If it doesn’t CHALLENGE you,
It doesn’t CHANGE you.

TAKE THE

GET FIT

FOR SPORT

CHALLENGE!
Before you Begin

Before beginning any exercise program, it is important to consult a physician about your current state of health and any problems that could arise during your selected form of exercise. Special Olympics New Hampshire will not be responsible or liable for any injury or harm you sustain as a result of the Get Fit for Sport Challenge, including any direction provided via this guide, emails and social media.

After consulting with your physician, please also follow these important safety tips as you take the Get Fit for Sport Challenge.

1. Always warmup before you start exercising.

You want to warmup your muscles and get your heart and blood pumping. You want to physically prepare your body for the demands of the workout you are about to complete.

A sample warmup is listed here:

- 1 min jogging in place

![Image of person jogging](image1)

- 30 seconds jumping jacks

![Image of person jumping jacks](image2)

- 30 seconds butt kicks

![Image of person doing butt kicks](image3)
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2. **Always stretch after you workout.**

You want to stretch to improve your flexibility, which is the range of motion that is available to a joint or joints. Stretching reduces risk of injury.

Sample stretches are listed here. Aim to hold each stretch for 20 seconds.

- **Arm across chest (both arms)**

- **Triceps stretch (both arms)**
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- Quad Stretch (both legs)
- Sit down straight leg toe touch
- Butterfly stretch
- Childs Pose

3. Wear proper athletic attire!

Wear athletic clothes and dress appropriately for the weather; loose clothes help air cool your body and evaporate sweat in hot weather; layers of clothes help you control your body temperature in cold weather; and wear rain/waterproof gear when the weather calls for it. Wear supportive athletic footwear like sneakers. And for women, wear a sports bra for support.

4. Stay hydrated!

Drink at least 64fl oz or 8 cups of water daily. Bring a water bottle with you when you are working out.
5. Wear sunscreen!
Protect yourself from the sun and heat by wearing sunscreen, a hat, and sunglasses when working out outside.

6. Know your route!
When you walk or run outside, make sure you familiarize yourself with your route and know any areas that are potentially dangerous.

7. Workout with a friend!
It’s more fun and much safer.

8. Let your family or friends know!
When you go outside to exercise, let family and friends know where you are going and when you will be back. If you can, bring identification and a cell phone with you.

9. Run against traffic!
If you are going for a run on the road, try to avoid areas with heavy traffic and run on sidewalks when possible. Make sure to look both ways before crossing streets or intersections, and running against traffic is where you are the most visible to cars on the road.

10. Bike with traffic!
If you are biking on the road, bike with traffic so you are more visible to cars. Obey traffic signals and watch for cars turning, pulling out of driveways, or opening their doors. Try to bike where there are designated bike lanes and avoid heavy traffic areas. Do not ride on sidewalks, and always wear a helmet.

11. Be Visible!
Wear bright and reflective clothing when working out outside, especially when it is dark out.
The Challenge:

GET MOVING!

The Get Fit for Sport Challenge is simple...get moving! Aim to exercise three times a week for at least 30 minutes.

Need some exercise ideas?

- Walk
- Jog
- Run
- Cycle
- Swim
- Dance
- Play sports
- Jump Rope
- Lift weights
- Circuit training (see an sample nine week circuit beginning on page 7)

Getting a little tired of your exercise routine?

- **SHAKE IT!** Put on your favorite music and dance like a wild person.
- **SHARE!** Show a friend or family member some of the exercises that you are doing.
- **JUMP IT UP!** Do jumping jacks during commercials while you are watching a TV show.
- **RACE!** Challenge your friends to a race.
- **TRACK IT!** Track all the water you drink in the day. Aim for 8 glasses of water per day.
- **BEACH IT!** Take a walk in the sand and try to find shells.
- **COOK IT!** Plan and prepare a healthy meal for friends and family.
- **GO GREEN!** Do your workout outside with friends.
- **TRY IT!** Try something you've never done: a sport, yoga, Zumba or a healthy snack.

Need a little motivation?

