



## Spring 2021 Virtual Training- Workout 1:

1. General Warmup
2. Workout – complete 3 rounds of the exercises with a 1-2 minute break in between each round.

- a) Squat Jumps x 12
- b) Pike Push-ups x 10
- c) Straight Leg Sit-ups x 10

Complete 3 rounds then move onto the second part, rest 1-2 minutes

- d) Reverse Lunges x 12
- e) Supermans x 10
- f) Leg Lifts x 10

3. Cool Down



## Spring 2021 Virtual Training- Workout 2:

1. General Warmup
2. Workout – Complete 3 rounds of the reverse pyramid, rest 2 minute between rounds
  - a) 10 jump lunges
  - b) 15 sumo squats
  - c) 20 standing calf raises
  - d) 15 sumo squats
  - e) 10 walking lunges or lunge jumps
3. Cool Down



## **Spring 2021 Virtual Training- Workout 3:**

1. General Warmup
2. Workout – 21-15-9: for the first round do 21 reps of each exercise, 15 in the second round, and 9 in the third. Rest 2 minute between rounds
  - a) Star jumps
  - b) High Knees in place (go for time--21, 15, 9 seconds)
  - c) Jumping Jacks
3. Cool Down

### **Special Olympics Colorado**

12450 East Arapahoe Road, Suite C, Centennial, CO 80112 **Tel** 720 359 3100 **Fax** 303 592 1364  
[www.SpecialOlympicsCO.org](http://www.SpecialOlympicsCO.org)

*Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities*



## Spring 2021 Virtual Training- Workout 4:

1. General Warmup
2. Workout – Do 3 sets of each pair of exercises then rest 2 minute between sets

- a. Y-W-T x 8
- b. Alternating Toe Touches x 20

2 minute rest

- a. Dive bomb push-ups x 10
- b. Flutter kicks x 20 seconds

2 minute rest

- a. Tricep Dips x 10
- b. Russian Twists x 20

3. Cool Down