



# Unified Fitness

## *with Equipment*

A guide for Unified Fitness athletes and partners as they embark on a 12-week program for physical activity, nutrition, and wellness.

**Special  
Olympics**  
Pennsylvania



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# Welcome!

Dear participants (athletes and Unified partners),  
Welcome to **Special Olympics Pennsylvania's** (SOPA) Unified Fitness Program!  
We're so excited that you're embarking on a twelve-week program of physical activity, nutrition and friendship.

The Unified Fitness Program involves similar-age people with and without intellectual disabilities training together at least twice a week for structured workouts over twelve weeks. You are training partners: encouraging, motivating and pushing yourselves and each other to do your best.

This program can be conducted in the off-season, and/or in-season, in addition to any sport-specific training you may be doing. Over the course of the upcoming twelve weeks, participants will meet a minimum of twice a week at your workout location such as a school/university, gym/fitness center or home together for 60 minutes. Each workout will consist of 5 parts: warm-up, cardiovascular endurance, strength and cool down using flexibility and balance exercises.

Throughout your workout, key information points are to be shared about nutrition, hydration & wellness. Spend time

together during your workout reviewing this education! We've also included "family engagement" activities. Spend time together while at home reviewing this education as a family!

The first and last workouts of the Unified Fitness Program will be different from all other workouts. At the first workout, participants will conduct a pre-assessment; at the final workout, participants will conduct a post-assessment. By assessing your level of fitness prior to starting and after completing the Unified Fitness Program, you will be able to track the improvements you make to your overall health and fitness over the course of twelve weeks. You have been provided with an online link that you will need to access in order to record the results of your pre- and post-assessments.

It is now time to begin the Unified Fitness Program! We are so excited for you!

# What is SOPA?



**The mission of Special Olympics Pennsylvania (SOPA)** is to provide year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual or developmental disability including autism with a cognitive delay, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.

## About Unified Sports

Special Olympics Unified Sports is an inclusive program that brings together a proportional number of Special Olympics athletes and athletes without intellectual disabilities (Unified partners) as equal peers on sports teams for training and competition. The participants should be of similar age.

By sharing common goals and meaningful experiences in practices, during workouts, and through competitions, all participants form closer relationships. They gain a better understanding of each other's unique talents and capabilities. Unified Sports brings people together through the universal language of sports. But the lasting impact takes place off the field of play when these teammates become friends who fully support one another. This leads to more inclusive schools and communities where everyone is valued and respected.

# What is Unified Fitness?



**Unified Fitness is a twelve-week long fitness program to be followed in the off-season, and/or in-season, in addition to sport-specific training. Special Olympics athletes and Unified partners train together at least twice a week, supporting each other to do their best. Workouts are intended to last 60 minutes in total and include:**

## **WARMUP**

Warm-ups help prepare the body for exercise, prevent injuries, and increase flexibility.

## **CARDIOVASCULAR ENDURANCE**

Cardiovascular endurance exercises improve the body's circulatory and respiratory systems (heart & lungs) in order to participate in physical activity.

## **STRENGTH**

Strength training improves muscular strength and helps your body become stronger.

## **COOL DOWNS**

Cool downs using flexibility and balance exercises can help slow the heart rate and breathing, avoid muscle stiffness and soreness, prevent injury, and relax your body.

# Health Education Schedule



Each week, time should be taken to review the **educational topic** and material for the week. See below the schedule for your Unified Fitness journey. During weeks 1 and 12 there is no topic or material to review to allow time to complete the **PRE and POST Fitness Assessment**. Each week the materials will be estimated to take about 5-10 minutes to review. If you do not have the additional time to review, we suggest you discuss and review at the end of your training during cool downs.

## Schedule:

Week 1: Fitness Assessment  
Week 2: Physical Activity, pg. 72-75  
Week 3: Nutrition, pg. 76-78  
Week 4: Nutrition, pg. 79-81  
Week 5: Nutrition, pg. 82-83  
Week 6: Hydration, pg. 84-86  
Week 7: Hydration, pg. 87-88  
Week 8: Emotional Health, pg. 89-91  
Week 9: Emotional Health, pg. 92-93  
Week 10: Emotional Health, pg. 94-96  
Week 11: SMART Goal Setting: pg. 97-98  
Week 12: Fitness Assessment

## Here is an example of how you can schedule your hour-long training sessions:

**Warm Up:** 10 minutes

**Cardiovascular exercise:** 20 minutes

**Strength:** 20 minutes

**Flexibility/Balance:** 5 minutes

**Education topic Discussion:** 5 minutes

# Fitness Assessment



As part of Unified Fitness at the **first workout**, participants will conduct a **pre-assessment**; at the **final workout**, participants will conduct a **post-assessment**. By assessing your level of fitness prior to starting and after completing the Unified Fitness program, you will be able to track the improvements you make to your overall health and fitness over the course of 12 weeks.

This assessment should be completed with your partner there to assist with the measurement and timing. It will consist of 3 different assessments, one for strength, one for endurance and one for balance.

Height and Weight will be collected at the pre and post assessment. See page 12 for more details on how to measure height and weight.

**1) Strength: Isometric Push-Up or Seated Isometric Push-Up**

**2) Endurance: 6-minute walk/run/push test**

**3) Balance: Single leg stance- eyes open**

Follow the directions on pages 7-13 to complete each assessment. [HERE YOU CAN FIND A LINK TO A GOOGLE FORM](#) to complete your Fitness Assessment results. Please complete for both the athlete and Unified partner from your pair for both the PRE and POST assessments.

# Strength: Isometric Push-Up



**Objective:** To hold a raised Push-Up position, often referred to as a high plank, for as long as possible.

**Purpose:** The Isometric Push-Up Test measures upper body muscular strength, endurance & core stability.

## Equipment/Space Required

- Timer or stopwatch
- Mat or soft surface
- Pencil/pen
- Paper to record time

## How to administer the assessment

1. Practice the position before testing. Get into a starting push-up position with your hands flat on the ground, arms straight and shoulder width apart. Legs are extended straight back with the toes touching the ground and the body is in a straight line.
2. Once in position start the timer. Hold the position for as long as you can, making sure to maintain proper plank position. If you break form quickly regain it. Make sure to breathe while performing the assessment.
3. Stop the timer when the correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging, or swaying occurs at the elbows, shoulders, trunk or knees.
4. Record the time to the nearest second.



**Click here or scan the QR Code to the right to watch video instructions!**





# Strength: Seated Isometric Push-Up



**Objective:** To push or lift the body up out of the seated position and hold for as long as possible.

**Purpose:** The Seated Isometric Push-Up is to measure upper body muscular strength and endurance.

*This test is an alternative to the Muscular Strength Isometric Push-up and is used to assess participants who use wheelchairs for mobility or those who find it difficult to get into push-up position.*



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## Equipment/Space Required

- Timer or stopwatch
- Mat or soft surface
- Pencil/pen
- Paper to record time
- Wheelchair or chair with arm rests or push-up blocks

## How to administer the assessment

1. Practice the position before the test. Be sure that the brakes of the wheelchair are on and if you are using a chair push it against a wall. If you are using blocks, sit on the floor with your legs out straight and heels resting against the ground. Position the blocks on a level surface with one on either side of each hip.
2. Place your hands on the armrests of their wheelchair (or wheels if no armrests), the arms of a chair or the handles of the push up blocks.
3. Lift your body off the supporting surface by fully extending your elbows until the arms are straight (or as straight as possible).
4. Hold the position for as long as you can, making sure to maintain proper position with your body raised off the supporting surface. Your feet may be in contact with the ground surface or the wheelchair footrests but should not be used to assist participant in lifting their body. Be sure to breathe as you perform the test.
5. Start the timer when in proper position.
6. Stop the test and the timer when the raised position cannot be maintained, and the body comes in contact with the supporting surface for 5 seconds or longer.

# Endurance: 6-Minute Run/Walk/Push Test



**Objective:** To walk/run/push as quickly as possible for 6 minutes & cover the maximum distance in that time.

**Purpose:** The 6 Minute Walk/Run/Push Test is sub-maximal test of aerobic capacity or endurance.

## Equipment/Space Required

- Timer or Stopwatch
- Measuring tape or measuring wheel
- Pencil/pen
- At least 2 cones
- Lap counter (optional)
- Paper (to write down score)

## How to prepare for the assessment

The 6 Minute Walk/Run/Push Test is performed on a course that is carefully measured and clearly marked. The test can be conducted indoors or outdoors; around a track, along a long hallway or around a gym or field. The ground should be level and the distance of each lap must be measured to ensure accurate scoring. We recommend using the standard 30-meter flat straight walking course because it uses less space and is easy to measure and mark out. You can also use a 15-meter course if the area is small. Mark the starting point with a cone, floor tape, or chalk and then measure out 30 meters from there and mark the second turn around point with another cone or tape. The loop then becomes a 60-meter walking loop.



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# Endurance: 6-Minute Run/Walk/Push Test



**Objective:** To walk/run/push as quickly as possible for 6 minutes & cover the maximum distance in that time.

**Purpose:** The 6 Minute Walk/Run/Push Test is sub-maximal test of aerobic capacity or endurance.



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## How to administer the assessment

1. The participant is positioned at the starting point next to the cone or on the line.
2. The participant will walk back and forth in between the two cones at their own pace. The participant should walk quickly (or run or push in a wheelchair) during the test. They can slow down or stop to rest during the test, but they should start walking (running or pushing) again as soon as they can.
3. The participant should stay close to the cones when turning and not slow down at the turns.
4. Begin by saying "ready, set, go" and then start the timer. Keep track of the time. Record each lap when the participant returns to the STARTING point. (Example: down and back is 1 lap).
5. Motivate each other during the 6 minutes and give updates on the time remaining (Example: '4 minutes left')
6. When 30 seconds are left inform the participant that you will soon tell them to stop and to stay in that spot when the assessment ends.
7. At the signal to "Stop," mark the spot where the participant ends with a piece of tape or place a pencil at the participant's front foot. This is important because many participants will end the test at a point that's partway between the cones and not a full lap, but you must measure the extra distance.
8. Use the measuring tape to measure the extra distance.
9. Calculate the total  $\text{NUMBER OF LAPS} \times 60\text{-METERS} + \text{EXTRA DISTANCE} = \text{SCORE}$  or the score (If you are using a 15-meter course then you would calculate it by  $\text{NUMBER OF LAPS} \times 30\text{-METERS} + \text{EXTRA DISTANCE} = \text{SCORE}$ )

# Balance: Single Leg Stance, Eyes Open



**Objective:** To stand on one leg with your eyes open and maintain balance for as long as possible.

**Purpose:** The Single-Leg Stance Test with Eyes Open measures static balance and postural control with the assistance of visual cues.



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## Equipment/Space Required

- Timer or stopwatch
- Stable nonslip surface
- Pencil/pen
- Paper to record time
- To hold on to for support: Chair, Bleachers, Wall



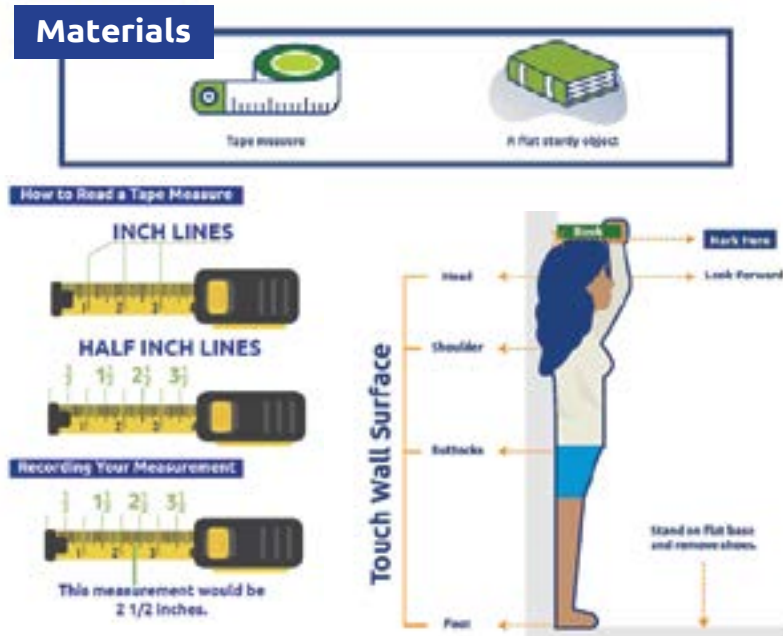
## How to administer the assessment

1. Practice the single leg stance position and maintain balance for at least a few seconds before the test.
2. Choose your most dominant leg. This will be the supporting leg that remains straight and holds your body weight. If a participant is unsure which leg is their dominant one, ask them which leg they would kick a ball with and select that as the supporting leg.
3. Record whether the supporting leg is left or right. You should use the same leg in future sessions.
4. Stand with your feet shoulder width apart and positioned within arm's reach of a stable/stationary item for safety purposes. (chair, wall) Do not hold on or lean on this item during the test.
5. You should place your hands on your hips and place the foot of the non-supporting leg against the inside knee of the supporting leg with the thigh rotated outward. If you are unable to place your foot on your inner knee of the supporting leg, then stand with your knee bent and foot held off the ground.
6. Start the timer as soon as you are in the correct standing position and balanced. Try to maintain your balance for as long as possible.
7. Stop the timer when the non-supporting foot loses contact with the knee or touches the ground, or when the hands come off the hips.
8. Record your time in seconds.

