches

**Day 5:** Warm Up A; 3 x 12 lateral skates; 3 x 30 second jumping jacks, 3 x 12 mountain climbers, 3 x 12 seated trunk twists; stretches

## WEEK 5

**Day 1:** Warm Up A; 4 x 15 vertical jumps, 4 x 30-second jumping jacks, 4 x 20-yard sprints, 4 x 10 squat jumps; stretches

**Day 2:** Warm Up B; 4 x 10 pushups, 4 x 10 plank shoulder touches, 4 x 10 tuck ups, 4 x 10 supermans; stretches

**Day 3:** Warm Up A; 4 x 10 forward lunges, 4 x 10 single-leg glute bridge, 4 x 30-second high knees, 4 x 20-yard side shuffle; stretches

**Day 4:** CORE! Warm Up B; 4 x 10 sit-ups, 4 x 30-second planks, 4 x 10 trunk twists, 4 x 10 leg raises; stretches

**Day 5:** Warm Up A; 4 x 15 burpees, 4 x 20-yard low side shuffles, 4 x 12 vertical jumps, 4 x 15 v-ups; stretches

## WEEK 6

**Day 1:** Warm Up A; 4 x 40-second high knees, 4 x 40-second lateral skaters, 4 x 10 pushups, 4 x 12 crunches; stretches

**Day 2:** Warm Up B; 4 x 10 wide squats, 4 x 10 backward lunges, 4 x 10 calf raises, 4 x 10 squat jumps; stretches

**Day 3:** STRETCH! Try a free online yoga class

**Day 4:** Warm Up B; 4 x 30-second jump rope, 4 x 15 side plank dips, 4 x 40 jumping jacks, 4 x 20-yard karaoke; stretches

**Day 5:** Warm Up A; 4 x 30-second hopscotch drill, 4 x 12 forward lunges, 3 x 12 narrow squats, 4 x 10 shoulder press; stretches



## WEEK 7

**Day 1:** Warm Up A; 4 x 40-second high plank hold, 4 x 10 lateral arm raises, 4 x 12 tuck ups, 4 x 10 supermans; stretches

**Day 2:** Warm Up B; 4 x 15 burpees, 4 x 20-yard low side shuffles, 4 x 12 vertical jumps, 4 x 15 v-ups; stretches

**Day 3:** BALL DRILLS!

**Day 4:** Warm Up A; 4 x 12 windmills; 4 x 30-second jumping jacks, 4 x 12 mountain climbers, 4 x 12 seated trunk twists; stretches

**Day 5:** Warm Up B; 4 x 10 close-grip pushups, 4 x 12 lateral skaters, 4 x 12 supermans, 4 x 20-second planks; stretches

## WEEK 8

**Day 1:** Warm Up A; 4 x 10 lateral lunges, 4 x 10 windmills, 4 x 10 leg raises, 4 x 30-second jog in place; stretches

**Day 2:** CARDIO! Warm Up A; 4 x 30-second high knees, 4 x 10 single leg hops, 4 x 20 jump ropes, 4 x 20 jumping jacks; stretches

**Day 3:** Warm Up B; 4 x 30-second hopscotch drill, 4 x 12 forward lunges, 4 x 12 wide squats, 4 x 10 shoulder press; stretches



**Day 4:** Warm Up B; 4 x 20-yard side shuffle, 4 x 20-second high knees, 4 x 20-yard karaoke, 4 x 15 squat jumps; stretches

**Day 5:** Warm Up A; 4 x 12 lateral arm raises, 4 x 12 forward arm raises, 4 x 10 backward lunges, 4 x 15 calf raises; stretches



## BOCCE AND BOWLING

*Please perform these exercises outside, weather permitting. Exercises can be performed with or without weights.*

**Warm Up A:** 30-seconds high knees; 20 arm circles forward; 20 arm circles backward; 10 wrist circles (each direction); 15 hug and opens; 10 lateral lunges (each leg)

**Warm Up B:** 15 jumping jacks; 20 arm circles forward; 20 arm circles backward; 15 hug and opens; 10 wrist circles (each direction); 10 split squats (each leg)

**Stretches (hold each pose for 15 seconds):** chicken wing (each arm); forearm flexor stretch (each arm), straight arms behind back; sphinx pose; straddle with toe touches (left, right, and middle)

### WEEK 1

- Day 1:** Warm Up A; 3 x 10-yard low squat side shuffle (both directions), 3 x 10 pushups, 3 x 30 second planks, 3 x 12 sit-ups; stretches
- Day 2:** Warm Up B; 3 x 10 trunk twists, 3 x 10 lateral arm raises, 3 x 10 forward arm raises, 3 x 10 squats; stretches
- Day 3:** Warm Up A; 3 x 10 forward lunges (each leg), 3 x 10 supermans, 3 x 10 glute bridges, 3 x 20 jumping jacks; stretches



- Day 4:** Warm Up B; 3 x 30-second high knees, 3 x 30-second high plank hold, 3 x 10 overhead triceps extension; stretches
- Day 5:** Warm Up A; 3 x 10 burpees, 3 x 30-second jump ropes, 3 x 10 wide squats, 3 x 10 v-ups; stretches

## WEEK 2

- Day 1:** Warm Up A; 3 x 10 backward lunges (each leg), 3 x 10 squat jumps, 3 x 10 narrow pushups, 3 x 10 crunches; stretches
- Day 2:** Warm Up B; 3 x 10 ball squeezes (for grip strength), 3 x 10 jumping jacks, 3 x 10 burpees, 3 x 30 second plank; stretches
- Day 3:** Warm Up A; 3 x 10 wide squats, 3 x 10 lateral skaters (each side), 3 x 10 bicep curls, 3 x 10 trunk twists; stretches
- Day 4:** CARDIO! Warm Up B; 5-minute jog, 3 x 30-second sprints, 3 x 30-second high knees, 3 x 30 jump ropes; stretches
- Day 5:** Warm Up A; 3 x 10 squats, 3 x 10 forward lunges, 3 x 10 wide arm pushups, 3 x 10 supermans; stretches



## WEEK 3

- Day 1:** Warm Up A; 3 x 10-yard low squat side shuffle, 3 x 10 burpees, 3 x 10 pushups, 3 x 10 trunk twists; stretches
- Day 2:** Warm Up B; 3 x 10 plank shoulder touches, 3 x 12 windmills, 3 x 10 forward arm raises, 3 x 10 shoulder press; stretches
- Day 3:** Warm Up A; 3 x 10 narrow squats, 3 x 10 calf raises, 3 x 30-second high plank hold, 3 x 15 second side plank hold; stretches

- Day 4:** STRETCH! Try a free online yoga class
- Day 5:** Warm Up B; 3 x 10 glute bridges, 3 x 10 crunches; 3 x 10 single leg glute bridge (each leg), 3 x 10 vertical jumps, stretches

## WEEK 4

- Day 1:** Warm Up A; 3 x 12 mountain climbers, 3 x 10 wide squats, 3 x 10 bicep curls, 3 x 45 second planks; stretches
- Day 2:** Warm Up B; 3 x 12 pushups, 3 x 10 supermans, 3 x 12 forward lunges, 3 x 10 squat jumps; stretches
- Day 3:** ABS! Warm Up A; 3 x 10 windmills, 3 x 12 tuck ups, 3 x 10 v-ups, 3 x 15 side plank dips (each side); stretches
- Day 4:** Warm Up B; 5-minute jog, 3 x 10 trunk twists, 3 x 12 lateral arm raises, 3 x 10 glute bridges; stretches
- Day 5:** Warm Up A; 3 x 12 lateral skaters, 3 x 12 glute kickbacks, 3 x 10 crunches, 3 x 12 calf raises; stretches

## WEEK 5

- Day 1:** Warm Up A; 4 x 30-second high knees, 4 x 30-second high plank hold, 3 x 10 overhead triceps extension; stretches
- Day 2:** Warm Up B; 4 x 10 squats, 4 x 10 forward lunges, 4 x 10 wide-grip pushups, 4 x 10 supermans; stretches
- Day 3:** Warm Up A; 4 x 10 ball squeezes, 4 x 10 jumping jacks, 4 x 10 burpees, 4 x 30-second plank; stretches

- Day 4:** Warm Up B; 4 x 10 low squat side shuffle, 4 x 10 burpees, 4 x 10 pushups, 4 x 10 trunk twists; stretches
- Day 5:** Warm Up A; 5-minute jog, 4 x 10 trunk twists, 4 x 12 lateral arm raises, 4 x 10 glute bridges; stretches

## WEEK 6

- Day 1:** Warm Up A; 4 x 10 trunk twists, 4 x 10 lateral arm raises, 4 x 10 forward arm raises, 4 x 10 squats; stretches
- Day 2:** Warm Up B; 4 x 10 backward lunges, 4 x 10 squat jumps, 4 x 10 narrow arm pushups, 4 x 10 crunches; stretches
- Day 3:** STRETCH! Try a free online yoga class
- Day 4:** Warm Up A; 4 x 12 mountain climbers, 4 x 10 wide stance squats, 4 x 10 bicep curls, 4 x 45 second planks; stretches
- Day 5:** Warm Up B; 4 x 10-yard low squat side shuffle, 4 x 10 burpees, 4 x 10 pushups, 4 x 10 trunk twists; stretches



