



Special Olympics Northern California Fitness Season Training Program

Weeks 1-4					Weeks 5-8				
WARM UP					WARM UP				
Order	Exercise	With Chair	Weeks 1 & 2 Sets x Reps	Week 3 & 4 Sets x Reps	Order	Exercise	With Chair	Weeks 5 & 6 Sets x Reps	Week 7 & 8 Sets x Reps
1	Arm Circles Forward	Seated Arm Circles Forward	1 set x 30 sec	1 set x 30 sec	1	Arm Circles Forward	Seated Arm Circles Forward	1 set x 30 sec	1 set x 30 sec
2	Arm Circles Backward	Seated Arm Circles Backward	1 set x 30 sec	1 set x 30 sec	2	Arm Circles Backward	Seated Arm Circles Backward	1 set x 30 sec	1 set x 30 sec
3	March + Arm Swings	Seated High Knees	1 set x 30 sec	1 set x 30 sec	3	March + Arm Swings	Seated High Knees	1 set x 30 sec	1 set x 30 sec
4	Torso Twist	Seated Torso Twist	1 set x 30 sec	1 set x 30 sec	4	Torso Twist	Seated Torso Twist	1 set x 30 sec	1 set x 30 sec
<i>MINI REST 30 seconds</i>					<i>MINI REST 30 seconds</i>				
5	Butt Kicks	Seated Butt Kicks	1 set x 30 sec	1 set x 30 sec	5	Butt Kicks	Seated Butt Kicks	1 set x 30 sec	1 set x 30 sec
6	Toes to Sky	Seated Toes to Sky	1 set x 30 sec	1 set x 30 sec	6	Toes to Sky	Seated Toes to Sky	1 set x 30 sec	1 set x 30 sec
7	Jumping Jacks	Seated Jumping Jack	1 set x 30 sec	1 set x 30 sec	7	Jumping Jacks	Seated Jumping Jack	1 set x 30 sec	1 set x 30 sec
<i>REST + WATER BREAK 60 seconds</i>					<i>REST + WATER BREAK 60 seconds</i>				
STRENGTH BLOCK					STRENGTH BLOCK				
Order	Exercise	With Chair	Weeks 1 & 2 Sets x Reps	Week 3 & 4 Sets x Reps	Order	Exercise	With Chair	Weeks 5 & 6 Sets x Reps	Week 7 & 8 Sets x Reps
1	Sit/Curl Up	Seated Crunch	2 sets x 30 sec	3 sets x 30 sec	1	Hip Bridge	Hip Bridge with Chair	2 sets x 30 sec	3 sets x 30 sec
2	Squat (or Chair Sit/Stand)	Squat to Chair	2 sets x 30 sec	3 sets x 30 sec	2	Bird Dog	Seated Bird Dog	2 sets x 30 sec	3 sets x 30 sec
<i>MINI REST 30 seconds</i>					<i>MINI REST 30 seconds</i>				
3	Lunge	Lunge with Chair	2 sets x 30 sec	3 sets x 30 sec	3	Front Arm Raises	Seated Front Arm Raises	2 sets x 30 sec	3 sets x 30 sec
4	Push Up	Pushup on Knees	2 sets x 30 sec	3 sets x 30 sec	4	Wall Sit	Seated Arm Extension Hold	2 sets x 30 sec	3 sets x 30 sec
<i>MINI REST 30 seconds</i>					<i>MINI REST 30 seconds</i>				
5	Overhead Press	Seated Overhead Press	2 sets x 30 sec	3 sets x 30 sec	5	Plank	Plank on Knees	2 sets x 30 sec	3 sets x 30 sec
6	Side Arm Raises	Seated Side Arm Raises	2 sets x 30 sec	3 sets x 30 sec	6	Single Leg Deadlift	Single Leg Lift	2 sets x 30 sec	3 sets x 30 sec
<i>REST + WATER BREAK 60 seconds</i>					<i>REST + WATER BREAK 60 seconds</i>				
REPEAT Strength Block Exercises 1-6 1-2 more times each					REPEAT Strength Block Exercises 1-6 1-2 more times each				
ENDURANCE BLOCK					ENDURANCE BLOCK				
Order	Exercise	With Chair	Weeks 1 & 2 Sets x Reps	Week 3 & 4 Sets x Reps	Order	Exercise	With Chair	Weeks 5 & 6 Sets x Reps	Week 7 & 8 Sets x Reps
1	Jog in Place	Seated High Knees	2 sets x 30 sec	2 sets x 30 sec	1	Quick Punch	Seated Punch	2 sets x 30 sec	2 sets x 30 sec
2	Forward Jack	Seated Arm Raise + Toe Tap	2 sets x 30 sec	2 sets x 30 sec	2	Squat Jack	Seated Jumping Jack	2 sets x 30 sec	2 sets x 30 sec
<i>MINI REST 30 seconds</i>					<i>MINI REST 30 seconds</i>				
3	Frog Jump	Seated Frog Jump	2 sets x 30 sec	2 sets x 30 sec	3	Side to Side Hop	Seated Side Toe Touch	2 sets x 30 sec	2 sets x 30 sec
4	Mountain Climber	Mountain Climber with Chair	2 sets x 30 sec	2 sets x 30 sec	4	Alternating Lunge	Single Leg Raise	2 sets x 30 sec	2 sets x 30 sec
<i>REST + WATER BREAK 60 seconds</i>					<i>REST + WATER BREAK 60 seconds</i>				
REPEAT Endurance Block Exercises 1-4 1-2 more times each					REPEAT Endurance Block Exercises 1-4 1-2 more times each				
COOL DOWN & STRETCH					COOL DOWN & STRETCH				
Order	Exercise	With Chair	Weeks 1 & 2 Sets x Reps	Week 3 & 4 Sets x Reps	Order	Exercise	With Chair	Weeks 5 & 6 Sets x Reps	Week 7 & 8 Sets x Reps
1	Single Leg Balance	Single Leg Balance with Chair	2 sets x 15 sec (each leg)	2 sets x 25 sec (each leg)	1	Single Leg Balance	Single Leg Balance with Chair	2 sets x 15 sec (each leg)	2 sets x 25 sec (each leg)
2	Cross-Arm Shoulder Stretcher	Seated Cross-Arm Shoulder Stretch	15 sec each arm	15 sec each arm	2	Cross-Arm Shoulder Stretcher	Seated Cross-Arm Shoulder Stretch	15 sec each arm	15 sec each arm
3	Feet Together- Toe Touch	Seated Toe Touch	20 sec	30 sec	3	Feet Together- Toe Touch	Seated Toe Touch	20 sec	30 sec
4	Triceps Stretch	Seated Triceps	15 sec each arm	15 sec each arm	4	Triceps Stretch	Seated Triceps	15 sec each arm	15 sec each arm
5	Holding One Foot-Quad/ Leg Stretch	Quad Stretch with Chair	15 sec each leg	15 sec each leg	5	Holding One Foot-Quad/ Leg Stretch	Quad Stretch with Chair	15 sec each leg	15 sec each leg