# Measure Your Height & Weight



## Measuring your Height



- The inch lines extend across the tape measure. There's a big bold number at each inch.
- The half-inch mark is the next longest line between the full inch marks.
- Round your measurement up or down to the nearest half-inch.
- Remove shoes.
- Stand with your back against a wall, feet together, looking straight ahead.
- Have your heels, buttocks and head touch the wall.
- Place a book on your head against the wall (see picture).
- Mark the wall at the top of your head where the book touches the wall.
- Measure the distance from the floor to the mark. Record your height in inches.

## Measuring your Weight

### 1. Check the accuracy of your scale

To check the accuracy of your scale, test an object that you already know the weight. Try something like a new, unopened bag of flour or sugar. Test to see if they are the same weight.

### 2. Weigh yourself and record your weight each time

Place your scale on a hard, flat surface like tile or hardwood floor. Stand still on the scale with both feet even and flat, and don't touch or lean onto anything. Read the number and record it, even if it is higher than you expected.



# Lifestyle Survey Questions



## To track and evaluate lifestyle changes, a lifestyle survey will be completed

Special Olympics Pennsylvania wants to know how health education like that provided in Unified Fitness impacts our health. We are asking you to complete this survey at the start and end of the 12 weeks. There are no right or wrong answers.

Adequate nutrition, hydration, and physical activity can improve our health and quality of life.

Athletes and Unified Partners will be given a lifestyle survey at the start and end of the 12-weeks. There are 3 total questions, one on nutrition, one on hydration and one on physical activity. The answers to the questions are provided. Athletes and Unified Partners should choose the answer that best fits with their current lifestyle habits.

### 1) What is the total number of fruits / vegetables you eat in a day?

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5 or more
- g. I don't know

### 2) How many water bottles do you drink in a day?

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5 or more
- g. I don't know

### 3) How many days a week do you exercise so that your heart rate increases for 30 minutes or more? *(When your heart rate increases it means your heart is beating faster than it was when you were resting)*

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. 7

# Your Unified Fitness Journey...

Over the course of the upcoming twelve weeks, participants will meet a minimum of twice a week at your workout location such as a school/university, gym/fitness center or home together for 60 minutes. Each workout will consist of 5 parts: Warm-up, cardiovascular endurance, strength and cool down using flexibility and balance exercises.

## Your workout:

**Warm Up**: As partners, pick 5 different exercises from the list included to warm up your whole body (arms, legs, back, core).

*See Pages 15-23.*

**Cardiovascular Endurance**: As partners, pick one or two exercises (if two do for 10-15 minutes each) to get your heart rate up for 20 to 30 minutes. This can be done on machines or around the gym/track.

*See Pages 24-32.*

**Strength**: As partners, pick 3-5 exercises to focus on one muscle group.

*See Pages 33-56.*

**Cool Down**: As partners, pick 3-5 balance and flexibility exercises.

*See Pages 57-71.*



# Warm-Up Exercises



**Warm-ups help prepare the body for exercise, prevent injuries, and increase flexibility.**

Set your pace and intentions for your workout during your warm-up. With dynamic stretches, gradually increase your level of intensity during the warmup. Dynamic stretches warm up your body while moving.

As partners, pick 5 different exercises from the list included to warm up your whole body (arms, legs, back, core).

Find descriptions and examples of warm-up exercise options in this section (pages 15-23).



# Arm Circles



**Description:** While walking, complete 10-15 arm circles forward and then backward.

## Instructions

1. Start with both arms out to your side at shoulder height.
2. Slowly form small circles forward and get bigger each time.
3. Switch directions.
4. Slowly form small circles backward and get bigger each time.
5. Complete 10-15 arm circles in each direction.

## Tips & Modifications

- Perform 1 arm at a time.
- Slower arm circles prevent injuries.
- Be mindful of your range of motion (how far a particular joint can move).



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# Arm Scissors



**Description:** While walking, complete 10-15 arm scissors.

## Instructions

1. Start with both arms out to your side at shoulder height, forming a T with your body
2. Slowly bring arms straight out in front, crossing one arm over top of the other.
3. Bring arms back to starting position and repeat, switching the arm that crosses over the top.
4. Complete 10-15 arm scissors.

## Tips & Modifications

- Allowing arms to go a little behind your back at the starting point can help warm up your back as well.
- You should perform this exercise slowly and with control.



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# Shoulder Rotations



**Description:** While walking, complete 10-15 shoulder rotations forward and then backward.

## Instructions

1. Start with arms resting down by your side.
2. Slowly bring shoulders up towards your ears and rotate them in the forward direction. Repeat movement 10-15 times.
3. Slowly bring shoulders up towards your ears and rotate them in the backward direction. Repeat movement 10-15 times.

## Tips & Modifications

- You should perform this exercise slowly and with control.



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# Trunk Twist



**Description:** While walking, complete 10-15 trunk twists. Begin right to left and repeat.

## Instructions

1. Bend elbows into a 90 degree angle bringing your arms up to your sides.
2. Slowly twist your trunk and upper body towards the right.
3. Slowly twist your trunk and upper body towards the left.
4. Repeat 10-15 times to each side.

## Tips & Modifications

- You should perform this exercise slowly and with control.
- Make sure to only twist your upper body, leaving your lower body facing forward.



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# Walking Lunges



**Description:** Complete 10 walking lunges, and repeat 3 times.

## Instructions

1. Start with hands on your hips.
2. Lift your left foot up and take a large step forward.
3. Bend your right knee down towards the ground
4. Push off your left foot and bring your feet together to stand.
5. Repeat on the opposite side.
6. Continue in a forward motion until you have completed 10 lunges on each side, repeat 3 times.

## Tips & Modifications

- Balance is key, make sure you maintain balance while lunging.
- Keep your back knee off the ground when lunging.
- Take smaller steps if you are having trouble maintaining balance.
- Keep your chest up during lunges, do not lean forward.
- If balance is an issue, perform this exercise stationary and use your partner or the wall for support.



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# Walking Knee Pulls



**Description:** While walking, complete 10-15 knee pulls. Repeat 3 times.

## Instructions

1. Start standing with feet together and arms by your side.
2. Plant your left foot and lift your right knee towards your chest.
3. Grab your right shin with your hands and pull toward your body.
4. Step down and out with your right foot, then repeat with the left side.
5. Continue in a forward motion until you have completed 10-15 pulls, repeat 3 times.

## Tips & Modifications

- Make sure you are grabbing your shin and not your knee when pulling up towards your body.
- Be mindful of your range of motion and flexibility, do not over stretch.
- If balance is an issue, perform this exercise stationary. Use your partner or the wall for support.



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# High Knees



**Description:** Stand in place and perform 20 seconds of high knees, lifting and alternating each leg. Repeat 3 times.

### Instructions

1. Start standing with your feet together and arms by your side.
2. Lift one knee up as high as you can, then switch knees at a quick pace. There should be a slight hop when switching feet.
3. Pump arms in a running motion (opposite arm & knee) during high knees.
4. Continue for 20 seconds, and repeat 3 times.

### Tips & Modifications

- Try to get your heart rate up by doing this warm up fast.
- If you are having trouble, slow the pace down.



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# Glute Kicks



**Description:** Stand in place and perform 20 seconds of glute kicks, bending knees and alternating each leg. Repeat 3 times.

### Instructions

1. Start standing with your feet together and arms at a 90 degree angle by your side.
2. Keep knees together and bend one knee back towards your glutes.
3. Hop and switch sides, bringing the opposite knee back and foot towards your glutes
4. Continue for 20 seconds, and repeat 3 times.

### Tips & Modifications

- Try to get your heart rate up by doing this warm up fast.
- If you are having trouble, slow the pace down.



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# Cardiovascular Endurance



**Cardiovascular exercises improve the body's circulatory and respiratory systems (heart & lungs) in order to participate in physical activity.**

Together, pick one or two activities (if two do for 10 to 15 minutes each) to get your heart rate up for 20 to 30 minutes. This can be done on machines or around the gym/track.

Cardiovascular exercises can be done at a light, moderate, or high intensity level. An easy way to determine level of intensity is to think about your heart rate, breathing, and conversations:

- Light intensity = light breathing, casual conversations
- Moderate intensity = medium breathing, some conversations
- High intensity = heavy breathing, no conversations

To get the most out of your cardiovascular time and see fitness improvements, try to stay in the moderate or high intensity levels as long as possible. You should be adjusting your speed and resistance levels on each cardio exercise/machine in order to challenge yourself and increase your heart rate.

Find descriptions and examples of cardiovascular exercise options in this section (pages 24-32).

# Treadmill



**Description:** Use this time to get your heart rate up by walking or running for 20 to 30 minutes.

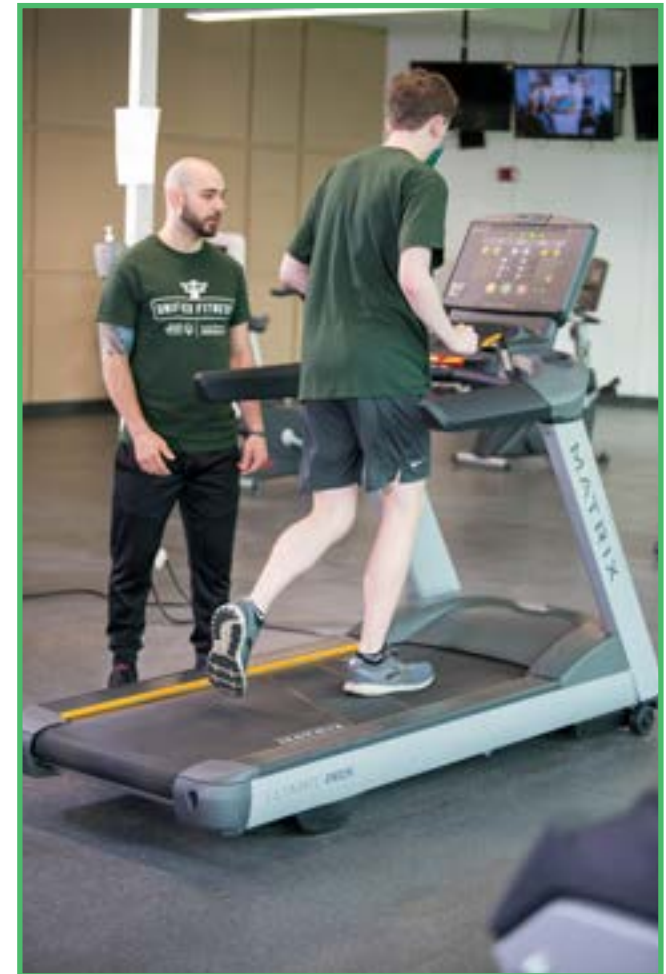
### Instructions

1. Step on to the center of the treadmill and attach the safety clip.
2. When you are ready, press the start or quick start button.
3. Hold the handrails if needed and begin to walk slowly as the belt turns.
4. When you feel comfortable, press the up arrow to increase speed (ask for assistance if you need help).
5. Increase and/or decrease speed throughout the workout to change intensity when needed.
6. When you are finished, decrease the speed to a slow walk, press the stop button and detach the safety clip.

### Tips & Modifications

- Listen to your heart and breath. If you are having a hard time breathing, slow down.
- Treadmills can have many options & buttons, check with gym staff if you need help.
- Toward the end of your cardiovascular exercise, decrease your speed, take time to slow your breathing, and reduce your heart rate.

**Speed Ranges (miles per hour):** 1.0-2.0 mph = walk, 2.0-3.0 mph = fast walk, 3.0-4.0 mph = jog, 4.0 and up = run



# Walk/Run (indoor/outdoor)



**Description:** Use this time to get your heart rate up by walking or running on the track or trail for 20 to 30 minutes.

### Instructions

1. Start out at a brisk walk or jog and gradually increase your speed.
2. Match pace with your partner.
3. If you need to take a break, walk for 1 minute, then start running again.
4. Towards the end of your cardiovascular time, slow down to lower your heart rate.