## WEEK 7

- Day 1:** Warm Up A; 4 x 10 forward lunges, 4 x 10 supermans, 4 x 10 glute bridges, 4 x 20 jumping jacks; stretches
- Day 2:** Warm Up B; 4 x 10 narrow squats, 4 x 10 calf raises, 4 x 30-second high plank hold, 4 x 15-second side plank hold; stretches
- Day 3:** Warm Up A; 4 x 10-yard low squat side shuffle, 4 x 10 burpees, 4 x 10 pushups, 4 x 10 trunk twists; stretches
- Day 4:** ABS! Warm Up B; 4 x 10 windmills, 4 x 12 tuck ups, 4 x 10 v-ups, 4 x 15 side plank dips; stretches
- Day 5:** Warm Up A; 4 x 10 glute bridges, 4 x 10 single leg glute bridge, 4 x 10 vertical jumps, 4 x 10 crunches; stretches

## WEEK 8

- Day 1:** Warm Up A; 5-minute jog, 4 x 10 trunk twists, 4 x 12 lateral arm raises, 4 x 10 glute bridges; stretches
- Day 2:** Warm Up B; 4 x 10 trunk twists, 4 x 10 lateral arm raises, 4 x 10 forward arm raises, 4 x 10 squats; stretches
- Day 3:** Warm Up A; 4 x 10 plank shoulder touches, 4 x 12 windmills, 4 x 10 forward arm raises, 4 x 10 shoulder press; stretches



- Day 4:** Warm Up B; 4 x 12 lateral skaters, 4 x 12 glute kickbacks, 4 x 10 crunches, 4 x 12 calf raise; stretches
- Day 5:** Warm Up A; 4 x 12 pushups, 4 x 10 supermans, 4 x 12 forward lunges, 4 x 10 squat jumps; stretches



## EQUESTRIAN

*Please perform these exercises outside (weather permitting). Exercises can be done with or without weights.*

**Warm Up A:** 30-second high knees; 20 arm circles forward; 20 arm circles backward; 10 windmills; 10 lateral lunges (each leg); 10-yard butt kickers (or 30 seconds in-place); 10-yard walking high kicks (or 30 seconds in-place)

**Warm Up B:** 15 jumping jacks; 20 arm circles forward; 20 arm circles backward; 10 windmills; 10 lateral lunges (each leg); 10-yard butt kickers (or 30 seconds in-place); 10-yard walking high kicks (or 30 seconds in-place)

**Stretches (hold each pose for 15 seconds):** cross body shoulder stretch (each arm); forearm flexor stretch (each arm); seated spinal twist (both directions); quad stretch (each leg); knee to chest stretch (each leg); 90/90 stretch (both directions)

### WEEK 1

- Day 1:** Warm Up A; 3 x 10 backward lunges (each leg); 3 x 10 squat jumps; 3 x 10 calf raises; 3 x 10 crunches; stretches
- Day 2:** Warm Up B; 3 x 10 squats; 3 x 10 curtsy lunges (each leg); 3 x 10 pushups; 3 x 10 trunk twists; stretches
- Day 3:** Warm Up B; 3 x 10 glute bridges; 3 x 10 forward lunges (each leg); 3 x 30-second high knees; 3 x 10 supermans; stretches



- Day 4:** Warm Up A; 3 x 10 burpees; 3 x 10 jump ropes; 3 x 10 glute kickbacks (each leg); 3 x 10 tuck ups; stretches
- Day 5:** STRETCH! Try a free online yoga class



## WEEK 2

- Day 1:** Warm Up A; 3 x 10 jumping jacks; 3 x 10 forward lunges; 3 x 10 pushups; 3 x 10 trunk twists; stretches
- Day 2:** Warm Up B; 3 x 10 squat jumps; 3 x 30-second high knees; 3 x 10 calf raises; 3 x 10 leg raises; stretches
- Day 3:** Warm Up A; 5-minute jog; 3 x 10 supermans; 3 x 30 second planks; 3 x 10 squats; stretches
- Day 4:** Warm Up B; 3 x 10 curtsy lunges; 3 x 10 squat jumps; 3 x 10 crunches; 3 x 10 pushups; stretches
- Day 5:** Warm Up A; 3 x 10 glute bridges; 3 x 10 jump ropes; 3 x 10 backward lunges; 3 x 10 tuck ups; stretches



## WEEK 3

- Day 1:** Warm Up A; 3 x 12 squats; 3 x 12 forward lunges; 3 x 12 pushups; 3 x 12 burpees; stretches
- Day 2:** STRETCH! Try a free online yoga class
- Day 3:** Warm Up B; 3 x 30 second plank holds; 3 x 12 supermans; 3 x 12 mountain climbers; 3 x 12 crunches; stretches

- Day 4:** Warm Up A; 3 x 12 glute kickbacks; 3 x 12 squat jumps; 3 x 12 tuck ups; 3 x 12 calf raises; stretches
- Day 5:** Warm Up B; 5-minute jog; 3 x 12 leg raises; 3 x 12 high knees; 3 x 12 jump ropes; 3 x 12 backward lunges; stretches



## WEEK 4

- Day 1:** Warm Up A; 3 x 10 broad jumps; 3 x 12 burpees; 3 x 12 mountain climbers; 3 x 12 supermans; stretches
- Day 2:** Warm Up B; 3 x 12 glute bridges; 3 x 45 second planks; 3 x 12 high knees; 3 x 12 trunk twists; stretches
- Day 3:** Warm Up A; 3 x 10 plank shoulder touches; 3 x 12 forward lunges; 3 x 12 glute kickbacks; 3 x 12 v-ups; stretches
- Day 4:** Warm Up B; 3 x 10 bicycle kicks; 3 x 15 squats; 3 x 10 stiff legged deadlifts (standing toe touches); 3 x 15 supermans; stretches
- Day 5:** Warm Up A; 3 x 15 backward lunges; 3 x 12 pushups; 3 x 12 tuck ups; 3 x 45 second planks; stretches

## WEEK 5

- Day 1:** Warm Up A; 5-minute jog; stretches
- Day 2:** Warm Up B; 3 x 20 jumping jacks; 3 x 15 squats; 3 x 12 plank shoulder touches; 3 x 12 frog jumps; stretches
- Day 3:** Warm Up A; 3 x 12 forward lunges; 3 x 15 burpees; 3 x 15 supermans; 3 x 12 windmills; stretches

- Day 4:** Warm Up B; 3 x 15 pulse squats; 3 x 12 glute kickbacks; 3 x 15 lateral arm raises; 3 x 15 mountain climbers; stretches
- Day 5:** Warm Up A; 3 x 15 backward lunges; 3 x 12 pushups; 3 x 12 tuck ups; 3 x 45 second planks; stretches

## WEEK 6

- Day 1:** Warm Up A; 4 x 10 squats; 4 x 10 trunk twists; 4 x 10 curtsy lunges; 4 x 10 pushups; stretches
- Day 2:** Warm Up B; 4 x 10 supine toe touches; 4 x 10 stiff leg deadlifts; 4 x 10 backward lunges; 4 x 20 second planks; stretches
- Day 3:** Warm Up A; 4 x 10 mountain climbers; 4 x 15 jump ropes; 4 x 10 shoulder touches; 4 x 10 v-ups; stretches
- Day 4:** CARDIO! Warm Up B; 5-minute jog; 4 x 10 jumping jacks; 4 x 10 burpees; 4 x 10 squat jumps; stretches
- Day 5:** STRETCH! Try a free online yoga class



## WEEK 7

- Day 1:** Warm Up A; 4 x 10 pushups; 4 x 10 supermans; 4 x 12 forward lunges; 4 x 12 glute bridges; stretches
- Day 2:** Warm Up B; 4 x 12 burpees; 4 x 12 mountain climbers; 4 x 12 trunk twists; 4 x 15 calf raises; stretches
- Day 3:** Warm Up A; 4 x 12 squats; 4 x 12 stiff leg deadlifts; 4 x 20 second planks; 4 x 12 pushups; stretches
- Day 4:** Warm Up B; 4 x 12 backward lunges; 4 x 12 glute kickbacks; 4 x 12 v-ups; 4 x 12 supermans; stretches
- Day 5:** Warm Up A; 4 x 12 jumping jacks; 4 x 12 squat jumps; 4 x 12 lateral arm raises; 4 x 12 crunches; stretches

## WEEK 8

- Day 1:** Warm Up A; 4 x 15 squats; 4 x 15 forward lunges; 4 x 15 trunk twists; 4 x 15 calf raises; stretches
- Day 2:** Warm Up B; 4 x 15 mountain climbers; 4 x 15 squat jumps; 4 x 20 second planks; 4 x 10 pushups; stretches
- Day 3:** STRETCH! Try a free online yoga class
- Day 4:** Warm Up A; 4 x 15 backward lunges; 4 x 15 glute kickbacks; 4 x 15



supermans; 4 x 12 shoulder touches; stretches

**Day 5:** Warm Up B; 4 x 15 squats; 4 x 15 v-ups; 4 x 15 jump ropes; 4 x 15 high knees; stretches





## GOLF AND TENNIS

*Please perform these exercises outside, weather permitting. Exercises can be performed with or without weights.*

**Warm Up A:** 5-minute jog; 5 neck circles (each direction); 20 arm circles forward; 20 arm circles backward; 10 wrist circles (each direction); 10 lunges with rotation (each leg)

**Warm Up B:** 15 burpees; 5 neck circles (each direction); 20 hug and opens; 10 wrist circles (each direction); 10 lunges with rotation (each leg)

**Stretches (hold each pose for 15 seconds):** side neck tilt (each side); cross body shoulder stretch (each arm); forearm flexor stretch (each arm); seated spinal twist (both directions); quad stretch (each leg); knee to chest stretch (each leg)

