



**Special  
Olympics**  
Virginia



SPECIAL OLYMPICS VIRGINIA

# **FITNESS COMBINE**

ADAPTED EXERCISES

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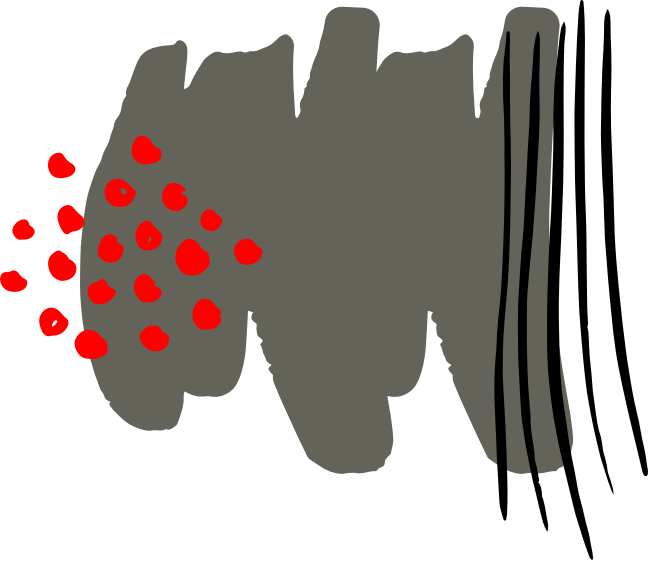
the tools and resources to make your combine training a home run

## **6 THE EVENTS**

how to conduct, score and ensure proper form for each event in the combine

## **35 OUR PARTNERS**

we could not do this program without their support.



# THE GAME PLAN

Hello!

This is a supplemental resource providing adapted exercises for the 2020 Fall Fitness Combine. For more details about the Fitness Combine registration and deadlines, please refer to the [UCS Division Playbook](#) if you are competing with your school, the [Local Program Playbook](#) if you are competing with your area or the [Corporate Division Playbook](#) if you are competing with your employer. All of these exercises can be modified or assisted in order to complete the program.

The 2020 Fall Fitness Combine was designed with flexibility in mind. The goal of the program is to provide Special Olympics Virginia athletes and partners with an eight-week training program that will increase strength, flexibility and overall physical performance that can be done at home or at a team practice. Participants will strive to demonstrate increased physical performance week over week with improved measurables for a variety of competitions.

Whether practicing virtually or in-person, our hope is that athletes will be able to socialize, practice and encourage other athletes, their teammates and our communities to strive for individual health and fitness improvements. This is a new adventure for us, too!

Yours in sport,  
The Special Olympics Virginia Team

P.S. Thank you to our models from the [ECPI Richmond PTA program](#), for demonstrating exercises and lending their expertise to develop the adapted portion of the 2020 Fall Fitness Combine.

# SCORING

Participants' primary goal should be to improve their scores in each category from week one to week eight, thus increasing their fitness score. SOVA staff will share fitness scores after week 4 and week 8. Virtual medals will be distributed at the end of the program.

**GOLD** • participant earns an improved fitness score higher than 31%

**SILVER** • participant earns an improved fitness score between 21% - 30%

**BRONZE** • participant earns an improved fitness score between 11% - 20%

**PARTICIPATION** • participant earns an improved fitness score between 1% - 10%

In order to receive a virtual medal, you or your coach must submit week one, week four and week eight (final score sheets) to [UCS@specialolympicsva.org](mailto:UCS@specialolympicsva.org) (school division) or [stateregistration@specialolympicsva.org](mailto:stateregistration@specialolympicsva.org) (local or corporate division) by the respective deadlines.

## SCORE SHEETS

**Students and Participants** should download an individual score sheet to keep track of their scores. They should submit their individual score sheets to their coach if they are participating on a team.