### Tips & Modifications

- You can always do a combination of walking and running (e.g., walk for 1 min., run for 2 min. and repeat).
- Always remember to use proper running form: pump arms and keep your chest up.
- If you are walking, walk at a moderate or high intensity.



# Stationary Bike



**Description:** Get your heart rate up by riding a recumbent or stationary bike for 20 to 30 minutes.

## Instructions

1. Pick a machine and adjust the seat so that your knees are slightly bent.
2. When you are ready, start pedaling for a quick start.
3. Start slow, then monitor and adjust your speed and resistance appropriately.
4. When you are finished, decrease the speed and resistance.
5. Gradually bring your pedaling to a stop.

## Tips & Modifications

- If you want a tailored cardio workout, select a program on the machine (e.g., interval, hills).



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# Rowing Machine



**Description:** Get your heart rate up by using a rowing machine for 20 to 30 minutes.

### Instructions

1. Check resistance on the side of the machine. Adjust if needed.
2. Carefully sit down onto the machine seat and place your feet into foot rests (remember to strap your feet in).
3. If you are on a rowing machine that has a monitor with options, select start.
4. Reach forward and grab the rower handle with your knees slightly bent and your back straight.
5. Carefully pull the handle towards your chest and push feet against the footrest at the same time, until legs are fully extended.
6. Slide forward into the starting position with your knees bent, arms extended and back straight.
7. Continue at a comfortable pace for 20-30 min.
8. When you are finished, slowly and carefully place the row bar back into the holder.

### Tips & Modifications

- Remember proper form by keeping your back straight.
- When legs are extended, do not lock your knees.
- If you need a break, pause for 1 minute, then continue rowing.



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# Elliptical



**Description:** Get your heart rate up by using an elliptical for 20 to 30 minutes.

## Instructions

1. Step on to the machine's foot pedals and hold on to the handle bars.
2. When you are ready, press the start or quick start button.
3. Hold the handle bars and begin pedaling your feet, alternating each leg and arm.
4. Foot pedals and handlebars will move in opposition (when your right foot goes back, your left arm reaches forward).
5. Increase and/or decrease resistance throughout the workout to change intensity when needed.
6. When you are finished, decrease your pedaling to a stop and safely step off the machine.

## Tips & Modifications

- If you want a tailored cardio workout, select a program on the machine (e.g., interval, hills).
- It may take time to understand the movements of an elliptical, go slow until you feel comfortable with the rhythm.



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# Stair Climber



**Description:** Get your heart rate up by a stair climber for 20 to 30 minutes.

## Instructions

1. Step on to the lowest stair, and climb up to the highest stair holding the hand rails and attach the safety clip.
2. When you are ready, press the start or quick start button.
3. The stairs will begin to slowly move downward; begin walking up the stairs.
4. Increasing the speed will make the stairs move faster.
5. Pick an appropriate speed so you can safely stay as close to the top stair as possible.
6. When you are finished, slow the speed to a stop and carefully step down.

## Tips & Modifications

- Pay attention to your feet and the steps as you use the stair climber.
- If you can not keep up with the stairs, lower your speed or press stop.
- If you want a more challenging step workout, pick a program, skip every other step, step sideways, or use any other step variations.



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# Body Weight Circuits



**Description:** Get your heart rate up by completing body weight circuits for 20 to 30 minutes. Pick 3-5 exercises and complete 3 sets. Be creative, feel free to use other body weight cardio exercises.

## Air Punches

1. Stagger feet with dominant hand and foot back, punch forward with non-dominant hand (jab), then pivot and cross punch with dominant hand. Repeat for 1 min.

## Jumping Jacks

1. Perform jumping jacks with proper form for 1 minute.

## Jump Rope

1. Jump rope for 1 minute.
2. Add jumping variations.
3. If you do not have jump rope, go through the motions without the rope.

## Burpees

1. Step down into plank position
2. Lower your chest to the floor
3. Jump or step your feet up to hands
4. Stand up tall
5. Complete 5 burpee cycles

## Mountain Climbers

1. In push-up position with a flat back, pull your right knee in towards your chest, step back and pull your left knee towards your chest. Continue alternating feet for 1 minute.





# Dance/Zumba



**Description:** Get your heart rate up by dancing or doing Zumba for 20 to 30 minutes.

## Instructions

1. Pick a zumba or dance video.
2. Dance with your partner for 20-30 minutes.



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# Strength



## **Strength exercises improve muscular strength and help your body become stronger.**

With your partner, pick one muscle group for your daily workout focus (3-5 exercises). Change up the muscle groups on different workout days. You can use machines, free weights, or body weight to complete your strength training.

### Progressions

**Sets & Reps:** In strength training, you will complete sets and repetitions of each exercise. Repetitions are the number of times you complete the exercise, and sets are the number of cycles of repetitions you complete. For example, if you are doing bicep curls at 3 x 10 (3 sets of 10 repetitions), you would do 10 curls in a row, rest while your partner does their set, then repeat the cycle two more times.

Rest time is important for your muscles when doing strength training. A good way to ensure proper rest between sets is to rest while your partner is completing their set and take turns. We recommend around 60 seconds of rest between sets.

Proper form is KEY to strength training. Always start your exercise by demonstrating one repetition without weights to make sure you are properly performing the exercise. To ensure proper form, complete your exercises slowly and with control. Check each exercise page for examples. Not using proper form may result in injury.

Start with lower weights and adjust as needed. If the weights are too heavy, pick a lighter weight (or try the exercise without weights). If the weights are too light, pick a heavier weight. You may need to continue adjusting the weights as you progress through the program.

Find descriptions and examples of strength exercise options in this section (pages 33-56).

# Strength



## Free weight equipment examples and descriptions.

### Dumbbells

Dumbbells are an option for free weight exercises, we recommend using 1lb to 30lb dumbbells for most athletes and partners. Most gyms have dumbbells in 5lb increments (5lbs, 10lbs, 15lbs, 20lbs, 25lbs, 30lbs). Dumbbells can be used one at a time or two at a time.

### Kettlebells

Kettlebells are another option for free weight exercises, we recommend using 5lb to 30lb kettlebells for most athletes and partners. Kettlebells are mostly used one at a time.

### Barbells

Barbells are another option for free weight exercises. Barbells are weighted bars, and weight plates can be added to make them heavier. Be very careful when adding plates to the bar, and make sure to use the safety clip to keep the plates in place. For safety purposes, a spotter (coach, partner, etc.) should always be present when lifting with barbells.

# Bicep Curls



**Muscle Group:** Arms (biceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbell or barbell

## Instructions

1. Choose a set of weights that you feel comfortable using.
2. Start with your arms resting by your side, one weight in each hand, grip facing out.
3. Flex your arms by pulling the weights up towards your shoulders.
4. Then slowly lower your arms and weights back down to your side.
5. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Practice proper form without weights one time before starting your sets with weights.
- Instead of doing both arms at the same time, consider doing one arm at a time, then switch.
- Beginner Tip: Start with 3-5lbs weight and adjust as needed.



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# Triceps Kickbacks



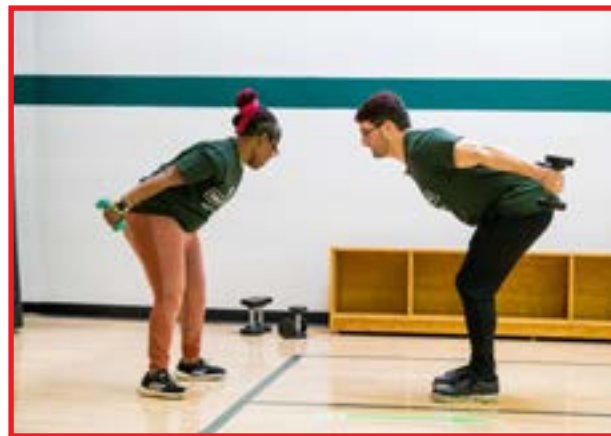
**Muscle Group:** Arms (triceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbell or barbell

## Instructions

1. Choose a set of weights that you feel comfortable using.
2. Start with your arms resting by your sides with weights in your hands (grip facing in towards your body).
3. Bend your knees, lean forward, and keep your back flat.
4. Flex arms to 90 degrees and pull your elbows back
5. Then slowly extend your arms and weights back behind your body then return your arms to the 90 degree angle.
6. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Try single arm triceps kickback (one arm at a time) if needed.
- Keep elbows close to your body and your head straight.
- Make sure movements are slow and controlled.
- Beginner Tip: Start with 3-5lbs weight and adjust as needed.



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# Bench Press



**Muscle Group:** Shoulders (pectorals, deltoids) | **Sets & Reps:** 3x8 or 3x10 |

**Equipment:** Dumbbell or barbell

## Instructions

1. Choose a set of weights that you feel comfortable using and sit on a weight bench or on the ground.
2. Slowly lay back and bring the weights down towards your chest with your elbows bent.
3. Push the weights up towards the ceiling until your arms are fully extended and pause at the top.
4. Slowly bring the weights back down towards your chest, then push back up.
5. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Make sure movements are slow and controlled.
- More experienced or advanced lifters may consider using a bench with a barbell rack.
- Keep elbows extended without locking them out.
- For more arm control, lay on the ground instead of a weight bench.
- Beginner Tip: Start with 3-5lbs weight and adjust as needed.



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# Overhead Press



**Muscle Group:** Shoulders (pectorals, deltoids) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbell or barbell

### Instructions

1. Choose a set of weights that you feel comfortable using.
2. Stand with your feet shoulder width apart and a straight back.
3. Stand with your arms up by your shoulders, with the weights in your hands and grip facing out.
4. Push the weights up over your head until your arms are fully extended, pause at the top, then bring them back down to your shoulders.
5. Repeat this 10 times (3 x 10).

### Tips & Modifications

- Make sure movements are slow and controlled
- If you are using a barbell, keep the bar in front of your body in line with your chest.
- If needed, try a single arm press with sets and reps on each side.
- Instead of standing, you can also do this exercise seated.
- If you need help keeping your back straight, try to do this exercise with your back against a wall.
- Beginner Tip: Start with 3-5lbs weight and adjust as needed.



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## Strength

# Pushups



**Muscle Group:** Arms (pectorals, biceps, triceps) | **Sets & Reps:** 3x8 or 3x10 |

**Equipment:** Body weight

### Instructions

1. Start with your knees on the ground and walk your hands out until your back and legs form a straight line (hips down).
2. Position your hands directly under your shoulders with your fingers pointing out.
3. Slowly lower your body towards the ground, pause and push back up.
4. Repeat this 10 times (3 x 10).

### Tips & Modifications

- Make sure movements are slow and controlled.
- Try pushups against a wall if needed.
- Use a mat or towel under your knees for cushion.
- More experienced or advanced participants, try a fully extended push up with knees off the ground.
- Beginner Tip: Start by using the wall and perfecting your form before moving to the ground.



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# Triceps Dips



**Muscle Group:** Arms (triceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Body weight

## Instructions

1. Sit on a bench, curb, or on the ground with your hands next to your hips and knees bent.
2. Lift your body up and move it forward in front of the bench or ground so that your arms and elbows remain behind you.
3. Bend your elbows and lower your body towards the ground then push back up. Keep your back straight during this exercise.
4. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Make sure movements are slow and controlled.
- For more of a challenge, move your feet further away from your body.
- You should feel this exercise in the back of your arms (triceps).
- Move your feet closer to your body.



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# Lat Pulldowns



**Muscle Group:** Back (latissimus dorsi, trapezius) | **Sets & Reps:** 3x8 or 3x10 |

**Equipment:** Weight machine

## Instructions

1. Make adjustments to the machine so that your feet are flat on the ground, and you can reach the bar above.
2. Sit on the bench facing the machine and adjust the weight using the pin.
3. Reach up to grab hold of the bar with your hands facing away from you.
4. Slowly sit and pull the bar down with your arms extended above your head.
5. With control, pull the bar down in front of your chest, remain seated and fully extend your arms over head.
6. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Avoid leaning back when you pull the bar down, sit up tall.
- Keep some bend in your elbows, try not to lock them out.
- Beginner Tip: Practice the movement without weight first.
- Start with the lowest weight on the machine.



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# Rows



**Muscle Group:** Back (latissimus dorsi, trapezius) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Weight machine, dumbbell, barbell

### Instructions

1. Make adjustments to the machine so that you can reach the handles.
2. Sit on the bench facing the machine and adjust the weight using the pin.
3. Plant your feet firmly on the ground, or foot rests and reach forward to grab hold of the handles.
4. Slowly pull the handles towards your body. Stop when your hands are close to your ribs.
5. With control, reach back out until your arms are straight, then continue the exercise.
6. Repeat this 10 times (3 x 10).

