

2021 Winter Fitness Combine

PLAYBOOK

Special Olympics Virginia

I AM A FIT
ATHLETE



Special Olympics
Virginia



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OUR
#1
FANS!

ABLEnowSM

STAFFORD
Virginia



**Knights of
Columbus®**

BALL TAP

balance

MATERIALS

Before you start, make sure you have:

- A Stopwatch
- One Ball... Don't have a ball? Try using a pillow or water bottle!

GOAL

See how many times you can tap the ball on the ground in 60 seconds.

Balance will help you with everyday activities, like walking and going up and down stairs.

EXERCISE:

1. Participants should stand with their feet together, knees bent, and holding a ball in both hands.
2. The participant should lift one foot off of the ground
3. The participant should reach down and tap the floor with the ball and return back to the upright position
4. Repeat as many times as possible in 60 seconds.

SCORING:

One point for every time the participant touches the ball to the floor AND stands upright without losing their balance in 60 seconds.

If the participant loses balance before returning to the starting position, they should not be awarded the point. The count remains the same until a proper repetition is completed.

MODIFICATIONS:

- **EASIER:** Try using a taller/larger object to tap the ground (like a pillow).
- **EASIER:** Put your foot down and/or switch feet between each tap
- **EASIER:** Hold onto a chair with one hand and hold an empty water bottle with the other hand. Tap the water bottle on the floor.
- **HARDER:** Stay on one foot the whole time
- **HARDER:** Tap the ground with a smaller ball (golf ball), your fingertips, or a hand weight
- **HARDER:** Tap the ground on the left side of the foot, the right side of the foot, and in front of the foot.



BALL TAP

balance



VIDEOS:

- Easier
- Traditional

WANT TO IMPROVE YOUR BALL TAP SCORE?

Try these:

- Fit 5 Balance Level 1
- Fit 5 Balance Level 2
- Fit 5 Balance Level 3
- Fit 5 Balance Level 4
- Fit 5 Balance Level 5



HIGH KNEES

cardiovascular endurance

MATERIALS

Before you start, make sure you have:

- A stopwatch

GOAL

See how many times you can bring your left and right knee to waist height in 60 seconds.

You might get out of breath when you do high knees and that is because your heart is working hard to pump oxygen to the rest of your body.

TRADITIONAL EXERCISE:

1. Participants should stand straight with their feet shoulder-width apart, facing forward.
2. Participants should raise one knee up to a minimum of waist height while bringing the opposite arm up, mimicking a stand-in-place running motion.
3. Once the participant's foot returns to the ground the participant raises the opposite foot and opposite arm in the same motion.
4. Repeat for 60 seconds.

SCORING:

A participant should earn one point each time they bring their left **AND** right knee up to waist height in under 60 seconds.

If the knee does not come up to at least waist height, they should not be awarded the point. The count remains the same until a proper repetition is completed.

MODIFICATIONS:

- **EASIER:** Take it slow!
- **HARDER:** Speed it up! It should look like you're running in place. Make sure to keep good form!
- **HARDER:** Squeeze those stomach muscles! You will really start to feel it in your abs!

Are you struggling to bring your knees to waist height? Try bending the elbows to 90 degrees and keep the palm of the hand facing the floor. Bring the knees up until they touch the hand.



HIGH KNEES

cardiovascular endurance



**WANT TO IMPROVE
YOUR HIGH KNEES SCORE?**

Try these:

- Fit 5 Endurance Level 2
- Fit 5 Endurance Level 4
- Ice Age Workout

VIDEOS:

- Easier
- Traditional

JUMPING JACKS

cardiovascular endurance

MATERIALS

Before you start, make sure you have:

- A stopwatch

GOAL

See how many jumping jacks you can do in 60 seconds.

Jumping jacks work your entire body and help keep your heart healthy.

TRADITIONAL EXERCISE:

1. Participants should start in a standing position with arms at their sides.
2. Participants should jump and spread their legs a little wider than hip-width. Simultaneously they should swing their arms over their head and clap their hands together at the top.
3. The participant should jump again and bring their legs back together and their arms to their sides.
4. Repeat for 60 seconds.

SCORING:

A participant should earn one point for each full repetition (starting position, clap at the top, and back to starting position) in under 60 seconds

If the participant has incorrect form, they should not be awarded the point. The count remains the same until a proper repetition is completed.

MODIFICATIONS:

- **EASIER:** Instead of jumping, try to tap your left foot a little farther to your left, while still clapping your hands above the head. Return to the center and do the same thing on the right side.
- **EASIER:** Sit in a chair and follow the directions in the first modification.
- **HARDER:** Try holding a weight between the hands and lift it straight up instead of clapping.
- **HARDER:** Try starting with knees bent and jump into a wide squat, return to starting position.