### WEEK 1

- Day 1:** Warm Up A; 3 x 12 trunk twists, 3 x 10 crunches, 3 x 10 plank shoulder touches, 3 x 10 lateral arm raises (with or without weights); stretches
- Day 2:** Warm Up B; 3 x 10 pushups, 3 x 10 squats, 1-minute jump rope, 3 x 10 windmills; stretches
- Day 3:** Warm Up A; 3 x 10 trunk twists, 3 x 10 lateral skaters (each side), 3 x 10 lunges, 3 x 20 second plank; stretches



- Day 4:** Warm Up B; 3 x 10 forward lunges, 3 x 10 glute bridges, 3 x 10 supermans, 3 x 10 calf raises; stretches
- Day 5:** Warm Up A; 3 x 10 forward arm raises, 3 x 10 shoulder presses, 3 x 10 squat jumps, 3 x 20 jumping jacks; stretches

### WEEK 2

- Day 1:** Warm Up A; 3 x 12 backward lunges (each leg), 3 x 10 burpees, 3 x 10 pushups, 3 x 10 squat jumps; stretches
- Day 2:** STRETCH! Try a free online yoga class
- Day 3:** Warm Up B; 3 x 12 lateral arm raises, 3 x 10 plank shoulder touches, 3 x 12 trunk twists, 3 x 10 squats; stretches
- Day 4:** Warm Up B; 3 x 30-second high plank hold, 3 x 10 mountain climbers, 3 x 12 glute kickbacks, 3 x 10 side plank dips (each side); stretches
- Day 5:** Warm Up A; 3 x 10 windmills, 3 x 10 forward lunges, 3 x 10 squat jumps, 3 x 12 crunches; stretches



### WEEK 3

- Day 1:** Warm Up A; 3 x 10 glute bridges (each leg), 3 x 15 lateral arm raises, 3 x 15 pushups, 3 x 12 calf raises; stretches
- Day 2:** Warm Up B; 3 x 15 seated trunk twists, 3 x 10 high knees, 3 x 12 jumping jacks, 3 x 15 squats; stretches
- Day 3:** Warm Up A; 3 x 12 shoulder press (with or without weights), 3 x 12 backward lunges, 3 x 10 plank shoulder touches, 3 x 12 calf raises; stretches

- Day 4:** Warm Up B; 1-minute jump rope, 3 x 10 squat jumps, 3 x 15 trunk twists, 3 x 12 supermans, 3 x 10 pushups; stretches
- Day 5:** Warm Up A; 3 x 15 standing trunk twists, 3 x 15 lateral skaters, 3 x 10 lunges, 3 x 20-second planks; stretches

## WEEK 4

- Day 1:** Warm Up A; 3 x 15-yard side shuffles (each direction), 3 x 10 pushups (each direction), 3 x 12 side lunges (each leg), 3 x 12 calf raises; stretches
- Day 2:** Warm Up B; 4 x 10 lateral arm raises, 4 x 10 forward arm raises, 4 x 10 supermans, 4 x 10 jumping jacks; stretches
- Day 3:** Warm Up B; 4 x 10 vertical high jumps, 4 x 10 jump squats, 4 x 12 forward lunges, 4 x 10 glute bridges; stretches
- Day 4:** Warm Up A; 4 x 10 sit ups, 4 x 10 trunk twists, 4 x 20-second high plank holds, 4 x 10 mountain climbers; stretches
- Day 5:** STRETCH! Try a free online yoga class

## WEEK 5

- Day 1:** Warm Up A; 3 x 20 second high knees, 3 x 30 second line jumps, 4 x 10 pushups, 4 x 10 v-ups; stretches
- Day 2:** Warm Up B; 3 x 15 lateral arm raises, 3 x 15 forward arm raises, 3 x 20 shoulder press, 3 x 15 seated trunk twists; stretches
- Day 3:** Warm Up A; 4 x 20-second planks, 4 x 10 burpees, 4 x 40 seconds high knees, 4 x 12 backward lunges; stretches

- Day 4:** Warm Up B; 4 x 10-second side plank holds, 4 x 10 supermans, 4 x 15 glute bridges, 4 x 10 lateral skaters; stretches
- Day 5:** Warm Up A; 4 x 20 trunk twists, 4 x 10 tuck ups, 4 x 12 squats, 4 x 12 lateral lunges; stretches

## WEEK 6

- Day 1:** CARDIO! Warm Up A; 4 x 30-second high knees, 4 x 10 burpees, 4 x 12 mountain climbers, 3 x 1-minute jump ropes; stretches
- Day 2:** Warm Up B; 4 x 10 pushups, 4 x 15 lateral arm raises, 4 x 10 trunk twists, 4 x 20-second run in-place; stretches
- Day 3:** Warm Up B; 4 x 15 forward arm raises, 4 x 10 pushups, 4 x 10 seated trunk twists, 4 x 10 side lunges; stretches
- Day 4:** Warm Up A; 4 x 10 squat jumps, 4 x 10 single leg glute bridge, 4 x 12 supermans, 4 x 30 second planks; stretches
- Day 5:** Warm Up A; 1-minute high plank hold, 3 x 15 side plank dips, 4 x 10 glute bridges, 3 x 15 forward lunges; stretches



## WEEK 7

- Day 1:** Warm Up A; 4 x 10 mountain climbers, 3 x 12 burpees, 3 x 20 lateral skaters, 4 x 10 lateral arm raises; stretches
- Day 2:** Warm Up B; 4 x 10 side lunges, 4 x 10 squats, 4 x 10 pushups, 3 x 20 trunk twists; stretches
- Day 3:** STRETCH! Try a free online yoga class
- Day 4:** Warm Up A; 4 x 30-second high knees, 4 x 20 line jumps, 4 x 10 crunches, 3 x 15 calf raises; stretches
- Day 5:** Warm Up B; 4 x 10 shoulder press, 4 x 10 supermans, 4 x 30 second plank, 4 x 10 lunges; stretches

## WEEK 8

- Day 1:** Warm Up A; 4 x 10 windmills, 4 x 15 squat jumps, 4 x 10 glute kickbacks, 4 x 15 calf raises; stretches
- Day 2:** Warm Up B; 4 x 10 forward lunges, 4 x 10 lateral arm raises, 4 x 10 burpees, 4 x 10 forward arm raises; stretches
- Day 3:** Warm Up B; 4 x 12 pushups, 4 x 12 seated trunk twists, 4 x 12 supermans, 4 x 30 second plank holds; stretches



- Day 4:** Warm Up A; 4 x 12 lateral skaters, 4 x 10 backward lunges, 4 x 10 squats, 4 x 10 shoulder press; stretches
- Day 5:** Warm Up A; 4 x 10 mountain climbers, 4 x 30-second high knees, 4 x 10 squat jumps 4 x 10 plank shoulder touches; stretches



## CHEERLEADING

Please perform these exercises outside, weather permitting. Exercises can be performed with or without weights.

**Warm Up A:** 15 burpees; 5 neck circles (both directions); 10 windmills; 15 hug and opens; 10 forward lunges (each leg); 10-yard butt kickers (or 30-seconds in-place); 10 calf raises

**Warm Up B:** 25 jumping jacks; 5 neck circles (both directions); 10 windmills; 20 arm circles forward, 20 arm circles backward; 10 backward lunges (each leg); 10-yard butt kickers (or 30-seconds in-place); 10 calf raises

**Stretches (hold each pose for 15 seconds):** side neck tilt (both sides); cross body shoulder stretch (each arm); forearm flexor stretch (each arm); seated spine twist (each side); butterfly stretch; straddle with toe touches (left, right, and middle)

### WEEK 1

- Day 1:** Warm Up A; 3 x 10 pushups; 3 x 10 quad supermans; 3 x 10 tuck ups; 3 x 10 squat jumps; stretches
- Day 2:** Warm Up B; 5-minute jog; 3 x 10 jumping jacks; 3 x 10 v-ups; 3 x 10 lunges; stretches
- Day 3:** Warm Up A; 3 x 10 calf raises; 3 x 10 squats; 3 x 10 pushups; 3 x 10 trunk twists; stretches



- Day 4:** Warm Up A; 3 x 10 squat jumps; 3 x 10 sit-ups; 3 x 10 jumping jacks; 3 x 10 leg raises; stretches
- Day 5:** STRETCH! Try a free online yoga class

## WEEK 2

- Day 1:** JUMPS! Warm Up A; 2 x 10 tuck jumps; 2 x 10 straddle jumps; 2 x 10 turn jumps (each side); 2 x 10 straight jumps; stretches
- Day 2:** Warm Up B; 3 x 30 second planks; 3 x 12 pushups; 3 x 10 glute bridges; 3 x 12 calf raises; stretches
- Day 3:** Warm Up B; 3 x 12 trunk twists; 3 x 10 mountain climbers; 10 forward rolls; 10 backward rolls; stretches
- Day 4:** Warm Up A; 3 x 12 v-ups; 3 x 12 jump squats; 3 x 12 quad supermans; 3 x 12 lunges; stretches
- Day 5:** CARDIO! Warm Up A; 3 x 15 jumping jacks; 3 x 15 jump ropes; 5 minute jog; stretches

## WEEK 3

- Day 1:** Warm Up A; 3 x 15 second hollow hold; 3 x 10 supermans; 3 x 12 pushups; 3 x 15 calf raises; stretches
- Day 2:** Warm Up B; 3 x 10 burpees; 3 x 15 squats; 3 x 12 lunges; 3 x 10 pushups; stretches
- Day 3:** STRETCH! Try a free online yoga class