### Tips & Modifications

- Keep your elbows close to your body when pulling the handles in.
- Keep your chest forward with your back straight and keep your knees slightly bent.
- Beginner Tip: Practice the movement without weight first.
- Start with the lowest weight on the machine.



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## Strength

# Chest Fly



**Muscle Group:** Chest (pectorals, deltoids, biceps) | **Sets & Reps:** 3x8 or 3x10 |

**Equipment:** Weight machine, dumbbell, barbell

### Instructions

1. Make adjustments to the machine so that your feet are flat on the ground, and the handles are inline with the side of your body.
2. Adjust the weight using the pin, and sit on the bench with your back against the backrest, and feet planted on the ground.
3. Reach out and grab hold of the handles keeping your elbows slightly bent.
4. Slowly pull the handles in towards each other to meet in front of you.
5. With control, open your arms back up to the starting position then continue the exercise.
6. Repeat this 10 times (3 x 10).

### Tips & Modifications

- If flexibility is an issue, adjust the handles so your arms start closer together.
- If you need to, do 1 arm at a time.
- Be sure to keep your back against the backrest the entire time.
- Beginner Tip: Practice the movement without weight first.
- Start with the lowest weight on the machine.



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# Reverse Fly



**Muscle Group:** Back (latissimus dorsi, deltoids) | **Sets & Reps:** 3x8 or 3x10 |

**Equipment:** Weight machine or dumbbell

### Instructions

1. Make adjustments to the machine so that your feet are flat on the ground, and the handles are in front of your body.
2. Adjust the weight using the pin.
3. Sit on the bench with your chest against the backrest facing the machine and your feet planted on the ground.
4. Reach out and grab hold of the handles in front of you keeping your elbows slightly bent.
5. Slowly pull the handles out and back until your arms are out to your side.
6. With control, bring the handles back to the starting position then continue the exercise.
7. Repeat this 10 times (3 x 10).

### Tips & Modifications

- Be sure to keep your chest against the backrest and keep your back straight.
- Make sure you are using your back muscles to complete this exercise.
- Beginner Tip: Practice the movement without weight first.
- Start with the lowest weight on the machine.



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# Superman



**Muscle Group:** Back & Legs (latissimus dorsi, glutes, hamstrings) | **Sets & Reps:** 3x10 seconds  
**Equipment:** Body weight

## Instructions

1. Lay on your stomach with arms and legs extended.
2. Using your core and back muscles, lift your arms and legs off the ground and hold it for 10 seconds.
3. While holding, keep your head inline with your back by looking down towards the floor.
4. Repeat this 3 times (3 x 10 seconds).

## Tips & Modifications

- Hold the superman for up to 10 seconds, lower the time if you need to.
- For more of a challenge, hold the superman for more than 10 seconds, or pulse 10 times during each set.
- Beginner Tip: Try to lift your hands first, then add your feet.



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## Strength

# Leg Press



**Muscle Group:** Legs (quadriceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Weight machine

### Instructions

1. Make adjustments to the machine so that your feet are flat on the platform, and your knees are bent.
2. Adjust the weight using the pin.
3. Sit on the bench and hold the handles.
4. Slowly push your feet against the platform and extend your legs.
5. With control, return to the starting position with your knees bent.
6. Repeat this 10 times (3 x 10).

### Tips & Modifications

- Keep a slight bend in your knees without locking them out while extending your legs.
- Make sure your knees are in a comfortable starting position (not too close or too far away).
- Beginner Tip: Start with the lowest weight on the machine to practice the correct motion, then increase weights.



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# Leg Extension



**Muscle Group:** Legs (quadriceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Weight machine

## Instructions

1. Make adjustments to the machine so that the foot bar is aligned with your ankles.
2. Adjust the weight using the pin.
3. Sit on the seat, hold the handles, and tuck your feet behind the foot bar.
4. Slowly push the leg bar up and extend your legs.
5. With control, return to the starting position with your knees bent.
6. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Keep a slight bend in your knees without locking them out while extending your legs.
- Beginner Tip: Start with the lowest weight on the machine to practice the correct motion, then increase weights.



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# Leg Curls



**Muscle Group:** Legs (hamstrings) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Weight machine

## Instructions

1. Make adjustments to the machine so that the foot bar is aligned with your ankles.
2. Adjust the weight using the pin.
3. Sit on the seat, hold the handles, and place your feet on top of the foot bar.
4. Slowly pull the foot bar down and bend your legs.
5. With control, return to the starting position with your legs extended.
6. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Start with the lowest weight on the machine to practice the correct motion, then increase weights.



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## Strength

# Calf Raises



**Muscle Group:** Legs (calf) | **Sets & Reps:** 3x8 or 3x10 |

**Equipment:** Weight machine or dumbbells

### Instructions

1. Make adjustments to the machine so that the height of the shoulder pads are inline with your shoulders.
2. Adjust the weight using the pin.
3. Step on to the machine platform with the balls of your foot on the bar and your heels slightly off the back.
4. Bend your knees and place your shoulders underneath the shoulder pads and grip the handles with your hands.
5. Slowly, raise up on the balls of your feet, pause, then return back down.
6. Repeat this 10 times (3 x 10).

### Tips & Modifications

- Start with no weights and practice proper form with hands on your hips.



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## Strength

# Squats



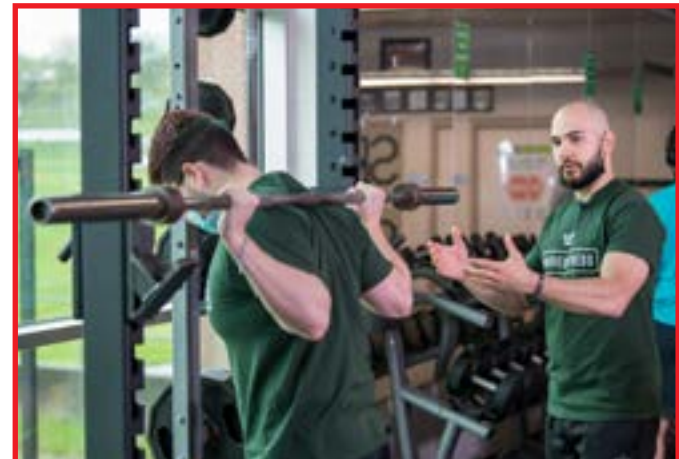
**Muscle Group:** Legs (quadriceps) | **Sets & Reps:** 3x8 or 3x10 |  
**Equipment:** Weight machine, barbells or dumbbell

### Instructions

1. Choose your plates and weights based on comfort level.
2. Adjust the rack height to be level with your shoulders.
3. Load your weight if needed and secure using bar clips.
4. Step under the bar, place your hands shoulder width apart and grip the bar, and rest the bar between the top of your shoulder blades.
5. Lift up to bring the bar off the rack and step back.
6. With feet shoulder width apart, slowly bend your knees and sit back like you are sitting in a chair until your quadriceps are parallel to the ground.
7. Pause, then slowly stand back up.
8. Repeat this 10 times (3 x 10).

### Tips & Modifications

- Progress from body weight to dumbbells to using a squat rack/barbell.
  - Turn your toes slightly outward when getting into position.
- Make sure your knees do not go past your feet, and stay facing forward.
- Beginner Tip: Start with no weights and practice proper form with hands clasped in front.
  - Most barbells are 45lbs with no plates.



## Strength

# Lunges



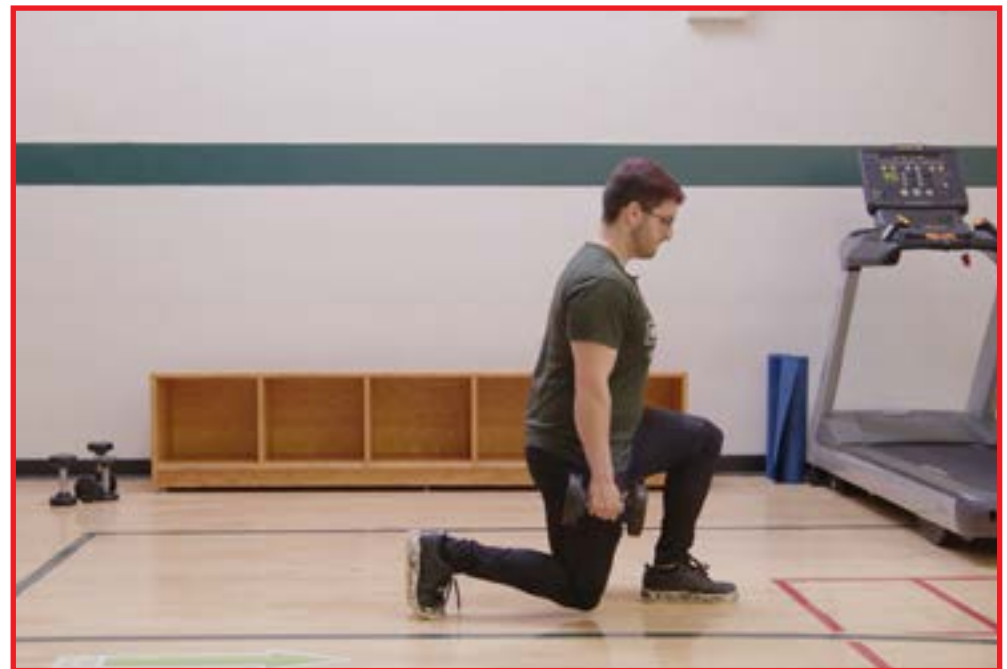
**Muscle Group:** Legs (quadriceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbells

### Instructions

1. Choose your weights based on your comfort level.
2. Start with your feet planted firmly on the ground with arms by your side.
3. Take a large step forward with one foot and keep both feet facing forward.
4. Slowly bend both knees until your back knee is close to the ground.
5. Pause, and push back up to return to standing with your feet together.
6. Repeat on the opposite side.
7. Continue this 10 times on each side.

### Tips & Modifications

- Start with no weights and practice proper form with hands on hips.
- If you need help with balance, use a wall or chair for stability.



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## Strength

# Plank



**Muscle Group:** Core (abdominals) | **Sets & Reps:** 3x15 seconds | **Equipment:** Body weight

### Instructions

1. Start laying on the ground with hands directly under your shoulders with your fingers pointing out.
2. Push up and extend your arms with your back and legs forming a straight line.
3. Hold this position for 15 seconds.
4. Repeat this 3 times (3 x 15).

### Tips & Modifications

- Drop down to your knees, making sure your back and legs are still straight.
- More experienced or advanced participants, try to hold the plank for 30 seconds or do a low forearm plank instead.
- Beginner Tip: Spread your feet further apart for more stability.



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# Russian Twists



**Muscle Group:** Core (abdominals) | **Sets & Reps:** 3x10 | **Equipment:** Body weight

## Instructions

1. Sit on a mat with your knees bent and feet on the ground.
2. Lean back while engaging your core muscles and clasp your hands together in front of your body.
3. Keep your back straight.
4. Twist your body slowly to the right side and then the left side.
5. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Have your partner hold your feet if needed.
- For more of a challenge, try holding a weight while performing the exercise or lift your feet off the ground and twist.
- Beginner Tip: Start sitting up straight and practice the twist before leaning back further.



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# Leg Raises



**Muscle Group:** Core (abdominals) | **Sets & Reps:** 3x10 | **Equipment:** Body Weight

## Instructions

1. Lay on your back with legs extended and arms by your side.
2. Using your core muscles, slowly lift your legs up off the ground reaching towards the ceiling.
3. Keep your legs straight and feet together with your lower back touching the ground.
4. Slowly bring your legs back down to the ground.
5. Repeat this 10 times (3 x 10).

## Tips & Modifications

- For more of a challenge, keep your feet off the ground between reps.
- If needed, do 1 leg at a time.
- Beginner Tip: Start with a slight bend in your knees.



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## Strength

# Sit Ups



**Muscle Group:** Core (abdominals) | **Sets & Reps:** 3x10 | **Equipment:** Body Weight

### Instructions

1. Sit on a mat with your knees bent and feet on the ground. Keep your knees and feet together.
2. Lay back with your arms across your chest.
3. Using your core muscles, pull your body up to a seated position and pause at the top.
4. Slowly return to the ground.
5. Repeat 10 times (3 x 10).

### Tips & Modifications

- Keep your back straight while sitting up and back down.
- Keep your feet on the ground.
- If needed, have your partner hold your feet.
- Beginner Tip: Try curl ups first, with arms by your side and curl up towards your feet.