- Sign up with your Local Program Coordinator to receive weekly emails to keep you on track. Emails will begin the week of August 29th and continue through October 1st.
- Celebrate your accomplishments at the Rail Trail Rally on Saturday, October 1st at Proctor Academy in Andover, NH. Talk with your Local Program Coordinator for more details and to register. All athletes that register for the 1.5 mile fun run/walk at the Rail Trail will be paired up with a student from Proctor Academy who will help keep you motivated!
- Everyone who completes the challenge (by signing up with your Local Program Coordinator and completing a post challenge survey) will receive a Get Fit for Sport water bottle and a new pair of sneakers (while supplies last).
- Share your successes and struggles with us via Facebook or Twitter using hashtag #SONHGetsFit

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Circuit Training

Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

If you’d like to try circuit training as you get fit, check out a sample nine week program here.

To make any of the exercises harder, increase the amount of weight, number of reps, or both.

**Equipment Recommendations**

- Athletic Attire (see page 4)
- Sneakers
- Stopwatch/timer
- Weights/ dumbbells (can be 2lbs or more)
  - Water bottles filled with water or sand
  - Milk jugs filled with water or sand
  - Cans of Soup
  - Books
- Exercise band
- Yoga mat
- Step/exercise box
  - Stairs
- Chair/edge of furniture
- Bar/weighted bar
  - Broom stick
WEEKS 1 TO 3

Alternate between Circuit 1 and Circuit 2 for three weeks, aiming to complete each circuit at least one time per week. All the exercises in the circuit should be completed in order, and the circuit should be repeated two times.

Circuit 1

1. **Pushups**
   
   **Reps:** 12
   
   **Modifications:** Go onto your knees (easier)
   
   - Hands slightly wider than shoulder width apart.
   - Keep your arms in line with your shoulders.
   - Keep back straight and your butt in line with your back.
   - Lower so that your elbows are at a 90 degree angle with the floor.
   - Rise and repeat.

2. **Squats**
   
   **Reps:** 12
   
   **Modifications:** Complete a half squat (easier) or hold weights (harder)
   
   - Feet shoulder width apart.
   - As you squat, keep your knees behind your toes.
   - Keep your weight in your heels.
   - Like you are sitting in a chair.
   - Stand up and repeat.

3. **Bicep Curls**
   
   **Reps:** 12
   
   **Modifications:** Hold weights or use an exercise band (harder)
   
   - Curl arms up to shoulders, keeping your elbows tucked into your sides.
   - Lower your arms making sure you do not lock your elbows on the way down.
   - Repeat.
4. Lunges

*Reps: 12 on each side*

*Modifications: Do not lunge as deeply/low (easier) or hold weights (harder)*

- Feet shoulder width apart.
- Take a large step forward with one foot.
- Drop your back knee towards the ground.
- Make sure your front knee stays behind your ankle.
- Rise up as you step back, and then repeat alternating legs.

5. Heel Toe Crunch

*Reps: 12 on each side*

- Squeeze your abs as you rotate from side to side touching your heels.
- Keep your eyes on the ceiling.
- Alternate touching each heel.

6. Sit-ups

*Reps: 12*

*Modifications: Do not sit up all the way, go as high as you can (easier)*

- Squeeze your abs as you come up to touch your elbows to your knees.
- Breathe out as you go up towards your knees and breathe in when you lower back down.
- Repeat.
Circuit 2

1. Dips
   *Reps: 12*
   *Modifications: Bend your knees (easier)*
   - Lower your butt towards the ground.
   - Elbows go to a 90 degree angle.
   - Keep back straight.
   - Rise up and repeat.

2. Step-ups
   *Reps: 12 on each side*
   *Modifications: Hold weights (harder)*
   - Feet shoulder width apart.
   - Step up onto step with one foot.
   - Bring other foot up after.
   - Step back down and repeat.

3. Straight Arm Raises
   *Reps: 12*
   *Modifications: Hold weights or use exercise band (harder)*
   - Keep your arms straight.
   - Raise your arms to shoulder height.
   - Do not lock your elbows.
   - Lower arms back to sides.
   - Raise arms straight to the front to shoulder height.
   - Lower and repeat.
4. Calf Raises
   Reps: 12
   Modifications: Hold weights (harder)
   - Feet shoulder width apart.
   - Rise up onto your tiptoes.
   - Lower back down and repeat.