- Day 4:** Warm Up A; 3 x 15 trunk twists; 3 x 30 second planks; 3 x 10 supermans; 3 x 12 jump squats; stretches
- Day 5:** Warm Up B; 5-minute jog; 3 x 10 flutter kicks; 3 x 12 squats; 3 x 12 pushups; stretches

## WEEK 4

- Day 1:** Warm Up A; 3 x 15 tuck ups; 3 x 12 lunges; 3 x 30 second planks; 3 x 15 calf raises; stretches
- Day 2:** Warm Up B; 5-minute jog; 3 x 30 seconds flutter kicks; 3 x 12 jump squats; 3 x 10 pushups; stretches
- Day 3:** JUMPS! Warm Up B; 2 x 10 tuck jumps; 2 x 10 straddle jumps; 2 x 10 turn jumps (each side); 2 x 10 straight jumps; stretches
- Day 4:** Warm Up A; 3 x 12 supermans; 3 x 15 trunk twists; 3 x 30 second planks; 3 x 10 pushups; stretches
- Day 5:** SKILLS! Warm Up B; 10 forward rolls; 10 backward rolls; 10 cartwheels; stretches

## WEEK 5

- Day 1:** Warm Up A; 4 x 15 jumping jacks; 4 x 10 v-ups; 4 x 15 second hollow holds; 4 x 15 supermans; stretches
- Day 2:** Warm Up B; 4 x 10 squat jumps; 4 x 15 calf raises; 4 x 10 pushups; 3 x 10 tuck ups; stretches
- Day 3:** Warm Up A; 5-minute jog; 3 x 30 second planks; 4 x 10 squats; 4 x 10 supermans; stretches

- Day 4:** CHEER! Practice your routine and your cheers!
- Day 5:** STRETCH! Try a free online yoga class

## WEEK 6

- Day 1:** JUMPS! Warm Up A; 2 x 10 straddle jumps; 2 x 10 tuck jumps; 2 x 10 turn jumps (each side); stretches
- Day 2:** Warm Up B; 4 x 15 second high plank holds; 4 x 10 squats; 3 x 12 pushups; 3 x 12 lunges; stretches
- Day 3:** Warm Up A; 3 x 10 plank shoulder touches; 4 x 12 calf raises; 3 x 15 crunches; 4 x 10 squat jumps; stretches

- Day 4:** SKILLS! Warm Up B; 2 x 10 forward rolls; 2 x 10 backward rolls; 2 x 10 Cartwheels; stretches
- Day 5:** Warm Up A; 3 x 10 tuck ups; 3 x 15 second hollow holds; 3 x 15 supermans; 3 x 12 mountain climbers; stretches



## WEEK 7

- Day 1:** CARDIO! Warm Up A; 5-minute jog; 4 x 12 jump ropes; 4 x 30-second high knees; 4 x 12 jumping jacks; stretches
- Day 2:** Warm Up B; 4 x 12 squats; 4 x 12 lunges; 3 x 12 pushups; 4 x 10 supermans; stretches
- Day 3:** Warm Up B; 3 x 15 v-ups; 4 x 15 second planks; 4 x 15 calf raises; 4 x 10 burpees; stretches
- Day 4:** STRETCH! Try a free online yoga class
- Day 5:** JUMPS! Warm Up A; 2 x 10 straddle jumps; 2 x 10 tuck jumps; 2 x 10 turn jumps (each side); stretches

## WEEK 8

- Day 1:** Warm Up A; 3 x 10 leg raises; 4 x 15 supermans; 4 x 10 lunges; 3 x 15 jump ropes; stretches
- Day 2:** Warm Up B; 3 x 10 trunk twists; 4 x 10 squat jumps; 4 x 10 pushups; 3 x 10 plank shoulder touches; stretches
- Day 3:** STRETCH! Try an online yoga class
- Day 4:** SKILLS! Warm Up B; 2 x 10 forward rolls; 2 x 10 backward rolls; 2 x 10 Cartwheels; stretches
- Day 5:** CHEER! Practice your routine and your cheers!



## GYMNASTICS

*Please perform these exercises outside, weather permitting. Exercises can be performed with or without weights.*

**Warm Up A:** 15 burpees; 5 neck circles (both directions); 10 windmills; 15 hug and opens; 10 forward lunges (each leg); 10-yard butt kickers (or 30-seconds in-place); 10-yard running on toes (or 30-seconds around the area)

**Warm Up B:** 25 jumping jacks; 5 neck circles (both directions); 10 windmills; 20 arm circles forward, 20 arm circles backward; 10 backward lunges (each leg); 10-yard high knees (or 30-seconds in-place); 10-yard running on toes (or 30-seconds) around the area

**Stretches (hold each pose for 15 seconds):** side neck tilt (both sides); cross body shoulder stretch (each arm); forearm flexor stretch (each arm); seated spine twist (each side); butterfly stretch; straddle with toe touches (left, right, and middle)

**Vault Skills-** 10-yard sprint; 10 step hurdle jumps, 10 straight jumps; 10 jumps off a step to floor

**Bars/Pommel Horse Skills-** 10 pushup holds with shoulders over wrists; 10 pushup holds with kicks; 10 pass throughs; 30 second bar hangs; 15 second hollow hold with broom

**Parallel Bars Skills-** 15 second L shape hold; 10 shoulder presses; 10 close-grip pushups; 10 leg raises



**Beam Skills (perform these on a beam or line of tape on the ground)-** forward beam walk; backward beam walk; sideways beam walk; releve beam walk; passe walk; 5 forward kicks; 5 backward kicks, 5 releve holds, 5 pivot turns, 5 straight jumps, 5 passe hold, 5 arabesque, 5 levers

**Floor Skills-** 5 levers, 5 leaps, 5 chasses; 5 kicks; 5 cartwheels; 5 candlestick jumps; 5 log rolls, 10 handstands (one leg or both)



## WEEK 1

**Day 1:** Warm Up A; 3 x 10 pushups; 3 x 10 quad supermans ; 3 x 10 sit-ups; 3 x 10 squats; stretches

**Day 2:** Warm Up B; 3 x 10 calf raises; 3 x 10 trunk twists; 3 x 10 glute bridges; 3 x 30-second planks ; stretches

**Day 3:** Warm Up A; 3 x 10 squat jumps; 3 x 10 tuck ups; 3 x 10 wall handstands; 3 x 10 pushups; stretches

**Day 4:** Warm Up B; 5 minute jog; 3 x 10 quad supermans; 3 x 10 tables; 3 x 10 v-ups; stretches

**Day 5:** SKILLS! Complete the exercises listed for your event! If you do more than one, alternate! Start with Warm Up A; 2 sets of each skill; stretches

## WEEK 2

**Day 1:** Warm Up A; 3 x 10 squats; 3 x 30-second elevated pushup hold (hands); 3 x 10 leaps; 3 x 10 wall bridge; stretches

**Day 2:** Warm Up B; 3 x 10 Chasse; 3 x 10 Tables; 3 x 10 pushups; 3 x 10 v-ups; stretches

**Day 3:** SKILLS! Complete the exercises listed for your event! If you do more than one, alternate! Start with Warm Up A; 2 sets of each skill; stretches

**Day 4:** TUMBLING! Warm Up B; 5 minute jog; 3 x 10 forward rolls; 3 x 10 backward rolls; 3 x 10 straight jumps; stretches

**Day 5:** STRETCH! Try a free online yoga class!

## WEEK 3

**Day 1:** SKILLS! Complete the exercises listed for your event! If you do more than one, alternate! Start with Warm Up A; 2 sets of each skill; stretches

**Day 2:** Warm Up B; 3 x 12 tuck ups; 3 x 12 step hurdle jumps; 3 x 12 levers; 3 x 12 pushups; stretches

**Day 3:** Warm Up B; 3 x 12 quad supermans; 3 x 12 kicks; 3 x 12 glute bridges; 3 x 15-second hollow holds; stretches

**Day 4:** TUMBLING! Warm Up A; 3 x 12 cartwheels; 3 x 12 forward rolls; 3 x 12 backward rolls; 3 x 12 tuck jumps; stretches

**Day 5:** Warm up B; 3 x 12 squats; 3 x 12 supermans; 3 x 12 pushups; 3 x 30-second planks; stretches



## WEEK 4

**Day 1:** Warm Up A; 3 x 15 squats; 3 x 15 supermans; 3 x 15 pushups; 3 x 30-second elevated pushup hold (hands); stretches

**Day 2:** SKILLS! Complete the exercises listed for your event! If you do more than one, alternate! Start with Warm Up A; 3 sets of each skill; stretches

**Day 3:** Warm Up B; 5 minute jog; 3 x 15 levers; 3 x 15 crunches; 3 x 15 calf raises; stretches

**Day 4:** Warm Up B; 3 x 15 wall handstands; 3 x 15 trunk twists; 3 x 15 wall bridges; 3 x 30 second jump ropes; stretches

**Day 5:** JUMPS! Warm Up A; 3 x 15 step hurdle jumps; 3 x 15 straight jumps; 3 x 15 turn jumps; 3 x 15 straddle jumps; stretches

## WEEK 5

**Day 1:** STRETCH! Try a free online yoga class!

**Day 2:** Warm Up A; 4 x 10 slow-negative pushups; 4 x 10 bridges; 4 x 10 squats; 4 x 10 chasse; stretches

**Day 3:** TUMBLING! Warm Up B; 5 minute jog; 4 x 10 cartwheels; 4 x 10 forward rolls; 4 x 10 backward rolls; stretches

**Day 4:** SKILLS! Complete the exercises listed for your event! If you do more than one, alternate! Start with Warm Up A; 3 sets of each skill; stretches