**Coaches** should submit any adapted score sheets as an additional file when they submit their team score sheet. Coaches should submit their team score sheet & adapted score sheet(s) to [UCS@specialolympicsva.org](mailto:UCS@specialolympicsva.org) if competing in the UCS Division or [stateregistration@specialolympicsva.org](mailto:stateregistration@specialolympicsva.org) for the Local Program Division and the Corporate Division.

**PRINT OR DOWNLOAD  
YOUR SCORE SHEET  
HERE!**



# EVENTS

Athletes should choose up to  
nine events to participate in

- ENDURANCE** • three minute push test (p. 7-8)
- UPPER BODY ENDURANCE** • power punches (p. 9-10)
- UPPER BODY ENDURANCE** • lateral arm raise and hold (p. 11-12)
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# MATERIALS

Here is all of the equipment you need for the program.  
Don't have the exact equipment? No worries! We have  
listed some alternatives you can find around your house!

- CONES** • food cans, tape, rocks, flags, water bottles
- STOPWATCH** • cell phone, timer, website, analog clock, watch
- CHAIR** • couch, bench
- TAPE MEASURE** • floor tiles, use your steps to measure length, or a dollar bill to measure inches
- TAPE** • chalk, string, lines on the ground
- BODY POSITIONING WEDGES** • pillows, blankets
- GAIT BELT** • a regular belt



## FALL FITNESS COMBINE **THE EVENTS**

**This section contains everything you need to know to guide your athlete through each of the nine events.**

- materials needed for each event
- goal of the event
- instructions
- scoring guidelines
- pictures and video links
- links to supplemental exercises

## MATERIALS

Before you start, make sure you have:

- Two cones
- Measuring Tape
- Stop watch

If you do not have these, see page 9 for a list of other things you can use.

## GOAL

The three minute push test will test the athlete's endurance skills through prolonged movements. The athlete will have three minutes to see how many times they can push from one cone to the other.

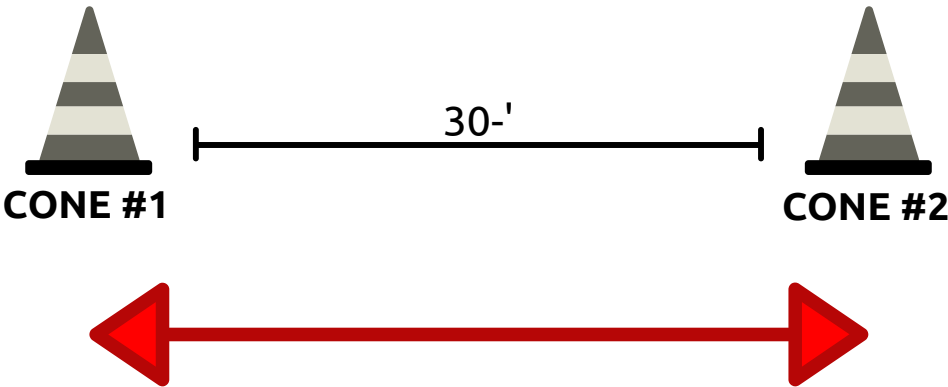
## PROCEDURE AND SCORING

**PREPARATION:** Place two cones 30 feet apart

**INSTRUCTIONS:**

1. Start behind Cone #1 with mobility assistive device even with the cone.
2. Push to Cone #2 as quickly as you can.
3. Return to Cone #1 and continue to go back and forth for three minutes.

**SCORING:** Coaches should count the number of times an athlete returns to Cone #1. For example, an athlete pushes from Cone #1 to Cone #2 and Cone #2 to Cone #1 = 1 point. Record the total number of points in the three-minute time.







**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE YOUR  
ENDURANCE SCORE?**

*Try some of these exercises and check out the SOVA Virtual Fitness page for other ideas.*

**DAREBEE SUPER X**  
**TRICEP EXTENSIONS**



## MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

## GOAL

The power punch is an aerobic and strength exercise that will engage your entire upper body. See how many you can do in one minute.