5. Russian Twists
   Reps: 12 on each side
   Modifications: Keep feet on the ground (easier) or hold weights or medicine ball (harder)
   - Squeeze your abs as you rotate from side to side.
   - Lean back, keeping your back straight.
   - Alternate sides as you twist.

6. Supermans
   Reps: 12
   Modifications: Take turns raising your arms and legs off the ground (easier)
   - Keep your arms and legs straight.
   - Squeeze your back and butt muscles to lift your arms and legs off the ground at the same time.
   - Lower and repeat.
WEEKS 4 TO 6

Alternate between Circuit 1 and Circuit 2 for three weeks, aiming to complete each circuit at least one time per week. All the exercises in the circuit should be completed in order, and the circuit should be repeated two times.

Circuit 1

1. **Shoulder Press**
   
   *Reps: 15*

   * Modifications: Hold weights or use exercise band (harder)*
   
   - Knees shoulder width apart, and slightly bent.
   - Elbows go to a 90 degree angle, at shoulder height.
   - Raise arms above head.
   - Lower to elbows back down to shoulder height.
   - Keep back straight.
   - Repeat.

2. **Wall Sit**
   
   *Reps: Hold for 30 seconds*

   * Modifications: Squat as low as you can (easier) or hold weights (harder)*
   
   - Feet shoulder width apart.
   - Lower your butt so your knees are at a 90 degree angle, like you are sitting in a chair.
   - Keep back flat against the wall.
   - Hold.

3. **Rows**
   
   *Reps: 15*

   * Modifications: Hold weights or use exercise band (harder)*
   
   - Keep your back flat.
   - Do not lock your elbows.
   - Keep your arms tight to your body as you row up.
   - Squeeze your shoulder blades together.
• Lower your arms and repeat.

4. Single Leg Squat
   Reps: 15 on each side
   Modifications: Balance holding your foot straight in front of you but don’t squat (easier) or hold weights (harder)
   • Feet shoulder width apart.
   • Knees slightly bent.
   • Lift one leg straight in front of you and balance.
   • Lower into a squat, keeping your knee behind your toes.
   • Rise up and repeat.

5. Crunches
   Reps: 15
   Modifications: Raise up as high as you can (easier)
   • Squeeze your abs as you crunch up.
   • Keep your eyes on the ceiling.
   • Exhale as you crunch up and inhale as you lower back down.

6. Bicycle Crunches
   Reps: 15 on each side
   Modifications: Keep feet on the ground and lift knee to opposite elbow one leg at a time. (easier)
   • Start with your legs straight out in the air.
   • Bring one knee in towards your chest.
   • Twist your elbow towards the opposite knee as you crunch up.
   • Lower and repeat on the other side.
Circuit 2

1. Straight Arm Raises
   Reps: 15
   Modifications: Hold weights or use exercise band (harder)
   • Keep your arms straight.
   • Raise your arms to shoulder height.
   • Do not lock your elbows.
   • Lower arms back to sides.
   • Raise arms straight to the front to shoulder height.
   • Lower and repeat.

2. Squats
   Reps: 15
   Modifications: Complete a half squat (easier) or hold weights (harder)
   • Feet shoulder width apart.
   • As you squat, keep your knees behind your toes.
   • Keep your weight in your heels.
   • Like you are sitting in a chair.
   • Stand up and repeat.

3. Pushups
   Reps: 15
   Modifications: Go onto your knees (easier)
   • Hands slightly wider then shoulder width apart.
   • Keep your arms in line with your shoulders.
   • Keep back straight and your butt in line with your back.
   • Lower so that your elbows are at a 90 degree angle with the floor
   • Rise and repeat.
4. **Step-ups**
   
   *Reps: 15 on each side*
   
   *Modifications: Hold weights (harder)*
   
   - Feet shoulder width apart.
   - Step up onto step with one foot.
   - Bring other foot up after.
   - Step back down and repeat.