**Day 5:** Warm Up B; 4 x 30 second mountain climbers; 4 x 30 second flutter kicks; 4 x 15 second hollow hold; 4 x 10 glute bridges; stretches

## WEEK 6

**Day 1:** JUMPS! Warm Up A; 4 x 12 step hurdle jumps; 4 x 12 straight jumps; 4 x 12 tuck jumps; 4 x 12 straddle jumps; stretches

**Day 2:** Warm Up B; 4 x 12 supermans; 4 x 12 calf raises; 4 x 12 slow-negative pushups; 4 x 12 sit-ups; stretches

**Day 3:** Warm Up A; 4 x 30 second jumps; 4 x 12 squat jumps; 4 x 12 tuck ups; 4 x 12 levers; stretches

**Day 4:** Warm Up B; 5 minute jog; 4 x 12 trunk twists; 4 x 12 chasses; 4 x 12 plank shoulder touches; stretches

**Day 5:** SKILLS! Complete the exercises listed for your event! If you do more than one, alternate! Start with Warm Up A; 4 sets of each skill; stretches



## WEEK 7

**Day 1:** Warm Up A; 4 x 15 pushups; 4 x 30 second flutter kicks; 4 x 15 squats; 4 x 15 glute bridges; stretches

**Day 2:** TUMBLING! Warm Up B; 4 x 15 forward rolls; 4 x 15 backward rolls; 4 x 15 cartwheels; 4 x 15 tuck jumps; stretches

**Day 3:** SKILLS! Complete the exercises listed for your event! If you do more than one, alternate! Start with Warm Up A; 4 sets of each skill; stretches

**Day 4:** Warm Up B; 4 x 15 supermans; 3 x 30 second elevated pushup hold (feet); 4 x 15 bridges; 4 x 15 wall handstands; stretches

**Day 5:** Warm Up B; 5 minute jog; 4 x 15 trunk twists; 4 x 15 leg raises; 4 x 15 leaps; stretches

## WEEK 8

**Day 1:** Warm Up A; 3 x 12 slow-negative pushups; 3 x 12 sit ups; 3 x 12 supermans; 3 x 12 calf raises; stretches

**Day 2:** TUMBLING! Warm Up B; 5 minute jog; 3 x 12 forward rolls; 3 x 12 backward rolls; 3 x 12 cartwheels; 3 x 12 tuck jumps; stretches

**Day 3:** JUMPS! Warm Up A; 3 x 12 step hurdle jumps; 3 x 12 straight jumps; 3 x 12 tuck jumps; 3 x 12 straddle jumps; 3 x 12 turn jumps; stretches



**Day 4:** SKILLS! Complete the exercises listed for your event! If you do more than one, alternate! Start with Warm Up A; 4 sets of each skill; stretches

**Day 5:** STRETCH! Try a free online yoga class!



## POWERLIFTING

*Please warm up outside, weather permitting. Get creative and find everyday objects to use as extra weight in your exercises!*

**Warm Up A:** 5-minute jog; 5 neck circles (both directions); 20 arm circles forward; 20 arm circles backward; 10 body squats; 6 inchworms

**Warm Up B:** 15 burpees; 5 neck circles (both directions); 20 hug and opens; 10 forward lunges (each leg); 10 glute bridges

**Stretches (hold each pose for 15 seconds):** neck side tilt (each side), doorway pec stretch (each side), chicken wing (each arm), sphinx pose, quad stretch (each leg); knee hug (each leg); wall calf stretch (each leg)

### WEEK 1

- Day 1:** Warm Up A; 3 x 10 pushups; 3 x 10 squats; 3 x 10 deadlifts; stretches
- Day 2:** Warm Up B; 3 x 30 second planks; 3 x 10 narrow pushups; 3 x 10 wide pushups; stretches
- Day 3:** Warm Up A; 3 x 10 jumping jacks; 3 x 30 seconds mountain climbers; 3 x 10 squat jumps; stretches
- Day 4:** Warm Up B; 3 x 10 quad



supermans (each leg); 3 x 10 stiff leg deadlift; 3 x 10 glute bridges; stretches

- Day 5:** Warm Up A; 3 x 10 narrow squats; 3 x 10 wide squats; 3 x 10 calf raises; stretches



### WEEK 2

- Day 1:** Warm Up A; 3 x 10 deadlifts; 3 x 10 squats; 3 x 10 pushups; stretches
- Day 2:** Warm Up B; 3 x 10 kettlebell swings; 3 x 10 delt flys; 3 x 10 supermans; stretches
- Day 3:** Warm Up B; 3 x 10 backward lunges (each leg); 3 x 30 seconds wall sits; 3 x 10 pause squats; stretches
- Day 4:** Warm Up A; 3 x 30 seconds high knees; 3 x 10 plank pushups; 3 x 12 sit ups; stretches
- Day 5:** Warm Up A; 3 x 10 decline pushups; 3 x 20 seconds leg lifts; 3 x 10 slow negative pushups; stretches



### WEEK 3

- Day 1:** Warm Up A; 3 x 12 squats; 3 x 12 pushups; 3 x 12 deadlifts; stretches
- Day 2:** Warm Up B; 3 x 30 seconds wall sits; 3 x 10 forward lunges; 3 x 12 calf raises; stretches
- Day 3:** Warm Up A; 3 x 10 wide pushups; 3 x 10 pushups; 3 x 10 Hindu pushups; stretches

- Day 4:** WEIGHTROOM DAY! Try to find a gym or area with real weights and practice your competitive lifts! If not, just rest
- Day 5:** Warm Up B; 3 x 12 stiff leg deadlifts; 3 x 10 sumo deadlifts; 3 x 12 glute bridges; stretches



## WEEK 4

- Day 1:** Warm Up A; 4 x 10 pushups; 4 x 10 deadlifts; 4 x 10 squats; stretches
- Day 2:** Warm Up B; 4 x 10 wide pushups; 4 x 10 sit ups; 4 x 10 shoulder tap pushups; stretches
- Day 3:** Warm Up B; 4 x 10 kettlebell swings; 4 x 10 quad supermans; 4 x 10 glute bridges; stretches
- Day 4:** Warm Up A; 4 x 10 jumping jacks; 4 x 20 seconds leg lifts; 4 x 30 seconds mountain climbers; stretches
- Day 5:** Warm Up B; 4 x 10 narrow squats; 4 x 10 calf raises; 4 x 10 wide squats; stretches



- Day 5:** Warm Up A; 4 x 12 narrow pushups; 4 x 12 sit ups; 4 x 12 decline pushups; stretches

## WEEK 6

- Day 1:** Warm Up A; 4 x 15 squats; 4 x 15 pushups; 4 x 15 deadlifts; stretches
- Day 2:** Warm Up B; 4 x 15 wide squats; 4 x 15 narrow squats; 4 x 15 calf raises; stretches
- Day 3:** Warm Up B; 4 x 12 wide pushups; 4 x 30 seconds leg raises; 4 x 12 Hindu pushups; stretches
- Day 4:** STRETCH! Try a free online yoga class
- Day 5:** Warm Up A; 4 x 15 stiff leg deadlifts; 4 x 15 quad supermans; 4 x 15 glute bridges; stretches



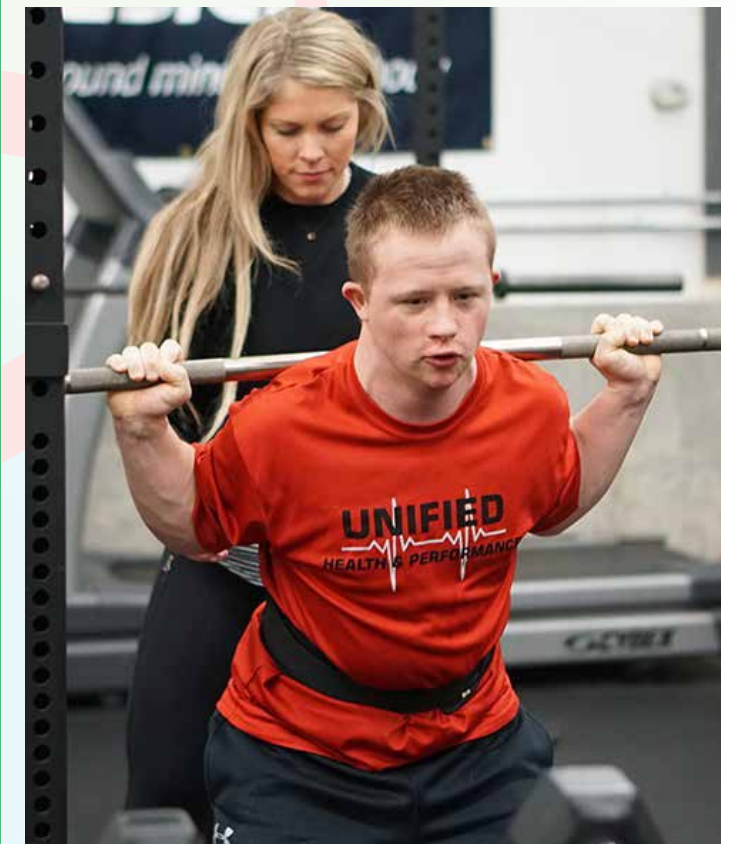
## WEEK 7

- Day 1:** Warm Up A; 4 x 12 pushups; 4 x 12 deadlifts; 4 x 12 squats; stretches
- Day 2:** Warm Up B; 3 x 15 narrow pushups; 3 x 15 sit ups; 3 x 15 wide pushups; stretches
- Day 3:** Warm Up A; 4 x 30 seconds mountain climbers; 4 x 12 jumping jacks; 4 x 30 high knees; stretches
- Day 4:** Warm Up B; 3 x 15 kettlebell swings; 3 x 15 supermans; 3 x 15 sumo deadlifts; stretches
- Day 5:** Warm Up A; 4 x 12 squat jumps; 4 x 12 calf raises; 4 x 30 seconds wall sits; stretches



## WEEK 8

- Day 1:** Warm Up A; 3 x 12 deadlifts; 3 x 12 squats; 3 x 12 pushups; stretches
- Day 2:** Warm Up B; 3 x 10 delt flies; 3 x 10 quad supermans; 3 x 10 glute bridges; stretches
- Day 3:** STRETCH! Try an online yoga class
- Day 4:** Warm Up A; 3 x 10 narrow squats; 3 x 10 wide squats; 3 x 10 pause squats; stretches
- Day 5:** Warm Up B; 3 x 10 Hindu pushups; 3 x 10 sit ups; 3 x 10 slow negative pushups; stretches





## SOCCER

Complete these exercises outside, weather permitting. Exercises can be performed with or without weights.