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# Standing Obliques



**Muscle Group:** Core (obliques) | **Sets & Reps:** 3x10 | **Equipment:** Body weight

## Instructions

1. Stand with your feet hip width apart and arms by your side.
2. Reach down to the right side toward your knee, lift back up, and do the same on the left side.
3. Repeat 10 times (3 x 10).

## Tips & Modifications

- Keep your back straight and bend at your side.
- Beginner Tip: To practice correct alignment, hold your hands on your hips and lean side and to side.



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# Flexibility & Balance



**Cool downs using flexibility and balance exercises can help slow the heart rate and breathing, avoid muscle stiffness and soreness, prevent injury, and relax your body.**

Work together to pick 3-5 balance and flexibility activities for your cool down. Be sure to include exercises to complement the muscle groups you worked on during cardio and strength training. For example, if you did arms for strength training, pick a few exercises that target arms during your cooldown.

Focus on proper form, lowering your heart rate, and finishing your workout. Do not skip this section, it is important to take your time and let your body cool down at the end of a workout.

Take this time to enjoy each other's company. Talk about something social and reflect on the day's workout together.

Find descriptions and examples of flexibility & balance exercise options in this section (pages 57-71).



# Tree Pose



**Description:** Yoga (balance). Use the Tree Pose to work on your balance and stability. Complete yoga exercises on both sides of the body.

### Instructions

1. Standing tall, shift your weight to your right foot, and slowly lift your left foot off the ground.
2. Rest your left foot against your right ankle, calf, or thigh (not knee).
3. Arms can be at your side, together at your chest, out in a "T", or above your head.
4. Find your balance and hold for 30 seconds.
5. Repeat on the opposite side.

### Tips & Modifications

- Use the wall or other surfaces to help with balance.
- Keep arms at your waist or closer towards your body to help with balance.
- For more of a challenge, try to raise your arms above your head.



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# Warrior Pose



**Description:** Yoga (flexibility & balance). Use the Warrior Pose to work on your balance, flexibility and stability. Complete yoga exercises on both sides of the body.

## Instructions

1. From a standing position, step back with your right foot- making sure you rotate your toes outward.
2. Bend your left knee and slightly lunge towards forward.
3. Extend both arms into a T position with one arm in front and one arm behind.
4. Hold the stretch for 30 seconds.
5. Repeat on the opposite side.

## Tips & Modifications

- Keep arms at your hips to help with balance.
- For more of a challenge, try to raise your arms above your head.



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# Downward Dog



**Description:** Yoga (flexibility & balance). Use the Downward Dog pose to work on your balance, flexibility and stability.

## Instructions

1. From the standing position, bend your knees and reach down to plant hands on the ground.
2. Walk your feet back a few steps and begin to straighten your legs as far as you can or until your heels touch the ground.
3. You should feel the stretch in your hamstrings (back of upper legs).
4. While in this position, keep your head between your arms and look back towards your feet.
5. Hold the stretch for 30 seconds.

## Tips & Modifications

- Walking your feet farther out or bend your knees to modify the pose.
- For more of a challenge, lift one leg in the air at a time (single leg dog).



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# Child's Pose



**Description:** Yoga (flexibility). Use the Child's Pose to work on flexibility and to lower your heart rate at the end of a workout.

## Instructions

1. From a kneeling position, sit back on your feet and spread your knees apart with your toes close together.
2. Lean forward with your hands on the ground and reach your arms forward as far as you can and rest your forehead on the floor.
3. You should feel the stretch across your back.
4. Hold the stretch for 30 seconds.

## Tips & Modifications

- Rest your arms by your side
- Turn head to the side
- For more of a challenge, reach your arms above your head and actively stretch.



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# Cat/Cow



**Description:** Yoga (flexibility & balance). Use the Cat/Cow pose pose to work on flexibility and to lower your heart rate at the end of a workout.

### Instructions

1. Start on your hands and knees. Align your hands under your shoulder, and knees under your hips.
2. Keep your back in a flat neutral position.
3. For the cat position, round your back towards the ceiling, and look towards your stomach.
4. Return to a flat back position.
5. For the cow position, arch your back and look up towards the ceiling.
6. Cycle through the cat and cow poses for 30 seconds.

### Tips & Modifications

- Cycle through the movements at a slow and controlled pace.



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# Forward Fold



**Description:** Hamstring Stretch (flexibility & balance). Use this stretch to work on flexibility and balance and to lower your heart rate at the end of a workout.

## Instructions

1. From a standing position with feet together, bend forward at the hips, reaching your arms towards your feet.
2. You should feel the stretch in your hamstrings and back.
3. Hold the stretch for 30 seconds
4. Slowly bend your knees and return to a standing position.

## Tips & Modifications

- Keep your knees bent if you are unable to touch your toes.
- For a challenge, try to touch your palms to the ground.
- Alternate bending knees to stretch hamstrings.



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# Single Leg Quad Stretch



**Description:** Quadricep Stretch (flexibility & balance). Use this stretch to work on flexibility and balance and to lower your heart rate at the end of a workout.

## Instructions

1. Plant your right foot on the ground with arms by your side.
2. Shift weight to your right foot, and slowly bend your left knee, lifting your foot towards your glutes.
3. Grab hold of your left foot or ankle with your left hand and hold for 30 seconds.
4. Release your left foot and repeat with the right side.
5. You should feel the stretch in your quadriceps.

## Tips & Modifications

- Use the wall or other surfaces to help with balance.
- Keep your knees close together.
- If you are unable to grab your leg or ankle, perform the single leg quad stretch lying down.



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# Calf Stretch



**Description:** Calf Stretch (flexibility & balance). Use this stretch to work on flexibility and balance and to lower your heart rate at the end of a workout.

## Instructions

1. Find a wall and place your hands against the wall for stability.
2. Lift your right toes up and place them against the wall, leaving your heel on the ground.
3. Lean your body towards the wall so you feel the stretch in your calf muscle.
4. Hold for 30 seconds.
5. Release your right foot, and repeat on the left side.

## Tips & Modifications

- To do this stretch seated, put a strap/band around your foot/feet, legs extended, and pull the strap/band towards your body.



# Triceps Stretch



**Description:** Triceps Stretch (flexibility & balance). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

## Instructions

1. Lift your right arm up and bend your elbow placing your right hand on your upper back.
2. With your left hand, grab your right elbow and pull towards the left side.
3. Hold the stretch for 30 seconds.
4. Repeat with the left arm.
5. You should feel the stretch in your triceps muscle.

## Tips & Modifications

- If your flexibility is limited, bring your arm up to your ear and bend your elbow, hold that stretch.



Click here or scan  
the QR Code to the  
right to watch video  
instructions!



# Wrist Circles



**Description:** Wrist Stretch (flexion & extension, flexibility). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

## Instructions

1. Rotate your wrists in a clockwise direction 10 times.
2. Repeat in a counter-clockwise direction.

## Tips & Modifications

- Make sure your fingers are relaxed.



Click here or scan  
the QR Code to the  
right to watch video  
instructions!



# Shoulder Stretch



**Description:** Shoulder Stretch (flexibility). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

## Instructions

1. Reach your right arm across your body towards the left shoulder.
2. Grab your right elbow with your left hand and gently pull across your body.
3. Hold the stretch for 30 seconds.
4. You should feel the stretch in your shoulder muscles (deltoid).
5. Repeat with the opposite side.

## Tips & Modifications

- If your flexibility is limited, cross your arms in front of your body, repeat and switch the top arm each time.



Click here or scan  
the QR Code to the  
right to watch video  
instructions!



# Chest Stretch



**Description:** Chest Stretch (flexibility). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

## Instructions

1. Reach both arms behind your back.
2. Clasp fingers or hands together and open up your chest.
3. Hold the stretch for 30 seconds.
4. You should feel the stretch across your chest (pectorals).

## Tips & Modifications

- If your flexibility is limited, reach your elbows behind your back instead.



Click here or scan  
the QR Code to the  
right to watch video  
instructions!





# Runner's Lunge



**Description:** Hip and Leg Stretch (flexibility & balance). Use this stretch to work on flexibility and balance and to lower your heart rate at the end of a workout.

## Instructions

1. From a standing position with feet together, take a large step forward with your right foot.
2. Lunge forward placing hands on the ground on either side of your right foot.
3. You should feel the stretch in your hips and legs.
4. Hold the stretch for 30 seconds
5. Slowly bend your knees and return to a standing position.
6. Repeat with the left foot forward.

## Tips & Modifications

- If you need help with stability, widen your base of support by spreading your feet out.
- You can also rest your back knee on the ground for more support.
- For more of a challenge, lift your hands off the ground or reach overhead.



Click here or scan  
the QR Code to the  
right to watch video  
instructions!



# Butterfly



**Description:** Thigh Stretch (flexibility). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

### Instructions

1. From a seated position, place the bottoms of your feet together and let your knees fall towards the ground.
2. Sit up straight and lean forward over your feet.
3. Hold for 30 seconds.
4. You should feel the stretch in your inner thigh area (adductors).

### Tips & Modifications

- If your flexibility is limited, try sitting with legs crossed.
- For more of a challenge, bring your feet in closer to your body and lean forward.



**Click here or scan the QR Code to the right to watch video instructions!**



# Exercise

You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

**Your goal is to do  
at least 5 days of exercise!**

## Types of Exercise

### CARDIOVASCULAR ENDURANCE



Cardio exercises improve the body's circulatory and respiratory systems (heart & lungs) to participate in physical activity.

### STRENGTH



Strength exercises improve muscular strength and help your body become stronger.

### BALANCE & FLEXIBILITY



Cool downs using flexibility and balance exercises can help slow the heart rate and breathing, avoid muscle stiffness and soreness, prevent injury, and relax your body.

To measure the intensity of exercise is to understand how physical activity affects heart rate and breathing. There are two levels of intensity: moderate intensity and vigorous intensity. Exercise requires physical exertion. Exertion is effort. Your level of exertion during exercise is extremely important to have a positive impact on your health and fitness. This level of exertion can make you feel uncomfortable. It will increase your heart rate and breathing, make you sweat and cause muscle fatigue.

**Your goal is to exercise at a moderate-vigorous exertion level for 45-60 minutes, 5 days per week.**

**To keep exercise fun you can combine types of exercises.**

# Exercise is Fun!



**It is easy to get in the right amount of exercise if you make it fun.**  
Here are some tips to help you stay motivated to reach your goal.



## Exercise with a friend or group!

- Go on a walk, run, or bike ride with a friend or family member.
- Join a group exercise class.
- Do strength training with a teammate.



## Take the lead at practice!

- Ask your coach if you can lead some flexibility or strength exercises.
- Teach a friend a new sport.



## Try something new!

- Try a new group exercise class.
- Walk or run a different route than you normally do.
- Learn a new strength exercise.



## Track your improvements!

- Write a goal on a piece of paper. Post the goal on your wall.
- Keep a log of your exercises so you can see your progress.

# Reach Your Exercise Goal



**It's easy to do 5 days of exercise in one week.** Follow this sample exercise plan and see how easy it is to reach your goal.

Day of the Week	Activity	Time Spent
1	Special Olympics practice	60 minutes
2	Unified Fitness Workout with Partner	60 minutes
3	Cardiovascular Endurance (walk w/family member)	30 minutes
4	OFF	OFF
5	Unified Fitness workout with partner	60 minutes
6	Cardiovascular Endurance (bike w/family member)	30 minutes
7	OFF	OFF

*The above table is an example of 5 days of exercise in one week*

# Family Engagement



**When you take care of your body, you take care of your mind too. Physical exercise helps keep us healthy, decreases stress, and can help improve our mood! Explore different activities that can be done individually or could be fun for the whole family.**



## **Take a Hike/Walk**

Go to your favorite hiking trail, walking area, park, or even your neighborhood. Bring the whole family along and encourage each other to maintain a brisk walking pace. Feel your heart beating faster and your breathing rate increase. Especially as the weather warms up, remember to drink plenty of water!



## **Family Sports Night**

This idea is fun for the whole family. Compete against each other or just cheer each other on as you engage the family in a sports night. Try anything from a dance off in your living room to an obstacle course in your backyard to a basketball game at your local park. It may be fun for a different member of the family to come up with a new challenge, competition, or activity every time you have sports night. Have fun and get active!



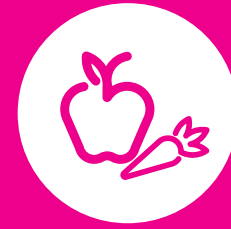
## **Take a Field Trip**

Get the family together and take a field trip to enjoy some fun physical activity. Go to a trampoline park, group exercise class, community swimming pool, roller skating rink, or even just the park and participate in some fun activities you may not normally get to do. Try something new and stay adventurous to keep physical fitness fun!





