



## Fit 5 Workout Template

Use the Special Olympics Fit 5 Fitness Cards to Build your own workout using the template below!

There are different levels in the fitness cards, select the one you feel most comfortable for you to start off, you can always move up in levels as time goes on!

	<b>Exercise Type</b>	<b>Instructions</b>
<b>STEP 1</b>	<b>ENDURANCE</b>  (ex. Jumping Jacks)	Select any "Endurance" exercise from the SO Fit 5 Fitness Cards.  Repeat this for 45 seconds.  Rest for 1 minute then repeat 3 TIMES
<b>STEP 2</b>	<b>STRENGTH</b>  (ex. Straight Leg Raises)	Select any "Strength" exercise from the SO Fit 5 Fitness Cards.  Repeat this for 45 seconds.  Rest for 1 minute then repeat 3 TIMES
<b>STEP 3</b>	<b>BALANCE</b>  (ex. Lateral Step down)	Select any "Balance" exercise from the SO Fit 5 Fitness Cards.  Repeat this for 45 seconds.  Rest for 1 minute then repeat 3 TIMES
<b>STEP 4</b>	<b>FLEXIBILITY</b>	Select any "Flexibility" exercise from the SO Fit 5 Fitness Cards.  Repeat this for 45 seconds.  Rest for 1 minute then repeat 3 TIMES

Too Easy? Here are some ways to make this more difficult.

- ✓ Instead of 45 seconds, complete each exercise for 1 minute.
- ✓ Select an exercise from a higher level. Level 1 is the easiest, level 4 is the most difficult.
- ✓ Go through each exercise 4-5 times!