



Fall Virtual Training- Workout 1:

1. General Warmup
2. Workout- complete 3 rounds of the exercises with a minute break in between each round and a 30 second break between each exercise.
 - a. 40 mountain climbers (20 each leg)
 - b. 15 body weight squats
 - c. 25 jumping jacks
 - d. Reverse Lunges: 10 right/ 10 left
 - e. 15 big arm circles (forward then backward)
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

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



Fall Virtual Training- Workout 2:

1. General Warmup
2. Workout- **do each exercise for one minute** before moving on to the next one. Complete 3 rounds and rest for 2 minutes in between each round.
 - a. Tricep Dips
 - b. Glute bridges
 - c. Crunches
 - d. High Knees
 - e. Body weight squats
3. Cool Down

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Fall Virtual Training- Workout 3:

1. General Warmup
2. Workout- go through the list and repeat each set of exercises twice before moving on. Rest for 30 seconds before repeating each set.
 - a. 20 quadrupeds
 - b. Butt kicks (15 each leg)
 - c. 12 Push ups (on knees or toes)
Rest for 2 minutes
 - d. 12 squat jumps
 - e. 20 Russian twists
 - f. Single leg jumps (20 each leg)
Rest for 2 minutes
 - g. 8 burpees
 - h. 15 second plank
 - i. Lunges (8 each leg)
3. Cool Down



Fall Virtual Training- Workout 4:

1. General Warmup
2. Workout- repeat the ladder 3 times

- a. 25 Calf raises
- b. 20 Straight leg sit ups
- c. 15 Jumping jacks
- d. 10 lunges (5 each leg)
- e. 5 burpees

Rest 1 minute

- f. 5 burpees
- g. 10 lunges (5 each leg)
- h. 15 Jumping jacks
- i. 20 Straight leg sit ups
- j. 25 Calf raises

3. Cool Down

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