**Warm Up A:** 5-minute jog; 5 neck circles (both directions); 10 windmills; 10 lunges with rotation (each leg); 10-yard walking straight leg kicks; 10-yard butt kickers; 10 calf raises

**Warm Up B:** 30-seconds high knees; 5 neck circles (both directions); 10 windmills; 10 lateral lunges (each leg); 10-yard walking straight leg kicks; 10-yard butt kickers; 10 calf raises

**Stretches (hold each pose for 15 seconds):** side neck tilt (each side); cross body shoulder stretch (each arm); forearm flexor stretch (each arm); seated spine twist (each side); butterfly stretch; straddle with toe touches (left, right, and middle)

## WEEK 1

**Day 1:** Warm Up A; 3 x 30 second jump rope, 3 x 12 burpees, 3 x 10 mountain climbers, 3 x 10 squat jumps; stretches

**Day 2:** Warm Up B; 3 x 30 high knees, 3 x 12 lunge walks (each leg), 3 x 20-yard shuffles (both directions), 3 x 12 calf raises; stretches

**Day 3:** Warm Up A; 3 x 12 squats, 3 x 12 pushups, 3 x 10 windmills, 3 x 10 trunk twists; stretches



**Day 4:** Warm Up B; 3 x 20 jumping jacks, 3 x 10 lunges (each leg), 3 x 10 glute bridges, 3 x 10 crunches; stretches

**Day 5:** Warm Up A; 3 x 10 sit ups, 3 x 30 second planks, 3 x 10 vertical jumps (arms above head), 3 x 10 tuck ups; stretches



## WEEK 2

**Day 1:** CARDIO! Warm Up A; 3 x 30 second high knees, 3 x 10 glute kickbacks, 3 x 30 second jumping jacks, 3 x 30 second burpees; stretches

**Day 2:** Warm Up B; 3 x 12 squats, 3 x 12 backward lunges (each leg), 3 x 12 sit ups, 3 x 12 supermans; stretches

**Day 3:** Warm Up B; 3 x 10 mountain climbers, 3 x 10 pushups, 3 x 30 second wall sits, 3 x 12 crunches; stretches

**Day 4:** Warm Up A; 3 x 12 crunches, 3 x 20 jumping jacks, 3 x 10 squat jumps, 3 x 12 lunge walks; stretches

**Day 5:** Warm Up A; 3 x 10 glute bridges, 3 x 20-yard shuffle, 3 x 12 side lunges, 3 x 10 glute kickbacks (each leg); stretches

## WEEK 3

**Day 1:** STRETCH! Try a free online yoga class

**Day 2:** Warm Up A; 5 x 15-yard sprints, 3 x 20-yard shuffles, 3 x 30-second high knees, 3 x 12 mountain climbers; stretches

**Day 3:** Warm Up B; 3 x 12 jump squats, 3 x 30 second planks, 3 x 12 plank shoulder touches, 3 x 12 lunges; stretches



**Day 4:** Warm Up A; 3 x 12 windmills, 3 x 12 trunk twists, 3 x 15 calf raises, 3 x 12 forward lunges; stretches

**Day 5:** Warm Up B; 3 x 12 glute bridges (each leg), 3 x 30 jumping jacks, 3 x 10 burpees, 3 x 10 pushups; stretches



## WEEK 4

**Day 1:** Warm Up A; 3 x 15 jumping jacks, 3 x 12 squat jumps, 3 x 12 mountain climbers, 3 x 30 second planks; stretches

**Day 2:** Warm Up B; 3 x 15 lunge walks, 3 x 12 squats, 3 x 12 supermans, 3 x 10 pushups; stretches

**Day 3:** ABS! Warm Up B; 3 x 45 second plank holds, 3 x 12 trunk twists, 3 x 10 tuck ups, 3 x 12 sit ups; stretches

**Day 4:** Warm Up A; 3 x 10 backward lunges, 3 x 12 calf raises, 3 x 10 narrow squats, 3 x 12 plank shoulder touches; stretches

**Day 5:** Warm Up A; 3 x 10 pushups, 5 x 15-yard sprints, 3 x 30 high knees, 3 x 12 supermans; stretches

## WEEK 5

**Day 1:** Warm Up A; 4 x 10 vertical jumps, 3 x 45 second jump ropes, 4 x 10 lunge walks, 3 x 12 glute kickbacks; stretches

**Day 2:** Warm Up B; 4 x 10 high knees, 4 x 10 frog jumps, 4 x 10 crunches, 4 x 10 backward lunges; stretches

**Day 3:** CARDIO! Warm Up A; 30-seconds high knees, 4 x 45 second jump ropes, 4 x 10 jumping jacks, 4 x 10 pushups; stretches

**Day 4:** Warm Up A; 4 x 10 mountain climbers, 3 x 20-yard side shuffles, 3 x 20 ladder drills (or high knees), 4 x 10 supermans; stretches

**Day 5:** STRETCH! Try a free online yoga class

## WEEK 6

**Day 1:** Warm Up A; 4 x 30-seconds line jumps, 4 x 10 lunge walks, 3 x 20 squat jumps, 3 x 10 pushups; stretches

**Day 2:** BALL DRILLS! Practice dribbling, long shots, close shots on goal, punts, and anything else!

**Day 3:** Warm Up B; 3 x 20-seconds high knees, 3 x 10 glute kickbacks, 3 x 15 burpees, 3 x 30 second plank holds, 3 x 15 vertical jumps; stretches

**Day 4:** Warm Up A; 3 x 30 second zig zag runs (with and without ball), 4 x 10 glute bridges, 4 x 10 squats, 4 x 10 tuck ups; stretches

**Day 5:** Warm Up B; 4 x 10 trunk twists, 4 x 20 second plank holds, 4 x 20 plank shoulder touches, 3 x 12 lunges; stretches



## WEEK 7

**Day 1:** CARDIO! 5-minute jog, 4 x 20 high knees, 4 x 20 kickbacks, 4 x 20-yard shuffle; 4 x 15 frog jumps; stretches

**Day 2:** Warm Up B; 4 x 20 jumping jacks, 4 x 15 squats, 4 x 15 forward lunges, 4 x 10 calf raises, 4 x 15 tuck ups; stretches

**Day 3:** Warm Up A; 4 x 10 squat jumps, 4 x 10 mountain climbers, 4 x 15 lateral skaters, 4 x 30 second planks; stretches

**Day 4:** Warm Up A; 4 x 10 pushups, 4 x 10 plank shoulder touches, 4 x 20 jump ropes, 4 x 12 trunk twists; stretches

**Day 5:** STRETCH! Try a free online yoga class

## WEEK 8

**Day 1:** Warm Up A; 4 x 10 forward lunges, 4 x 12 side lunges, 3 x 30-seconds high knees, 3 x 10 glute kickbacks; stretches

**Day 2:** Warm Up B; 4 x 20-yard shuffle, 4 x 10 wide squats, 4 x 10 mountain climbers, 4 x 10 vertical jumps (arms above head); stretches

**Day 3:** ABS! Warm Up A; 4 x 10 crunches, 4 x 30 second planks, 4 x 10 windmills, 4 x 10 v-ups; stretches



**Day 4:** Warm Up A; 4 x 12 sit ups, 4 x 12 lunge walks, 4 x 10 glute bridges, 4 x 10 burpees; stretches

**Day 5:** Warm Up B; 4 x 10 mountain climbers, 3 x 20-yard side shuffles, 3 ladder drills (or 3 x 30-seconds high knees), 4 x 10 supermans; stretches



## STAND-UP PADDLE BOARDING AND SURFING

*Please perform these exercises outside, weather permitting. Exercises can be performed with or without weights.*

**Warm Up A:** 5-minute jog; 5 neck circles (both directions); 20 arm circles forward; 20 arm circles backward; 10 lunges with rotation (each leg)

**Warm Up B:** 15 burpees; 5 neck circles (both directions) 20 arm circles forward; 20 arm circles backward; 10 thoracic rotation (each side)

**Stretches (hold each pose for 15 seconds):** neck side tilt (each side); straight arms behind back; lying pectoral (each side); sphinx pose; straddle with toe touches (left, right and middle); quad stretch (each leg)

### WEEK 1

**Day 1:** Warm Up A; 3 x 10 heel-to-toe rocks; 3 x 10 pushups; 3 x 10 quad supermans (each side); 3 x 10 lateral raises; stretches

