

## City of Savannah, Therapeutic Recreation Program

### Special Olympians Training & Conditioning: Full Body Workout

Weeks 1 - 12 – Monday, Wednesday & Friday

**Leaning Back Ab Stretch - Hold for 10 seconds (5 times)**



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#### Instructions

- Keep your hands above your head.
- Lean back until you feel your abdominals stretching.
- Hold for 10 seconds then repeat.

**Leaning Oblique Stretch - Hold for 10 seconds (5 times)**



#### Instructions

- Raise your hands above your head.
- Lean to one side bending at the hip.
- Hold for 10 seconds, then repeat to the other side.

## Weeks 1 – 12 – Monday, Wednesday & Friday

### Crunches - 1 set of 10 reps

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#### Instructions

- Lay flat on the floor with your feet flat on the ground and knees at a 90-degree angle.
- Place your hands behind your head or across your chest. Beginners should place them across the chest.
- Curl your torso towards your knees, lifting the shoulder blades off the ground.
- Hold the curled position and contract the abdominal muscles for 2 seconds, then slowly return to the starting position.

### Superman Extensions - Repeat 5 times

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#### Instructions

- In the starting position, lie flat on your stomach with your hands full extended and arms extended reaching forward. Face down, relaxed. Toes pointing out behind you.
- The next phase, you will exhale as you reach up your legs away from the floor as well as your arms. Keeping your torso tight while you float your arms up off the ground.
- Keeping your limbs stretched out and straight, hold for a few seconds. Next, inhale gently and lower your arms and legs back to the floor to the resting position. Repeat.

## **Weeks 1 – 12 – Monday, Wednesday & Friday**

### **Glute Bridge Position - Repeat 5 times**

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#### **Instructions**

- Lie on the floor with your knees bent and feet flat on the floor.
- Push your hips into the air using your buttocks muscles and keep your back straight and in alignment with your hips. Avoid arching your back.
- Squeeze glutes and lift hips towards the ceiling. Hold for 3 seconds then relax by dropping hips down 6 inches.

### **Kneeling Lat Reach Stretch – Repeat 5 times**



#### **Instructions**

- Kneel on the floor.
- Hold your hands together and reach out in front of you as shown in the picture.
- Lower your shoulder blades towards the ground until you feel a stretch in the lats (back muscles).
- Hold for 30 seconds.

## Weeks 1- 12 – Monday, Wednesday & Friday

### Bent Over One Arm Can Rows – (1 set of 10 each arm)

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#### Instructions

- Stand with one foot ahead of the other, with your body leaning forward.
- With the same side arm as the leg that is back, place that hand on your thigh for support and stability.
- With the other hand, grasp a can with your palm facing in. Extend your arm, allowing it hang down at your side.
- Bring your arm up to your side, keeping your elbow close your side as well. Once your elbow and shoulder form a parallel line to the ground.
- Hold for 1-2 seconds, contract, then release back to the starting extended position.

## Weeks 1 - 12 – Monday, Wednesday & Friday

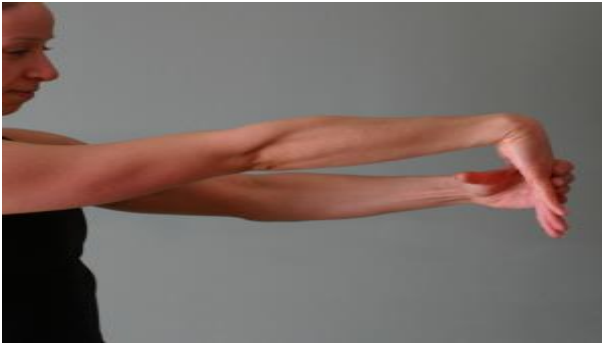
### Extensor Forearm Stretch



#### Instructions

- Hold one arm straight out in front of you with the palm facing down.
- Bend your wrist up, aiming your fingers as high as possible.
- Use your other hand to pull back your fingers until you feel a stretch in your lower forearm.
- Hold for 20 seconds and repeat with the other arm.

### Flexor Forearm Stretch



#### Instructions

- Hold one arm straight out in front of you with your palm facing down.
- Bend your hand at the wrist, pointing your fingers down.
- Use the other hand to hold it in the stretched position.
- Hold for 20 seconds and repeat with the other arm.