5. **Sit-ups**
   
   *Reps: 15*
   
   *Modifications: Do not sit up all the way, go as high as you can (easier)*
   
   - Squeeze your abs as you come up to touch your elbows to your knees.
   - Breathe out as you go up towards your knees and breathe in when you lower back down.
   - Repeat.

6. **Russian Twists**
   
   *Reps: 12 on each side*
   
   *Modifications: Keep feet on the ground (easier) or hold weights or medicine ball (harder)*
   
   - Squeeze your abs as you rotate from side to side.
   - Lean back, keeping your back straight.
   - Alternate sides as you twist.

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WEEKS 7 TO 9

Alternate between Circuit 1 and Circuit 2 for three weeks, aiming to complete each circuit at least one time per week. All the exercises in the circuit should be completed in order, and the circuit should be repeated two times.

Circuit 1

1. **Bicep Curls**
   
   *Reps: 18*
   
   *Modifications: Hold weights or use an exercise band (harder)*
   
   - Curl arms up to shoulders, keeping your elbows tucked into your sides.
   - Lower your arms making sure you do not lock your elbows on the way down.
   - Repeat.

2. **Lunges**
   
   *Reps: 18 on each side*
   
   *Modifications: Do not lunge as deeply/low (easier) or hold weights (harder)*
   
   - Feet shoulder width apart.
   - Take a large step forward with one foot.
   - Drop your back knee towards the ground.
   - Make sure your front knee stays behind your ankle.
   - Rise up as you step back, and then repeat alternating legs.

**Shoulder Press**

*Reps: 18*

*Modifications: Hold weights or use exercise band (harder)*

- Knees shoulder width apart, and slightly bent.
- Elbows go to a 90 degree angle, at shoulder height.
- Raise arms above head.
- Lower to elbows back down to shoulder height.
- Keep back straight.
- Repeat.
4. Calf Raises
   Reps: 18
   Modifications: Hold weights (harder)
   - Feet shoulder width apart.
   - Rise up onto your tiptoes.
   - Lower back down and repeat.

5. Heel Toe Crunch
   Reps: 18 on each side
   - Squeeze your abs as you rotate from side to side touching your heels.
   - Keep your eyes on the ceiling.
   - Alternate touching each heel.

6. Supermans
   Reps: 18
   Modifications: Take turns raising your arms and legs off the ground (easier)
   - Keep your arms and legs straight.
   - Squeeze your back and butt muscles to lift your arms and legs off the ground at the same time.
   - Lower and repeat.
Circuit 2

1. Dips
   * Reps: 18
   * Modifications: Bend your knees (easier)
     - Lower your butt towards the ground.
     - Elbows go to a 90 degree angle.
     - Keep back straight.
     - Rise up and repeat.

2. Single Leg Squat
   * Reps: 18 on each side
   * Modifications: Balance holding your foot strait in front of you but don’t squat (easier) or hold weights (harder)
     - Feet shoulder width apart.
     - Knees slightly bent.
     - Lift one leg straight in front of you and balance.
     - Lower into a squat, keeping your knee behind your toes.
     - Rise up and repeat.

3. Rows
   * Reps: 18
   * Modifications: Hold weights or use exercise band (harder)
     - Keep your back flat.
     - Do not lock your elbows.
     - Keep your arms tight to your body as you row up.
     - Squeeze your shoulder blades together.
     - Lower your arms and repeat.
4. Wall Sit
   Reps: Hold for 45 seconds
   Modifications: Squat as low as you can (easier) or hold weights (harder)
   - Feet shoulder width apart.
   - Lower your butt so your knees are at a 90 degree angle, like you are sitting in a chair.
   - Keep back flat against the wall.
   - Hold.

5. Bicycle Crunches
   Reps: 18 on each side
   Modifications: Keep feet on the ground and lift knee to opposite elbow one leg at a time. (easier)
   - Start with your legs straight out in the air.
   - Bring one knee in towards your chest.
   - Twist your elbow towards the opposite knee as you crunch up.
   - Lower and repeat on the other side.

6. Crunches
   Reps: 18
   Modifications: Raise up as high as you can (easier)
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   - Keep your eyes on the ceiling.
   - Exhale as you crunch up and inhale as you lower back down.
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Questions?
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