**Day 2:** Warm Up B; 3 x 10-step tight rope walks; 3 x 10 trunk twists; 3 x 10 squats; 3 x 10 sit-ups; stretches

**Day 3:** Warm Up B; 3 x 20 seconds single leg stance (each leg); 3 x 10 front raises; 3 x 10 bent over rows; 3 x 10 jump squats; stretches



**Day 4:** Warm Up A; 3 x 30 seconds walking on heels; 3 x 10 lateral skates (each side); 3 x 10 jumping jacks; 3 x 30 seconds high knees; stretches

**Day 5:** Warm Up B; 3 x 30 seconds walking on toes; 3 x 10 squats; 3 x 30 second planks; 3 x 10 glute kickbacks (each leg); stretches

### WEEK 2

**Day 1:** Warm Up A; 3 x 30 seconds walking on heels; 3 x 10 quad supermans (each side); 3 x 10 pushups; 3 x 10 front raises; stretches

**Day 2:** Warm Up B; 3 x 30 seconds walking on toes; 3 x 12 squats; 3 x 12 trunk twists; 3 x 12 backward lunges (each leg); stretches

**Day 3:** Warm Up A; 3 x 10-step tight rope walks; 3 x 12 jumping jacks; 3 x 12 lateral skates (each side); 3 x 12 forward lunges (each leg); stretches

**Day 4:** Warm Up B; 3 x 20 seconds single leg stance; 3 x 12 shoulder press; 3 x 10 reverse snow angles; 3 x 12 pushups; stretches

**Day 5:** Warm Up A; 3 x 10 heel-to-toe rocks; 3 x 12 windmills; 3 x 12 squat jumps; 3 x 30 seconds mountain climbers; stretches

### WEEK 3

**Day 1:** Warm Up A; 3 x 30 seconds single leg stance (each leg); 3 x 10 close-grip pushups; 3 x 10 supermans; 3 x 12 front raises; stretches

**Day 2:** Warm Up B; 3 x 30 seconds walking on heels; 3 x 12 seated trunk twists; 3 x 12 lateral lunges (each leg); 3 x 30 second planks; stretches



**Day 3:** WATER DAY! Find a pool, lake or beach to practice swimming and balancing on your board! If not, just rest

**Day 4:** Warm Up A; 4 x 10-step tight rope walks; 4 x 10 lateral skates (each leg); 4 x 30 seconds high knees; 4 x 10 single leg hops (each leg); stretches

**Day 5:** Warm Up B; 4 x 30 seconds walking on toes; 4 x 10 backward lunges; 4 x 10 plank shoulder touches; 4 x 10 glute kickbacks (each leg); stretches

## WEEK 4

**Day 1:** Warm Up A; 4 x 10 heel-to-toe rocks; 4 x 10 pushups; 4 x 10 supermans; 4 x 10 lateral raises; stretches

**Day 2:** Warm Up B; 4 x 30 seconds walking on heels; 4 x 10 windmills; 4 x 10 squat jumps; 4 x 30 seconds flutter kicks; stretches

**Day 3:** Warm Up A; 4 x 30 seconds walking on toes; 4 x 10 lateral skates; 4 x 10 jumping jacks; 4 x 10 sit ups; stretches

**Day 4:** Warm Up B; 4 x 20 seconds single leg stance (each leg); 4 x 12 front raises; 4 x 12 quad supermans; 4 x 10 close-grip pushups; stretches

**Day 5:** Warm Up A; 4 x 10-step tight rope walks; 4 x 12 squats; 4 x 12 sit ups; 4 x 10 calf raises; stretches

## WEEK 5

**Day 1:** Warm Up A; 4 x 30 seconds single leg stance; 4 x 12 pushups; 4 x 12 reverse snow angels; 4 x 12 lateral raises; stretches

**Day 2:** Warm Up B; 4 x 10 heel-to-toe rocks; 4 x 15 trunk twists; 4 x 30 seconds wall sits; 4 x 15 sit ups; stretches

**Day 3:** Warm Up B; 4 x 30 seconds walking on toes; 4 x 15 lateral raises; 4 x 15 quad supermans; 4 x 30 seconds planks; stretches

**Day 4:** WATER DAY! Find a pool, lake or beach to practice swimming and balancing on your board! If not, just rest

**Day 5:** Warm Up A; 4 x 30 seconds single leg stance 4 x 15 lateral lunges; 4 x 30 seconds flutter kicks; 4 x 15 glute kickbacks; stretches

## WEEK 6

**Day 1:** Warm Up A; 4 x 30 seconds walking on heels; 4 x 10 close-grip pushups; 4 x 12 supermans; 4 x 12 sit ups; stretches

**Day 2:** Warm Up B; 3 x 30 seconds walking on toes; 3 x 15 backward lunges; 3 x 15 seated trunk twists; 3 x 15 lateral lunges; stretches

**Day 3:** Warm Up A; 4 x 20 seconds single leg stance with rotations (each leg); 4 x 12 bent over row; 4 x 12 single leg hops; 4 x 12 lateral raises; stretches

**Day 4:** Warm Up B; 3 x 15 heel-to-toe rocks; 3 x 15 shoulder press; 3 x 15 pushups; 3 x 15 reverse snow angels; stretches

**Day 5:** STRETCH! Try an online yoga class



## WEEK 7

**Day 1:** Warm Up A; 4 x 20 seconds single leg stance with rotations; 4 x 12 quad supermans; 4 x 10 pushups; 4 x 12 sit ups; stretches

**Day 2:** Warm Up B; 3 x 12-step tight rope walks; 3 x 12 lateral skates; 3 x 15 windmills; 3 x 30 seconds flutter kicks; stretches

**Day 3:** Warm Up B; 4 x 30 seconds walking on heels; 4 x 12 bent over row; 4 x 12 front raises; 4 x 12 trunk twists; stretches

**Day 4:** Warm Up A; 3 x 15 heel-to-toe rocks; 3 x 15 jump squats; 3 x 15 supermans; 3 x 10 close-grip pushups; stretches

**Day 5:** Warm Up A; 4 x 30 seconds walking on toes; 4 x 30 seconds high knees; 4 x 10 jumping jacks; 4 x 30 seconds mountain climbers; stretches

## WEEK 8

**Day 1:** Warm Up A; 3 x 40 seconds walking on heels; 3 x 12 pushups; 3 x 12 supermans; 3 x 12 squats; stretches

**Day 2:** Warm Up B; 3 x 30 seconds single leg stance with rotations (each leg); 3 x 12 trunk twists; 3 x 12 lateral raises; 3 x 12 sit ups; stretches



**Day 3:** Warm Up A; 3 x 40 seconds walking on toes; 3 x 12 lateral lunges; 3 x 12 glute kickbacks; 3 x 12 bent over rows; stretches

**Day 4:** STRETCH! Try an online yoga class

**Day 5:** Warm Up A; 3 x 10 heel-to-toe rocks; 3 x 10 close-grip pushups; 3 x 10 supermans; 3 x 30 seconds wall sits; stretches



## SWIMMING

*Please perform these exercises outside, weather permitting. Exercises can be performed with or without weights.*

**Warm Up A:** 5-minute jog; 5 neck circles (both directions); 20 arm circles forward; 20 arm circles backward; 10 lunges with rotation (each leg)

**Warm Up B:** 15 burpees; 5 neck circles (both directions); 20 arm circles forward; 20 arm circles backward; 10 thoracic rotations (each side); 10 lateral lunges (each leg)

**Stretches (hold each pose for 15 seconds):** side neck tilt; cross body shoulder stretch; straight arms behind back; sphinx pose; straddle with toe touches (left, right, and middle)



**Day 1:** Warm Up A; 3 x 10 burpees; 3 x 10 supermans; 3 x 30-second planks (any variations); stretches

**Day 2:** Warm Up B; 3 x 10 pushups (any variation); 3 x 10 lunges (each leg); 3 x 10 leg raises; stretches

**Day 3:** Warm Up A; 3 x 10 squat jumps; 3 x 10 trunk twists; 3 x 10 supermans; stretches

**Day 4:** Warm Up B; 3 x 10 burpees; 3 x 30 second planks (any variations); 3 x 10 lunges; stretches

**Day 5:** Warm Up A; 3 x 10 pushups (any variations); 3 x 10 squat jumps; 3 x 10 leg raises; stretches



## WEEK 2

**Day 1:** Warm Up A; 3 x 10 supermans; 3 x 10 squats; 3 x 30 second planks (any variation); stretches

**Day 2:** Warm Up B; 3 x 12 burpees; 3 x 12 supermans; 3 x 45 second planks (any variations); stretches

**Day 3:** Warm Up B; 3 x 12 pushups (any variation); 3 x 12 lunges; 3 x 12 leg raises; stretches

**Day 4:** Warm Up A; 3 x 12 squat jumps; 3 x 12 trunk twists; 3 x 12 supermans; stretches

**Day 5:** Warm Up A; 3 x 12 burpees; 3 x 45 second planks (any variations); 3 x 12 lunges; stretches



## WEEK 3

**Day 1:** Warm Up A; 3 x 12 pushups (any variations); 3 x 12 squat jumps; 3 x 12 leg raises; stretches

**Day 2:** Warm Up B; 3 x 12 supermans; 3 x 12 squats; 3 x 45 second planks (any variation); stretches

**Day 3:** Warm Up A; 4 x 10 burpees; 4 x 10 supermans; 4 x 30 second planks (any variations); stretches

**Day 4:** Warm Up B; 4 x 10 pushups (any variation); 4 x 10 lunges; 4 x 10 leg raises; stretches

**Day 5:** Warm Up A; 4 x 10 squat jumps; 4 x 10 trunk twists; 4 x 10 supermans; stretches



## WEEK 4

- Day 1:** Warm Up A; 4 x 10 burpees; 4 x 30 second planks (any variations); 4 x 10 lunges; stretches
- Day 2:** Warm Up B; 4 x 10 pushups (any variations); 4 x 10 squat jumps; 4 x 10 leg raises; stretches
- Day 3:** Warm Up B; 4 x 10 supermans; 4 x 10 squats; 4 x 30 second planks (any variation); stretches
- Day 4:** Warm Up A; 4 x 15 burpees; 4 x 15 supermans; 4 x 45 second planks (any variations); stretches
- Day 5:** Warm Up A; 4 x 15 pushups (any variation); 4 x 15 lunges; 4 x 15 leg raises; stretches