Check out this [awesome video](#) with 20 different jumping jack variations



JUMPING JACKS

cardiovascular endurance



**WANT TO IMPROVE
YOUR JUMPING JACKS
SCORE?**

Try these:

- Fit 5 Strength Level 1
- Fit 5 Endurance Level 3
- Lower Body Workout

VIDEOS:

- Easier
- Traditional
- Harder

BURPEE

total body strength

MATERIALS

Before you start, make sure you have:

- A stopwatch

GOAL

See how many burpees you can do in 60 seconds.

Burpees can be tough but they will make your whole body extra strong and get your heart rate up!

TRADITIONAL EXERCISE:

1. Participants should start in a standing position with arms at their sides.
2. The participant should bend at their knees and waist so they are in a squatting position and place their hands on the floor
3. The Participant should kick or step their feet back so their body is in a high plank position (straight line from the feet to the head)
4. The participant should jump or walk the feet back to the squatting position
5. From the squatting position, the participant should explode into a vertical jump and clap both hands together over their head.
6. Return to the starting position and repeat for 60 seconds.

SCORING:

A participant should earn one point for each full repetition (starting position, squat, high plank, squat, jump, clap) in under 60 seconds.

If the participant has incorrect form, they should not be awarded the point. The count remains the same until a proper repetition is completed.

MODIFICATIONS:

- **EASIER:** Eliminate jumping and try stepping instead
- **HARDER:** When the participant is in the high plank add a push-up!

Check out this video with [25 variations of burpees!](#)

BURPEE

total body strength



**WANT TO IMPROVE
YOUR BURPEE SCORE?**

Try these:

- Fit 5 Strength Level 3
- Ten Minute Ab Workout
- Cardio & Core Workout

VIDEOS:

- Easier
- Traditional
- Harder



CONE JUMPS

agility

MATERIALS

Before you start, make sure you have:

- A Stopwatch
- Two Cones

GOAL

See how many times you can jump from cone to cone in 60 seconds.

This exercise will work on your lower body strength and agility. It will help you run faster when we get back on the field!

TRADITIONAL EXERCISE:

1. Pick a flat surface and set up two cones 12 inches apart from one another.
2. The participant should start on cone #1 and jump laterally to cone #2 and immediately jump back to cone #1.
3. Repeat for 60 seconds.

SCORING:

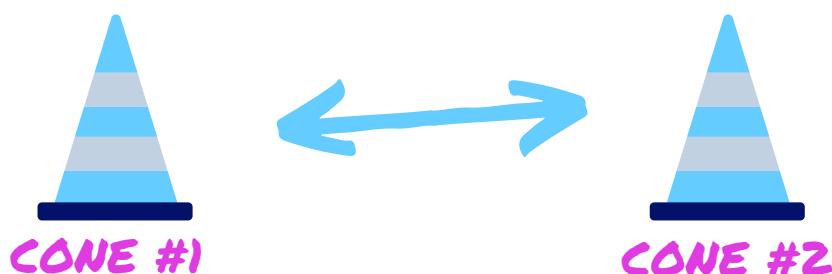
A participant should earn one point for each time they land at cone #1

If the participant has incorrect form, they should not be awarded the point. The count remains the same until a proper repetition is completed.

MODIFICATIONS:

- **EASIER:** Eliminate jumping and try stepping instead
- **HARDER:** Put a water bottle between the cones and try to jump over it without knocking it over

Check out this video with [15 agility and speed drills](#)



CONE JUMPS

agility



**WANT TO IMPROVE
YOUR CONE JUMP SCORE?**

Try these:

- Lunges
- Calf Raises
- Running Workout

VIDEOS:

- Traditional
- Harder

MOUNTAIN CLIMBERS

core strength

MATERIALS

Before you start, make sure you have:

- A stopwatch

GOAL

See how many mountain climbers you can do in 60 seconds.

A strong core makes your other major muscle groups work better. Mountain climbers will help make your core strong!

TRADITIONAL EXERCISE:

1. Participants should start in a high plank position. Be sure their form is correct:
 - a. Hands should be under the shoulders
 - b. Weight is distributed evenly between hands and toes
 - c. The head, back, hips, knees, and toes should be in a straight line - the back is flat
2. The participant should pull their right knee into their chest as far as possible and return back to the starting position
3. Participants should switch legs, pulling one knee out and bringing the other knee in.
4. Repeat for 60 seconds.

SCORING:

A participant should earn one point each time they bring their left **AND** right knee into their chest in under 60 seconds.

If the participant has incorrect form, they should not be awarded the point. The count remains the same until a proper repetition is completed.

MODIFICATIONS:

- **EASIER:** Slow it down!
- **HARDER:** Speed it up - it should look like the participant is running

Check out this video with [52 mountain climber variations](#)

MOUNTAIN CLIMBERS

core strength

1



2



3



WANT TO IMPROVE
YOUR MOUNTAIN CLIMBER
SCORE?