## PROCEDURE AND SCORING

### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

### EXERCISE:

1. Sit tall in your chair.
2. Turn the torso (trunk) to the left and punch your right arm in the same direction as the torso.
3. Return to the front-facing, starting position.
4. Turn the torso (trunk) to the right and punch your left arm in the same direction as the torso.
5. Do as many power punches as possible in a minute

**SCORING:** One point for each punch done in under one minute. Record the points in the score sheet.



**WATCH THE  
VIDEO HERE**



**WANT TO  
IMPROVE YOUR UPPER  
BODY ENDURANCE SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**TOP THREE EXERCISES FOR  
ATHLETES IN WHEELCHAIRS**

## MATERIALS

Before you start, make sure you have:

- Stop watch

If you do not have this, see page 5 for a list of other things you can use.

## GOAL

The Lateral Raise and Hold measures shoulder strength and endurance, especially your Deltoid muscles. How strong are your Delts?

## PROCEDURE AND SCORING

### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

### EXERCISE:

1. Raise both arms straight out to your sides at shoulder height.
2. Hold your arms at shoulder height for as long as you can hold them without breaking the shoulder height position. The exercise is over when your arms go below shoulder height.

**SCORING:** The time starts as soon as the athlete raised their arms to shoulder height. The total time an athlete can hold that position without losing height in the height of their arms is recorded as the score.

**UPGRADE:** If the exercise is too easy without weight, the athlete may start with two equally weighted dumbbells in each hand. The weight of the baseline score and the final score held should remain constant to get an accurate measurement of improvement. For example, if an athlete is holding two 1-pound weights in their hands for the baseline score, they should hold a 1-pound weight when doing the final event.

# UPPER BODY ENDURANCE

LATERAL  
ARM RAISE  
AND HOLD



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE YOUR  
UPPER BODY  
ENDURANCE SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**LATERAL RAISE WITH  
THERABAND**

**OVERHEAD SHOULDER PRESS**

## MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

## GOAL

The seated jumping jack will test range of motion and aerobic capacity. See how many you can do in one minute.

## PROCEDURE AND SCORING

### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

### EXERCISE:

1. Sit tall in your chair.
2. Start with your arms by your sides.
3. Raise both arms out to the side and over your head.
4. Return your arms to your sides and repeat.
5. Do as many as you can in one minute with good form.

**SCORING:** One point for each jumping jack done in under one minute. Record the points in the score sheet.





[WATCH THE  
VIDEO HERE](#)



WANT TO  
IMPROVE YOUR **SHOULDER  
MOBILITY** SCORE?

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**ASSISTED SHOULDER MOBILITY  
EXERCISES WITH POLE**



### MATERIALS

Before you start, make sure you have:

- Stop Watch

If you do not have these, see page 5 for a list of other things you can use.

### GOAL

A seated or chair push up demonstrates the strength of your triceps and ability to conduct important pressure relieving exercises throughout the day. You are challenged to maintain good posture and show us how strong your triceps really are

## PROCEDURE AND SCORING

### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

### EXERCISE:

1. Sit tall in your chair.
2. Push down on your chair seat or armrests and lift your body off the seat.  
Make sure your arms are completely straight.
3. Lower your body and repeat.
4. Do as many chair pushups as you can in a minute.

**SCORING:** One point each for each chair push-up done correctly in under one minute. Record the number of total push-ups on the score sheet.



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE YOUR  
UPPER BODY  
STRENGTH SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**ARM EXERCISES**

### MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

### GOAL

A seated trunk twist measures your core flexibility and this exercise will measure your core endurance. Twisting in both directions with stretch your back and challenge your abdominal muscles. Do you have the stomach for it?

## PROCEDURE AND SCORING

### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

### EXERCISE:

1. Start with both arms straight out to your sides at shoulder height.
2. Keep your arms at shoulder height.
3. Twist your trunk to the left so that your right arm is pointing toward the front of your chair and your left arm is pointing toward the back.
4. Rotate all the way back to the right until your left arm is pointing toward the front of your chair and your right arm is pointing to the back.
5. Rotating completely left and right is one repetition of the trunk twist.
6. Do as many as possible in one minute.