## WEEK 5

- Day 1:** Warm Up A; 4 x 15 squat jumps; 4 x 15 trunk twists; 4 x 15 supermans; stretches
- Day 2:** Warm Up B; 4 x 15 burpees; 4 x 45 second planks (any variations); 4 x 15 lunges; stretches
- Day 3:** Warm Up A; 4 x 15 pushups (any variations); 4 x 15 squat jumps; 4 x 15 leg raises; stretches

- Day 4:** Warm Up B; 4 x 15 supermans; 4 x 15 squats; 4 x 45 second planks (any variation); stretches
- Day 5:** STRETCH! Try a free online yoga class

## WEEK 6

- Day 1:** Warm Up A; 4 x 10 burpees; 4 x 30 second planks (any variations); 4 x 10 lunges; stretches
- Day 2:** Warm Up B; 3 x 12 squat jumps; 3 x 12 trunk twists; 3 x 12 supermans; stretches
- Day 3:** Warm Up A; 4 x 10 pushups (any variation); 4 x 10 lunges; 4 x 10 leg raises; stretches

- Day 4:** Warm Up B; 4 x 10 supermans; 4 x 10 squats; 4 x 30 second planks (any variation); stretches
- Day 5:** CARDIO! Warm Up B; 5-minute jog; 3 x 45 second jump rope; 3 x 20-yard sprints; stretches



## WEEK 7

- Day 1:** Warm Up A; 4 x 15 supermans; 4 x 15 squats; 4 x 45 second planks (any variation); stretches
- Day 2:** Warm Up B; 3 x 12 pushups (any variation); 3 x 12 lunges; 3 x 12 leg raises; stretches
- Day 3:** Warm Up A; 4 x 12 squat jumps; 4 x 10 glute bridges; 3 x 15 glute kickbacks; stretches
- Day 4:** ABS! Warm Up B; 3 x 12 trunk twists; 3 x 10 crunches; 3 x 15 side plank dips; stretches
- Day 5:** Warm Up A; 3 x 10 plank shoulder touches; 3 x 10 lateral arm raises; 4 x 10 lunges; stretches

## WEEK 8

- Day 1:** Warm Up A; 3 x 10 burpees; 3 x 10 supermans; 3 x 30 second planks (any variations); stretches
- Day 2:** Warm Up B; 4 x 10 v-ups; 4 x 10 pushups; 3 x 10 squats; stretches
- Day 3:** STRETCH! Try a free online yoga



- Day 4:** Warm Up A; 3 x 12 lateral lunges; 3 x 10 squat jumps; 4 x 10 single leg glute bridge; stretches
- Day 5:** Warm Up B; 3 x 45 second jump rope; 3 x 30 second jumping jacks; 3 x 15 mountain climbers; stretches



## TRACK AND FIELD

*Please perform these exercises outside, weather permitting. Exercises can be performed with or without weights.*

**Warm Up A:** 5-minute jog; 15 hug and opens; 10 lunges with rotation (each leg); 10-yard butt kickers; 10 body squats; 10 calf raises

**Warm Up B:** 15 burpees; 20 arm circles forward; 20 arm circles backward; 10 lunges with rotation (each leg); 10-yard butt kickers; 10 body squats; 10 calf raises

**Stretches (hold each pose for 15 seconds):** pillar stretch; straight arms behind back; seated spinal twist (each side); quad stretch (each leg); knee to chest stretch (each leg); butterfly stretch; wall calf stretch (each leg)

### WEEK 1

- Day 1:** Warm Up B; 1/2-mile run; 3 x 10 high knees; 3 x 10 pushups (any variation); stretches
- Day 2:** Warm Up A; 3 x 10 jumping jacks; 3 x 10 squat jumps; 3 x 10 crunches; stretches
- Day 3:** Warm Up A; 3 x 10 ball tosses (throw ball straight up and catch); 3 x 10 lunges (each leg); 3 x 10 tuck ups; stretches



- Day 4:** Warm Up B; 1/2-mile run; 3 x 10 supermans; 3 x 20 second planks; stretches
- Day 5:** Warm Up A; 3 x 10 vertical jumps (arms above your head); 3 x 10 situps; 3 x 10 plank shoulder touches; stretches



## WEEK 2

- Day 1:** Warm Up A; 3 x 10 squat jumps; 3 x 10 pushups (any variation); 3 x 10 glute bridges; stretches
- Day 2:** Active Rest Day take a walk with family members and remember to stretch!
- Day 3:** Warm Up B; 1/2-mile run; 3 x 12 pushups (any variation); 3 x 10 ball tosses; stretches
- Day 4:** Warm Up A; 3 x 12 jumping jacks; 3 x 12 broad jumps; 3 x 15 crunches; stretches
- Day 5:** Warm Up A; 3 x 12 vertical jumps; 3 x 12 plank shoulder touches (any variation); 3 x 10 trunk twists; stretches



## WEEK 3

- Day 1:** Warm Up B; 1/2-mile run; 3 x 15 supermans; 3 x 12 squats (with or without weights); stretches
- Day 2:** Warm Up A; 3 x 12 ball tosses; 3 x 15 high knees; 3 x 15 crunches; stretches
- Day 3:** Warm Up A; 3 x 12 jumping jacks; 3 x 12 squat jumps; 3 x 12 pushups (any variations); stretches
- Day 4:** STRETCH! Try an online yoga class
- Day 5:** Warm Up B; 1/2-mile run; 4 x 10 broad jumps; 4 x 10 glute bridges (any variation); stretches



## WEEK 4

- Day 1:** Warm Up A; 4 x 10 plank shoulder touches; 4 x 10 squat jumps; 4 x 10 crunches; stretches
- Day 2:** Warm Up B; 4 x 10 ball tosses; 4 x 10 pushups (any variation); 4 x 10 lunges; stretches
- Day 3:** Warm Up B; 1/2 mile run; 4 x 10 supermans; 4 x 10 squats (with or without weights); stretches
- Day 4:** Warm Up A; 4 x 10 tuck ups; 4 x 10 high knees; 4 x 10 crunches; stretches
- Day 5:** Warm Up A; 4 x 10 trunk twists; 4 x glute bridges; 4 x 10 pushups (any variations); stretches

## WEEK 5

- Day 1:** CARDIO! 5-minute jog; 4 x 30-seconds high knees; 4 x 20-yard sprints; stretches
- Day 2:** Warm Up B; 1/2-mile run; 4 x 12 trunk twists; 4 x 12 pushups (any variation); stretches
- Day 3:** Warm Up A; 4 x 10 vertical jumps; 4 x 12 plank shoulder touches; 4 x 12 crunches; stretches
- Day 4:** Warm Up A; 4 x 12 ball tosses; 4 x 12 pushups (any variation); 4 x 12 lunges; stretches

- Day 5:** Warm Up B; 1/2-mile run; 4 x 12 supermans; 4 x 12 squats (with or without weights); stretches

## WEEK 6

- Day 1:** Warm Up A; 4 x 12 trunk twists; 4 x 12 broad jumps; 4 x 12 crunches; stretches
- Day 2:** Warm Up B; 4 x 20-yard sprints; 4 x 12 squat jumps; 4 x 12 pushups (any variations); stretches
- Day 3:** STRETCH! Try a free online yoga class
- Day 4:** Warm Up B; 4 x 20-yard sprints; 4 x 12 vertical jumps; 3 x 15 calf raises; stretches
- Day 5:** Warm Up A; 3 x 12 ball tosses; 3 x 10 plank shoulder touches; 3 x 10 glute bridges; stretches



## WEEK 7

- Day 1:** Warm Up A; 4 x 10 vertical jumps; 4 x 10 crunches; 4 x 10 supermans; stretches
- Day 2:** Active Rest Day take a walk with family members and remember to stretch!
- Day 3:** Warm Up B; 1/2-mile run; 4 x 12 trunk twists; 4 x 12 squats (with or without weights); stretches
- Day 4:** Warm Up A; 4 x 10 ball tosses; 4 x 10 plank shoulder touches; 4 x 10 lunges; stretches
- Day 5:** Warm Up A; 4 x 10 broad jumps; 4 x 10 glute bridges; 4 x 10 calf raises; stretches

## WEEK 8

- Day 1:** Warm Up B; 1/2-mile run; 4 x 10 trunk twists; 4 x 10 pushups (any variation); stretches
- Day 2:** Warm Up A; 4 x 10 jump squats; 4 x 12 mountain climbers; 3 x 15 calf raises; stretches
- Day 3:** CORE! Warm Up B; 3 x 15 crunches; 4 x 10 v-ups; 4 x 20 second plank holds; stretches



- Day 4:** Warm Up A; 3 x 15 ball tosses; 3 x 10 plank shoulder touches; 3 x 10 lunges; stretches
- Day 5:** Warm Up B; 1/2-mile run; 3 x 10 supermans; 3 x 10 squats (with or without weights); stretches







***Special Olympics***  
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