# Food and Nutrition

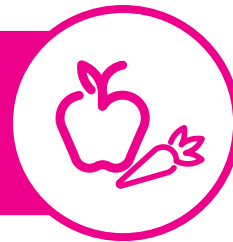


**Eating right is important to your health and your sports performance.** Eating right can be easy because there are many delicious healthy choices.

**Your goal is to eat at least 5 total fruits and vegetables every day!**



# Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

## Grains

- Brown or Wild Rice
- Oatmeal
- Whole grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flat bread

## Dairy

- Low-fat or Skim Milk
- Low-fat Cheese (cubed, slices or stick options)
- Low-fat, unsweetened yogurt
- Cottage Cheese

## Fruits

- Fresh: Apples, Bananas, Berries, Grapes, Kiwi, Oranges
- Frozen Fruits
- Canned fruits (pick options with no added sugar)
- Dried fruits: Raisins, Bananas, Apricots
- 100% Fruit Juices



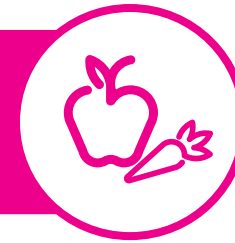
## Meats and Beans

- Chicken Breast
- Eggs
- Fish (frozen, fresh or canned)
- Ground Meats (80-90% lean)
- Tofu
- Nuts
- Nut Butters
- Beans

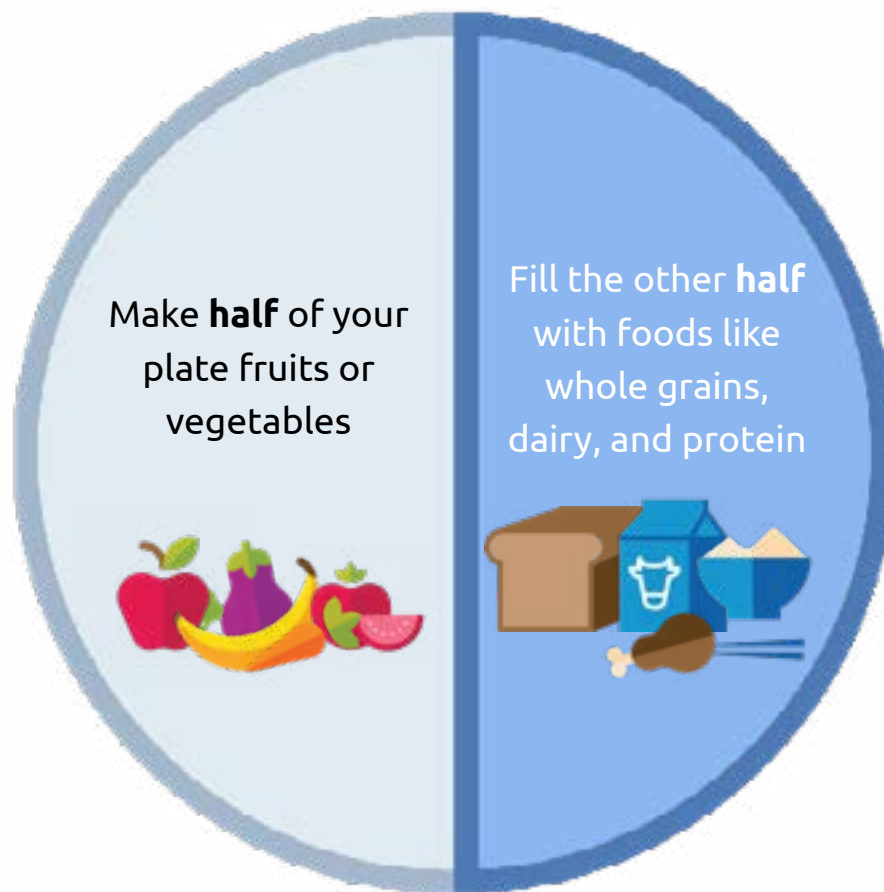
## Vegetables

- Fresh: Asparagus Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
- Lettuces and Dark Leafy Greens
- Frozen Vegetables
- Bagged Salads
- Canned Vegetables

# Building a Healthy Plate



Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.



Watch the amounts of food you put on your plate. See the Perfect Portion page.

Save junk food like desserts, chips and sodas for special occasions.

Add more fruits and vegetables to your meals.

Keep snacks healthy and small.



# Healthy Meals



**Add more fruits and vegetables to your meals.** You can make any meal more nutritious with these simple suggestions.

## Breakfast

- Have a piece of fruit with your meal or a 1/2 cup serving of 100% fruit juice.
- Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes.
- Dried or cut fruit make great toppings on cereal and oatmeal as well.



## Lunch

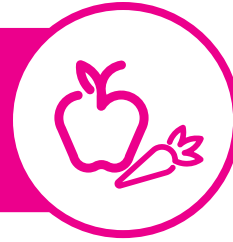
- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing.

## Dinner

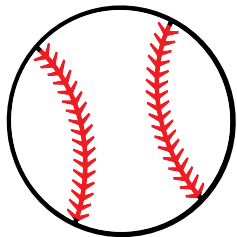
- Add vegetables like broccoli, squash, or peppers to pastas.
- Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables.
- Add a side of steamed vegetables or a salad to any meal.
- Have some fruit as a healthy dessert.



# Perfect Portions



**Here is a fun way to remember how much to eat when you have a serving.** The size of sports equipment on the left is about the same size as one serving of the foods on the right.



baseball



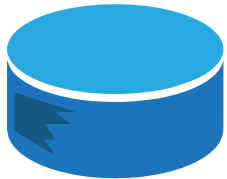
1 serving of fruit



1 serving of rice  
or pasta



1 serving of  
vegetables



hockey puck



1 serving of bread



1 serving of beans



1 serving of meat



golf ball



1 serving of cheese

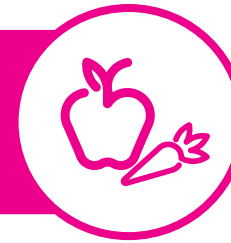


1 serving of nuts



1 serving of nut  
butter

# Healthy Snack Ideas



**Snacking is a great way to make sure you are full of energy.** It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.



Apple slices dipped in  
peanut butter



Low-fat unsweetened  
yogurt with berries



Low-fat cottage  
cheese with tomatoes



Carrots or peppers  
dipped in hummus

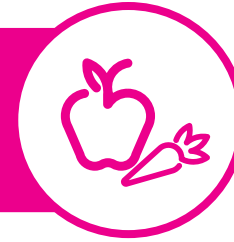


Celery topped with  
peanut butter and raisins

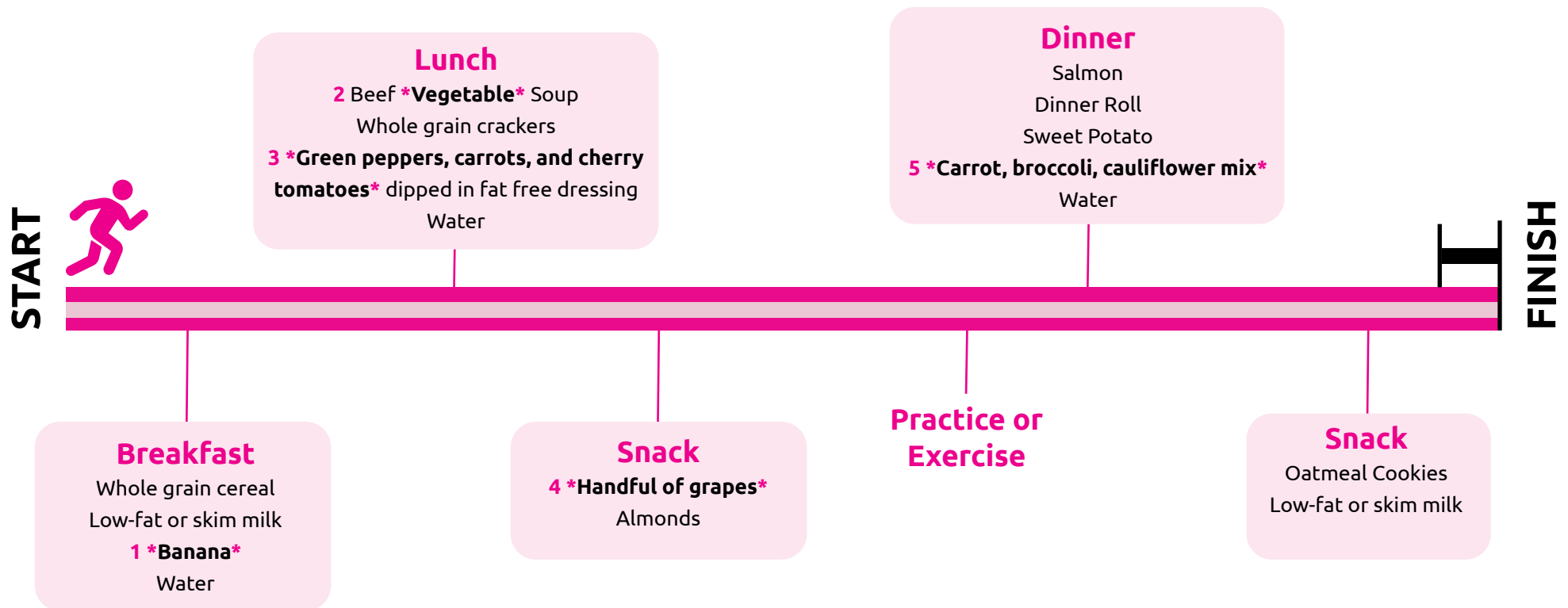




# Reach Your Nutrition Goal

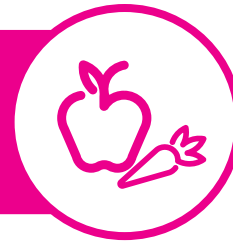


**It's easy to eat 5 fruits and vegetables in one day.** Follow this sample meal plan and see how easy it is to reach your goal.



With healthy meals and snacks, it's easy to be a healthy athlete! Try your own meal and snack combinations from this guide and you can reach your goal every day.

# Family Engagement



**Our bodies are powered by the foods that we eat! Certain foods have more nutrients and are better for our bodies. By eating healthy foods, we can make sure that our brain has the power to help us focus and learn and that our muscles have the fuel to help us run and play sports.**



## **Try a New Healthy Food**

While shopping for groceries, have a family member pick out one new healthy food that you have never tried before, such as a fruit or vegetable. Preparing a new food for the first time can be tricky. It might be helpful to use cookbooks or the internet to search for healthy recipes. You can repeat this challenge by having different family members pick a new food during each trip to the grocery store.



## **Find the Hidden Sugar**

Go to your refrigerator or pantry and pick out three beverages or snacks that your family regularly eat or drinks. Have each member of the family guess which of the beverages or snacks has the least amount of sugar and which one has the most. Next, help each other read the nutrition labels to figure out which ones have the least and most amount of sugar. Discuss and plan healthy choices.



## **Prepare a Picnic**

Prepare a basket of healthy foods as a family and find an outdoor space to enjoy it! You can take the food to a nearby park or even just to your backyard.



# Hydration

**Water is another important fuel for sports and for life.** Drinking the right amount of water is important for your health and can also help your athletic performance.

**Your goal is to drink 5 bottles of water every day!**

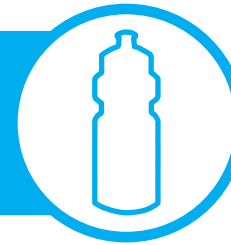
*Your bottle should be 16-20oz or 500-600ml*



## **TIP:**

Drink out of a sports water bottle to track your hydration. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water.

# Signs of Dehydration



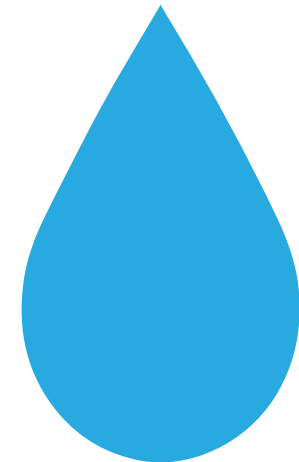
Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well.