Try these:

- Core Workout
- Back and Core Workout
- Cardio & Strength Workout

VIDEOS:

- Traditional

PUSH-UPS

upper body strength

MATERIALS

Before you start, make sure you have:

- A stopwatch

GOAL

See how many push-ups you can do in 60 seconds.

Push-ups will measure upper body strength and endurance. Whether you are doing traditional or modified, make sure you keep proper form!

TRADITIONAL EXERCISE:

1. Participants should start in a high plank position. Be sure their form is correct:
 - a. Hands should be under the shoulders
 - b. Weight is distributed evenly between hands and toes
 - c. The head, back, hips, knees, and toes should be in a straight line - the back is flat
2. The participant should bend their elbows and lower their chest toward the ground.
 - a. Participants must bend their elbows at least 90 degrees before returning to the starting position.
 - b. **COACHES:** Placing a towel or a block under the chest can help participants to know they've gone far enough down.
3. The participant should use their arms and core to push back up to the starting position.
4. Repeat for 60 seconds.

SCORING:

A participant should earn one point for each full repetition (high plank, bend elbows and lower chest towards the ground, and return back to high plank) in under 60 seconds.

If the participant has incorrect form, they should not be awarded the point. The count remains the same until a proper repetition is completed.

MODIFICATIONS:

- **EASIER:** Put your hands and knees on the floor. Keep your knees on the floor and walk your hands out until your head, back and hips are in a straight line.
- **HARDER:** When lowering towards the ground try to keep the elbows pointed towards the feet

Check out this video with [31 push-up variations](#)

PUSH-UPS

upper body strength

1



2



3



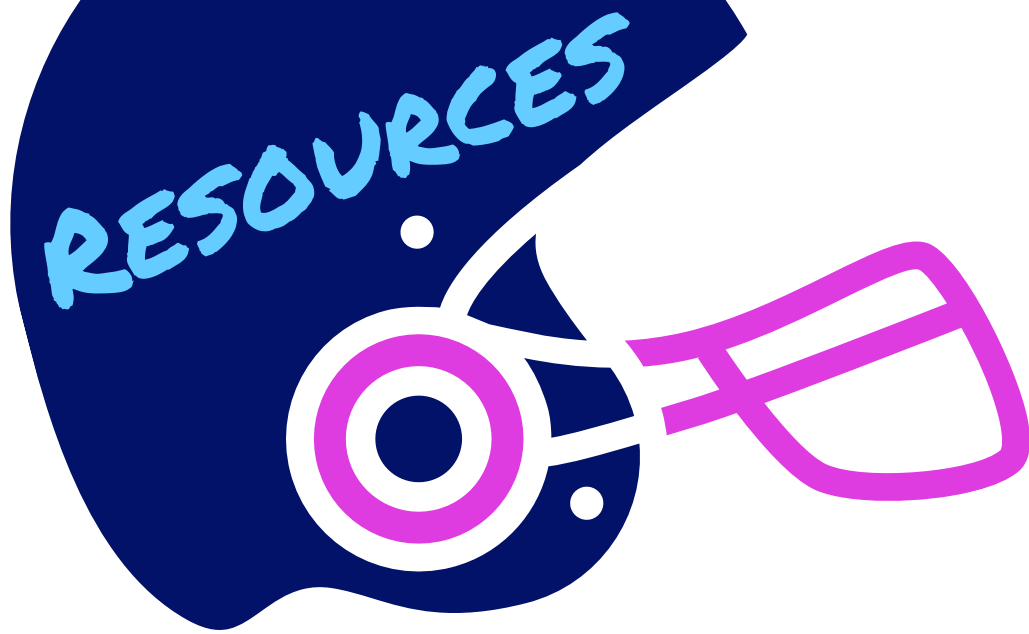
WANT TO IMPROVE
YOUR PUSH-UPS SCORE?

Try these:

- Sculptor+ Workout
- Inchworm
- Planks

VIDEOS:

- Easier
- Traditional



THE PLAYBOOK



all of the 2021 winter fitness combine exercises, descriptions, videos, pictures, and scoring guidelines

THE GAME PLAN



program overview, what to expect, scoring rubric, important dates, volunteer details and resources

TRAINING CAMP



printable calendar of challenges and virtual events for athletes, coaches, and partners

FAN ZONE



show your support for the athletes of Special Olympics Virginia

ADAPTED PLAYBOOK



we have something for everyone - unable to perform the exercises in the playbook? Try these!

COACHES RESOURCES



cheat sheets, practice outlines, and more

VIRTUAL FITNESS



our virtual fitness Facebook page is a free collaborative tool to encourage fitness - join the group now