**SCORING:** One point each for each full rotation from left to right done correctly in under one minute. Record the number of total rotations on the score sheet.





**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE  
YOUR CORE ENDURANCE  
SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**AB WORKOUT**

### MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

### GOAL

A strong core is important because it has a ripple effect for the rest of your body. Curl-ups will measure the strength of our core as you engage your muscles to sit up. A strong core will also help you keep good posture. .

## PROCEDURE AND SCORING

### EXERCISE:

1. Lay on your back on the floor, bed or training table.
2. Bend your knees with your feet flat on the floor (or surface). Cross your arms over your chest.
3. Tighten your stomach then lift your head and shoulders off the floor. Come all the way up to sitting.
4. Return to the starting position.

**SCORING:** One point for each curl-up done correctly in under one minute. Record the points in the score sheet



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE  
YOUR CORE ENDURANCE  
SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**SEATED ABDOMINAL CRUNCH**



### MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

### GOAL

A seated back extension measures not only your core strength but your ability to maintain your upper body balance and endurance. Core strength is an important part of good posture in your chair.

## PROCEDURE AND SCORING

### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

### EXERCISE:

1. Sit tall in your chair.
2. Cross both arms across your chest.
3. Bend forward at the waist until your arms touch your thighs.
4. Return to the starting position.
5. Do as many chair back extensions as you can in a minute.

**SCORING:** One point each for each chair back extension done correctly in under one minute. Record the number of total back extensions on the score sheet.



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE  
YOUR CORE STRENGTH  
SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**TRUNK ROTATIONS  
WITH MEDICINE BALL**

## MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

## GOAL

Clam shells will help to strengthen the glutes, hips, and core. helping with stability, balance, and strength. See how many you can do in one minute.

## PROCEDURE AND SCORING

### PREPARATION:

You will need to get out of the chair for this exercise. Lie on your side, with your legs stacked on top of one another and your knees bent at a 45-degree angle on the floor, a training table, or a bed. You will need to lay your head on your lower arm, and use the other arm to steady your body.

### EXERCISE:

1. Keep your feet together and lift your top knee as high as possible without rolling your hips backward.
2. Pause at the top, then bring your leg back to the starting position.  
Repeat.
3. After one minute, turn over and repeat on the opposite side.

**SCORING:** One point each for each 'open and close' motion completed in the two minutes

**ADAPTATION:** The athlete could also perform these in a seated position. Simply put the feet together and flat on the ground, and bring the knees together and apart and repeat.



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE  
YOUR LOWER BODY  
STRENGTH SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**SEATED LOWER BODY WORKOUT**

### MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

### GOAL

The knee extension exercise will help to test and strengthen the legs, hips and core muscles. How many can you do in one minute?

## PROCEDURE AND SCORING

### EXERCISE:

1. Sit tall with both feet flat on the floor.
2. Lift your leg and straighten your knee completely.
3. Hold your leg out for one second, then lower your leg back down. Repeat on opposite side.
4. Repeat for one minute.

**SCORING:** One point each for each knee extension completed in the one minute.





**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE  
YOUR LOWER BODY  
ENDURANCE SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**SEATED TOE TAPS**



## MATERIALS

Before you start, make sure you have:

- Measuring Tape

If you do not have this, see page 5 for a list of other things you can use.

## GOAL

Flexibility in the hamstring and heel areas is important to increase available range of motion, reduce pain from shortening muscles and improve circulation. How close can you get to touching your toes in a seated position?

## PROCEDURE AND SCORING

**PREPARATION:** Make sure the athlete has warmed up and stretched prior to attempting the sit & reach. The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise. If the athlete's chair has leg supports that can be adjusted, lift the supports so their legs are fully extended. If they do not have a chair that can be adjusted, place another chair in front of the athlete and put their legs on it, so they are straight. Stretch out a tape measure and put the end next to or between the knee caps.