**This is called dehydration.**

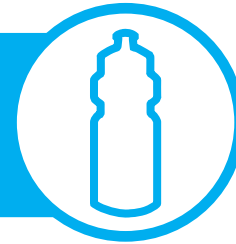
## Signs of Dehydration:

- ☐ You feel thirsty
- ☐ You are tired or sluggish
- ☐ You have a headache
- ☐ Your mouth is dry
- ☐ Your urine is dark yellow or brown

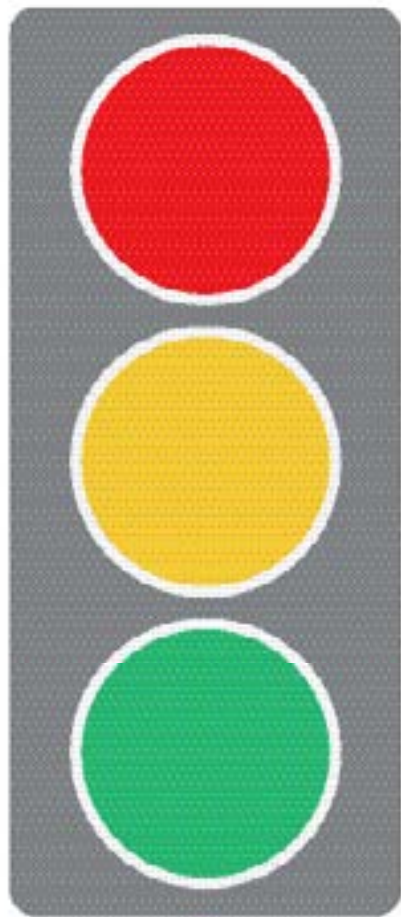
**Did you know that  
dehydration of 1-2%  
of your body weight  
can decrease your  
sports performance?**



# Healthy Beverage Choices



There are many beverage options available, but some of them are healthier choices than others. **This guide can help you make the best choices to stay hydrated and perform your best.**



## **Sodas, energy drinks, and sports drinks are NOT good beverage choices.**

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and sodas also have caffeine. Caffeine does not help you stay hydrated.



## **Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.**

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.

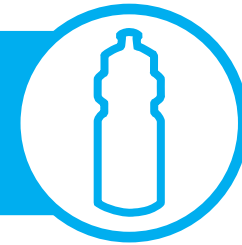


## **Water is the best choice for a beverage!**

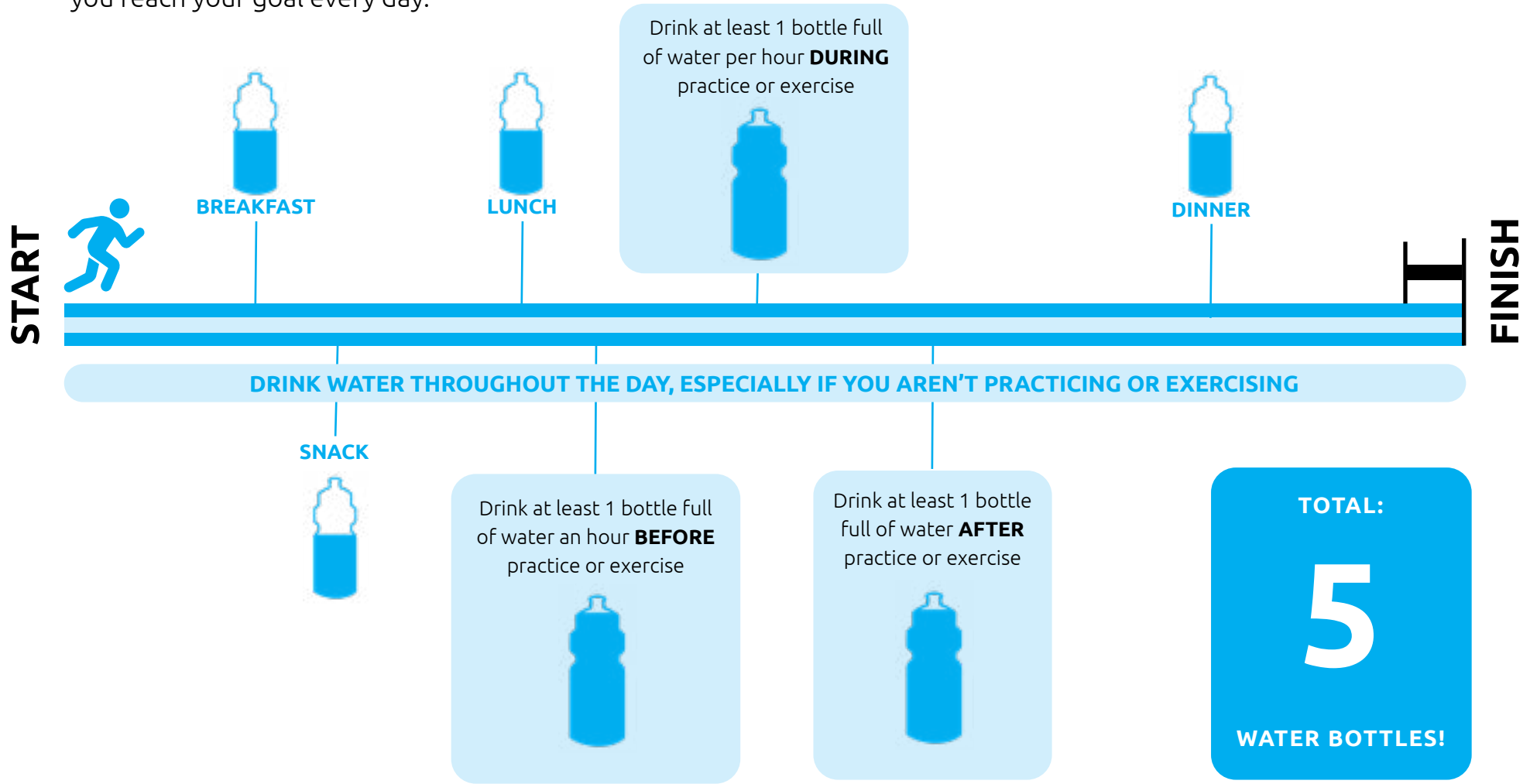
Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.



# Reach Your Hydration Goal

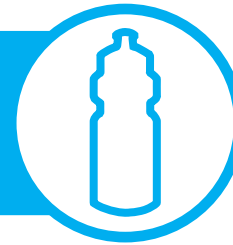


**Staying hydrated is easy when you know the best times to drink water!** Use the guide below to help you reach your goal every day.





# Family Engagement



**Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.**



## **Flavor Your Water**

Try making your own flavored water with your family by adding things to your water. Fill a pitcher with water and add fresh fruit. Try lemons, limes, oranges, watermelon or even berries. Put the pitcher in the fridge overnight. Enjoy your home-made flavored waters for a fun different drink.



## **Keep Out The Sugar**

Keep soda, and high sugary drinks out of your house. Instead of buying sodas and other sugary beverages, shop with you family for sparkling water or sugar free flavored water drinks.



## **Take Your Water With You**

Use your favorite water bottle to carry with you wherever you go. Whether you are exercising, traveling or doing errands you will always have water available to drink.



# Emotional Health



## What is Stress?

Stress is your body's response to anything that requires attention or action. Everyone experiences stress in some way. Stress can make us feel like our heart is racing. Your breathing can go much faster. Our palms might get sweaty, and you might feel frightened. Feeling stressed sometimes is NORMAL.

We can all show we are stressed in different ways, some ways are through our emotions and some our physical and through our bodies.

### Emotional Signs

- Being Easily Upset or Mad
- Feeling Overwhelmed
- Having Difficulty Relaxing
- Feeling Bad About Yourself
- Avoiding Others
- Can't Focus
- Always Worrying
- Poor Judgment or Decision Making

### Physical Signs

- Low Energy
- Headaches
- Upset Stomach
- Tense Muscles
- Trouble Sleeping
- Nervousness
- Chest Pain and Rapid Heartbeat
- Arches and Pains

# Emotional Health



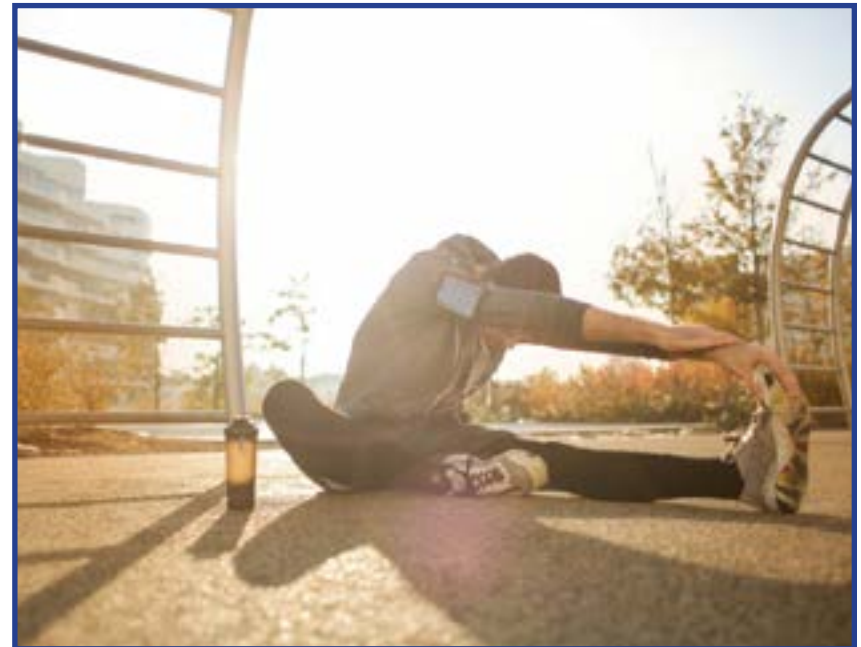
## Dealing with Stress

When feeling stressed there are many things you can do to help you relax and feel better. Getting a good nights sleep, eating well and exercise are all things that can benefit you and help reduce stress.

**Coping methods are some other techniques you can do to help when you are stressed.**

- Using a Stress Ball
- Thinking Positive Thoughts
- Deep Breathing
- Stretching
- Getting Support

You may find you prefer one coping method over another. Try practicing each to know which one works for you best.



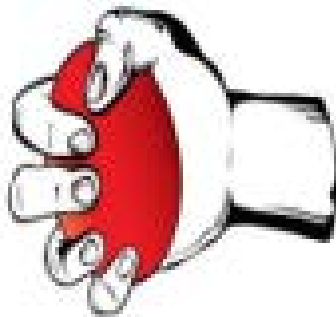
# Using a Stress Ball



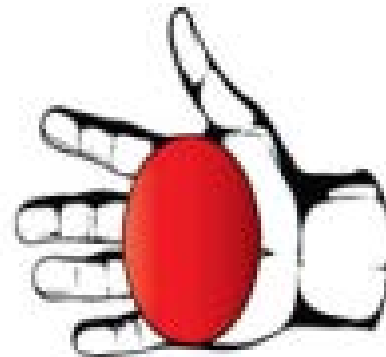
## Strategy 1: Using a Stress Ball

If you are feeling stressed, angry, or overwhelmed, try squeezing something like a stress ball. Squeeze the ball for 3 seconds, release the ball slowly, and then repeat 5 to 10 times for 1 minute.

**1** Squeeze the ball for 3 seconds.



**2** Release the ball and any tension.

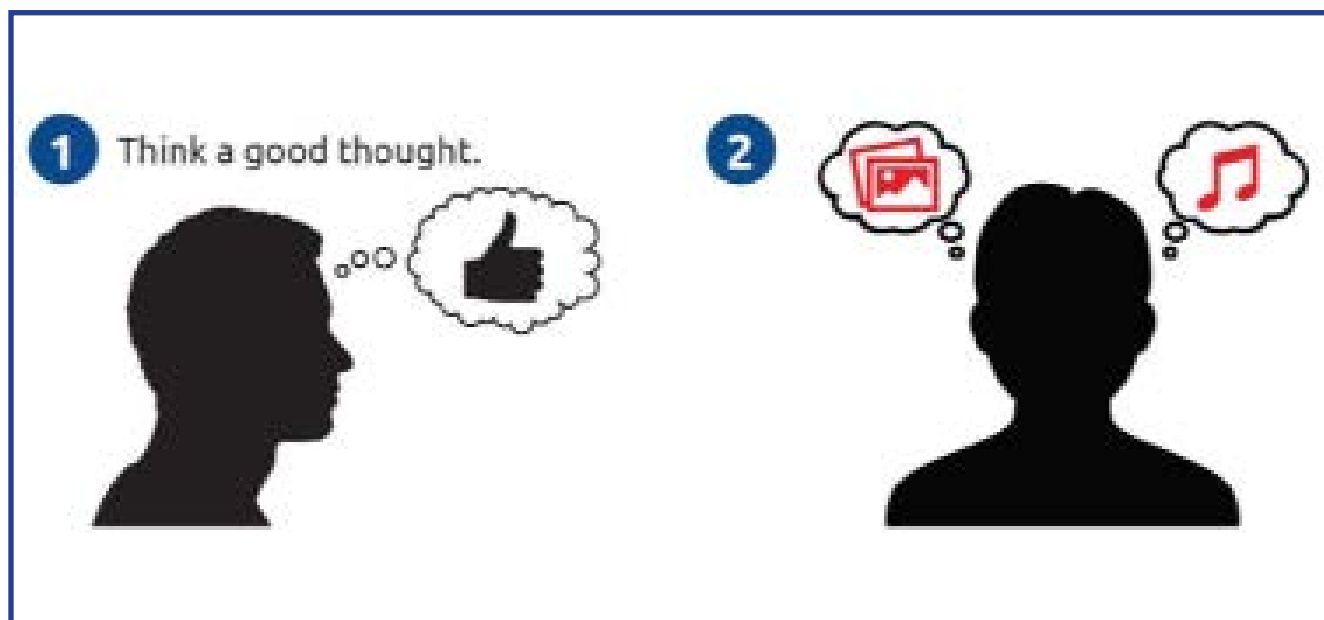


# Thinking Positive Thoughts



## Strategy 2: Thinking Positive Thoughts

We all find our inspiration from different places and it's important to find what works for you. Many people feel well when listening to their favorite music. Other people have a list of encouraging words to read or pictures to look at – kind like of a pep-talk to yourself.

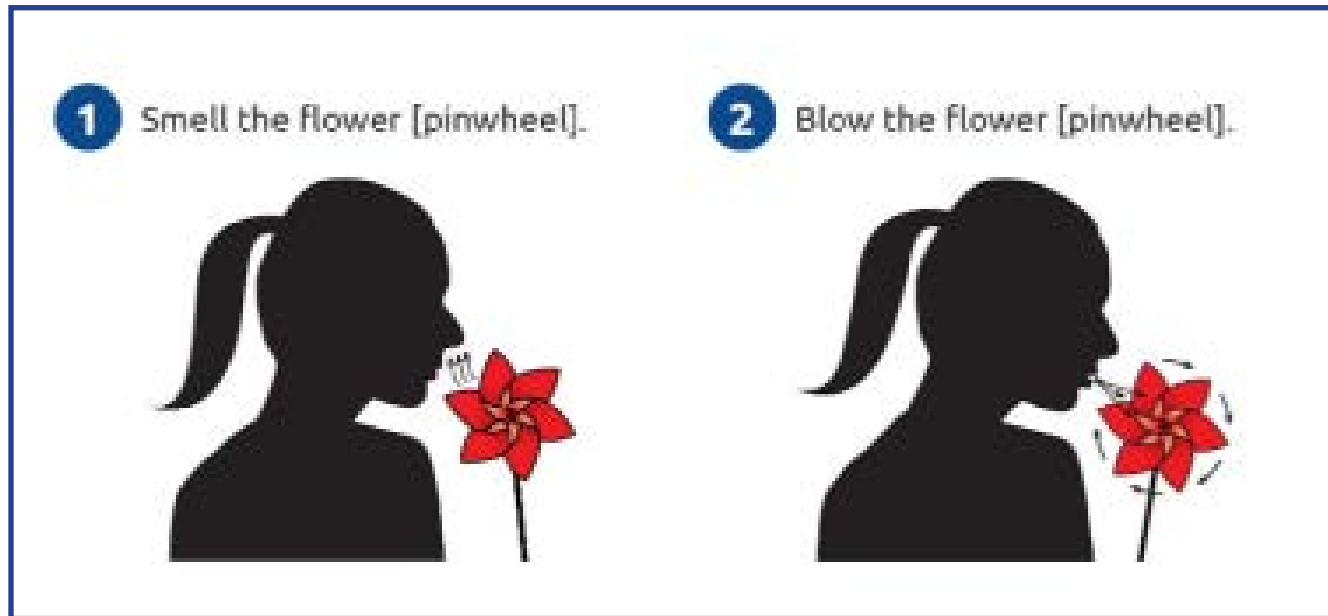


# Deep Breathing



## Strategy 3: Deep Breathing

Doing deep breathing can help you feel more relaxed and calmer. Pretend you are smelling a flower, by breathing through your nose slowly. Then, pretend you are blowing out a candle slowly.



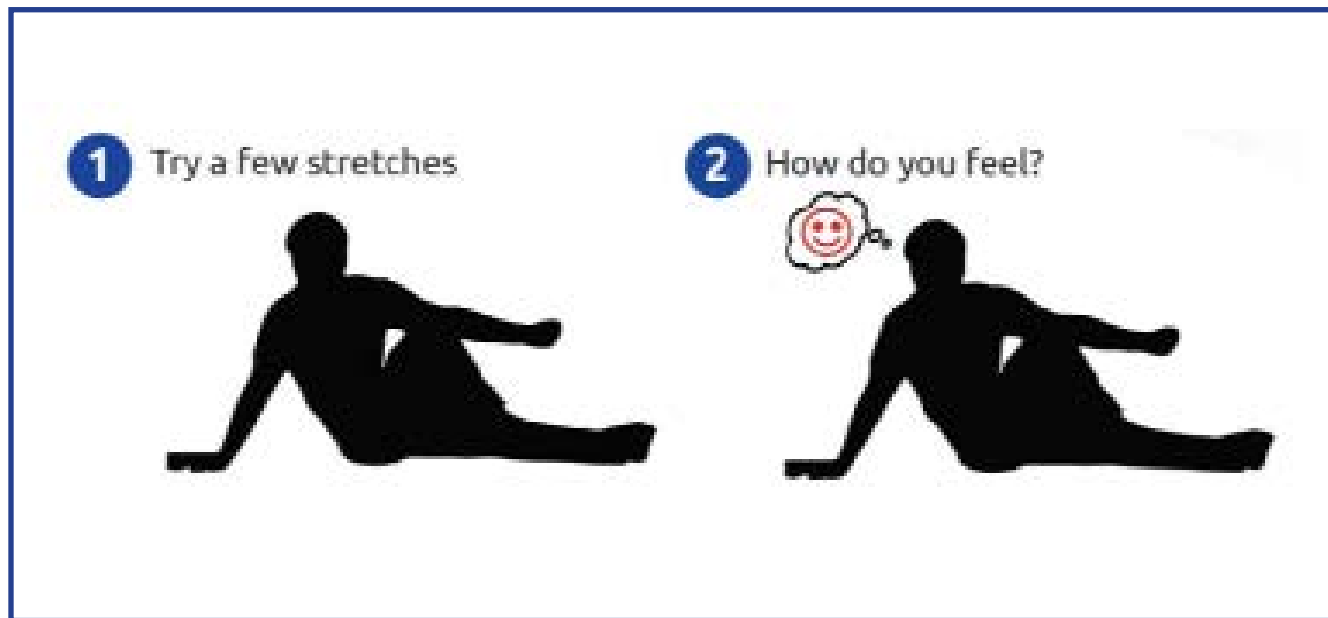


# Stretching



## Strategy 4: Stretching

Stretching can help your body feel more relaxed and release emotions. Try a few different simple stretches or yoga positions but remember to start slowly and gently!

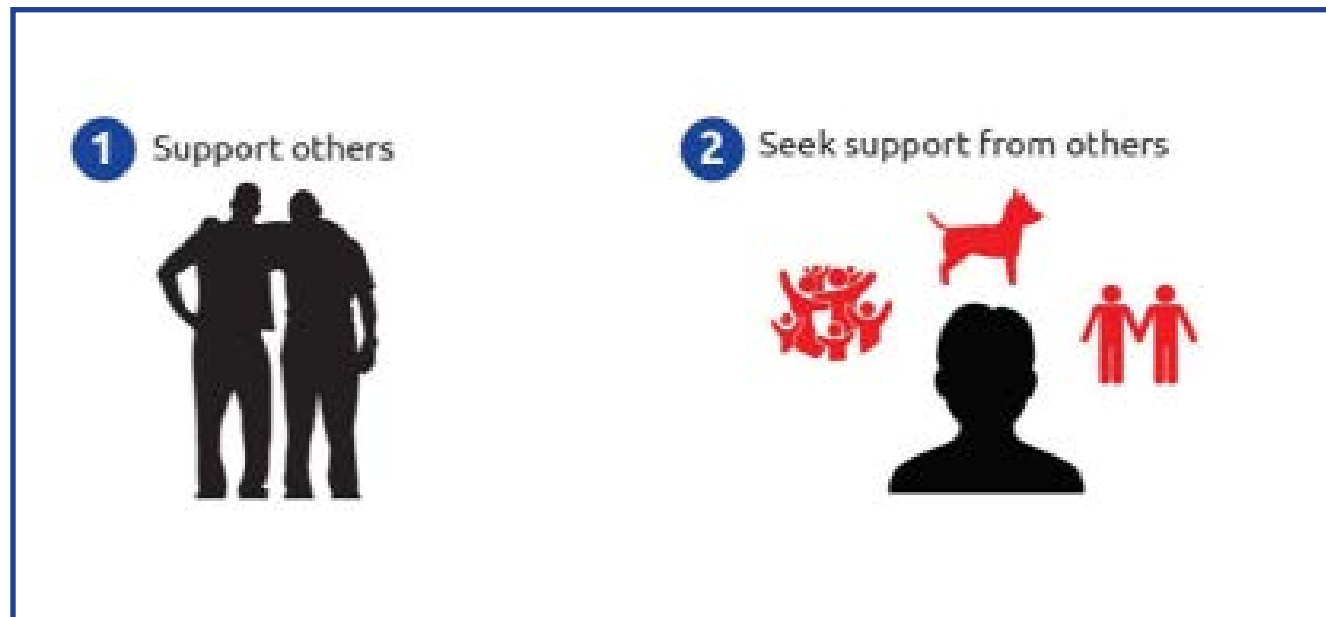


# Getting Support



## Strategy 5: Getting Support

Other people can be helpful to us when we are trying to deal with our thoughts and feelings. Talking to people you trust can help, like your family, friends and coaches. Give others a smile, a fist bump, or words of encouragement (instead of a high five).



# Family Engagement



Here are some tips to help your emotional health.



**Body Scan**

Find a comfortable seated position and close your eyes if that feels comfortable to you. Slowly move your attention through each part of your body, just noticing how it feels. How does your seat feel on the chair? How do the clothes feel touching your skin? Practice this activity with your family.



**Gratitude Share**

Each member of your group takes a turn to share a few things they are feeling thankful for at that moment.

Maybe you are thankful for something someone did for you.

Maybe you are thankful for the sunshine, or for a pet. Whatever it is you are grateful for, big or small, it is important to recognize and reflect!



**Exploration Walk**

Head outside for a walk, but instead of focusing inward, notice the outside world around you! Try to find as many bugs, birds, or other animals as you can. See if there are any beautiful flowers beginning to bloom. Walk with your family or friends and share what you see.



# SMART Goals



Now that you have almost completed Unified Fitness: What have you learned? What habits have you changed? To continue to stay healthy and fit it is important to keep up with these new healthy habits.

Setting a **SMART Goal** is a good way to keep you motivated. Goals keep us focused and allow us to measure our success.



## SMART Goals Are

**Specific:** Be detailed. Example: Don't say: I will decrease my time. Say: I will decrease my time by 2 seconds by the end of the season.

**Measurable:** You need to be able to measure your progress. Is your time decreasing? Are your skills improving?

**Attainable:** You want to set realistic goals. Set goals that with effort you can achieve. Example: If your goal includes running on the treadmill but you do not have a treadmill that is not realistic or attainable.

**Relevant:** Your goal needs to be something that is important to YOU. Don't create your goal to please someone else. You will be more motivated to achieve something that is important to YOU.

**Time Sensitive:** By having a targeted end date it creates a sense of importance and keeps you focused.

# SMART Goals (examples)



**Example:** My goal is to lose weight.

**SMART:** My goal is to lose 5lbs this month by drinking water instead of soda and walking for 30 minutes each day.

Notice, the SMART goal in the example is still focused on weight loss, but the goal includes the way the person will attempt to lose weight (drinking water and walking). The goal also indicates the time they hope it takes to lose weight (one month) and it is measurable (5 lbs.) so the person can determine whether or not they reached their goal. Finally, they set a goal that is challenging but possible for them, which can help set them up for success.

**Here are some questions to ask yourself when setting goals:**

***“I will eat healthier.”***

What is one thing you’d like to change about how you eat?

Is there something you can do about that?

When do you think you can make that change?

***“I want to be stronger.”***

How do you get stronger?

When do you want to be stronger?

How will you know if you are stronger?

***“I will exercise more.”***

What type of exercise do you want to do more often?

Where will you do this type of exercise?

How often do you want to do it?

**Write down your SMART Goal and keep it where you can see it to help you stay on track.**

You have worked so hard with Unified Fitness over the past twelve weeks! You have come so far, don’t give up! ***You got this!***

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