### EXERCISE:

1. Sit tall in your chair.
2. Raise your arms straight above your head with one hand on top of the other.
3. Lean forward at the hips and reach for your toes as far as you can.
4. Where ever your fingers land on the tape measure, that is your score.

**SCORING:** Use a tape measure to measure the distance from the knees to the finger tips. The easiest way to do this is to put the 0" end of the tape measure next to or between the athletes knees and measure to their fingertips when they bend forward. Record the total number of inches in the score sheet.



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE YOUR  
UPPER BODY  
STRENGTH SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**FLEXIBILITY EXERCISES IN AND OUT  
OF YOUR WHEELCHAIR**

**CHAIR YOGA**

### MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

### GOAL

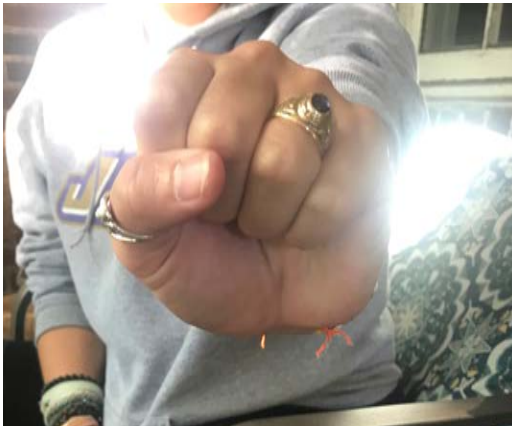
Wrist mobility is important for day-to-day activities like lifting, gripping, and twisting. This exercise will keep your joints healthy! How many wrist circles can you do in one minute?

## PROCEDURE AND SCORING

### EXERCISE:

1. Sit up tall in your chair and keep your elbows bent at your sides.
2. Lift your wrists up as high as you can, then make big circles in one direction.
3. Don't let your arms move.
4. When the hand returns back to the starting position that is counted as one point. Do this for 30 seconds on each hand for a total of one minute.

**SCORING:** One point each for each full rotation done in one minute.



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE  
YOUR HAND AND WRIST  
MOBILITY SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**15 HAND AND WRIST STRETCHES**

### MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

### GOAL

Toe & Heel Taps will help with ankle mobility. They will strengthen the muscles in your foot, ankle and calf and help you to walk. How many toe and heel taps can you do in one minute?

## PROCEDURE AND SCORING

#### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

#### EXERCISE:

1. Start with your feet flat on the floor.
2. Lift your heels up but keep your toes on the floor.
3. Bring your heels down, then lift your toes up keeping your heels on the floor.
4. Put toes down and repeat for one minute.

**SCORING:** One toe lift and heel lift = one point. If the athlete needs to do one foot at a time, do each foot separately for 30 seconds each, for a total of one minute.





**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE  
YOUR **ANKLE MOBILITY**  
SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**SEATED ANKLE ROTATION**



## MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 5 for a list of other things you can use.

## GOAL

This exercise strengthens the muscles of your upper back and helps to give you good posture.

How many can you do in one minute?

## PROCEDURE AND SCORING

### EXERCISE:

1. Sit up tall in your chair with both feet flat on the floor. Place your hands on your hips.
2. Keep your hands on your hips and pinch your shoulder blades together, pulling your elbows back.
3. Move your elbows forward and back, pinching your shoulder blades and releasing (like flapping chicken wings!)

**SCORING:** Elbows backwards and back to the starting position = one point. Do as many as you can for one minute.



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE  
YOUR **SHOULDER**  
**MOBILITY** SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**21 SHOULDER MOBILITY EXERCISES**

**SHOULDER CIRCLES**

# THANK YOU TO OUR PARTNERS

## PRESENTING



## GOLD

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## SILVER



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## **QUESTIONS?**

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