## Weeks 1 - 12 – Monday, Wednesday & Friday

### Chest Stretch



#### Instructions

- Stand close to a wall.
- Hold your arm flat on a wall with your hand facing the wall.
- Keeping your arm flat on the wall, move your body closer to the wall, turn your body away from the direction of your arm, as shown in the picture, until you feel a stretch in your chest muscles.
- Hold for 20-30 seconds, then repeat with the other arm.

### Single Arm Can Curls – (1 set 10 reps each arm)



#### Instructions

- Stand with your feet shoulder width apart and slightly bent to relieve stress from your lower back.
- Grasp each can with an underhand grip. Begin with the dumbbells hanging straight down at your sides. Now, keeping your elbows in at your sides and stationary, curl one can straight up in front of you. Do not swing up the weight.
- Hold for 2 seconds, contracting the bicep muscles.
- Slowly return to starting position.

## Weeks 1 - 12 – Monday, Wednesday & Friday

### Bent Knee Push Ups – For Females (1 set of 10)

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#### Instructions

- Perhaps one of the most basic exercises and a great way to start off slow before you head into a full push-up.
- Please begin by bending over at the knees and waist, on the floor on your knees supported by your hands in front of you.
- With your hands about shoulder width apart, back flat and head looking forward. Slowly lower yourself back bending at the elbows to where your chest touches, or barely touches, the ground.
- Pause for a few seconds, then push back up in a slow and controlled fashion.

### Push-ups – For Males (1 set of 10)



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#### Instructions

- Try to keep your back straight and your arms about shoulder-width apart. Make sure your back does not hunch or sag down.
- While focusing on your pectorals, slowly lower your body by bending your arms at the elbows. Lower until you are within an inch of the floor. Focus on the stretch.
- Hold for 1-2 seconds, then push back up to the starting position.

## Weeks 1 - 12 – Monday, Wednesday & Friday

### Calf Stretch



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#### Instructions

- Position yourself with your hands against the wall as positioned in the picture.
- Keep one leg forward, bent at the knee. The other leg should be straight, going behind you.
- With the leg behind you, push your heel towards the ground until you feel a stretch in the calf muscle.
- Hold the stretch for 20-30 seconds then repeat with the other leg.

### One Leg Hamstring Stretch



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#### Instructions

- Stand with one leg in front of you, and one leg back.
- Keeping your back flat, lean on the back leg, keeping the front one straight with the toes pointing forward. Lean your torso forward as shown in the picture.
- Use your hands on your knees for balance. You can also place one hand on the wall for balance.
- You should feel a stretch in the hamstring of the extended leg.
- Hold stretch for 20-30 seconds, then repeat with the other leg.



## Weeks 1 - 12 – Monday, Wednesday & Friday

### Toe Reach Stretch – (Sitting or Standing)



#### Instructions

- Stand with your feet together and your legs slightly bent at the knees.
- Keeping your back flat, lean down as far as you can, trying to touch your toes.
- You should feel a stretch in your hamstrings. To hold the stretch, you can use your hands to hold on to your legs, as shown in the picture.
- Hold stretch for 20-30 seconds.

### Standing One Leg Thigh Stretch



#### Instructions

- Stand on one leg and bend the second leg back so you can hold it with your hand. You should use a wall for balance.
- Slowly pull your foot closer to your glutes until you feel a stretch in the quadriceps.
- Hold stretch for 20-30 seconds, then repeat with the other leg.

## Weeks 1- 12 – Monday, Wednesday & Friday

### Home Squats



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### Instructions

- Stand with your knees slightly bent, feet shoulder width apart and knees lined up over your ankles. Keep your back straight.
- Slowly bent at the knees until your legs make a 90-degree angle. You may have to lean forward a little bit to keep your balance.
- Slowly return to the starting position, contracting your thighs.

## Weeks 1 - 12 – Monday, Wednesday & Friday

### Rear Shoulder Stretch



#### Instructions

- Place one arm across your upper chest as shown in the picture.
- Use your other hand to pull your elbow closer to your body. You should feel a stretch in the rear and side deltoids.
- Hold stretch for 20-30 seconds, then repeat with the other arm.

### Tricep Stretch



#### Instructions

- Raise one arm with your bicep near your ear, and the hand on your upper back.
- Use your other arm to slowly pull your elbow backwards as shown in the picture, until you feel a stretch in the triceps.
- Hold stretch 20-30 seconds, then repeat with the other arm.

## **Weeks 1 - 12 – Tuesday, Thursday & Saturday**

### **Basketball Dribbling Drills**

- 1. Ball Slaps (repeat for 1 to 2 minutes)**  
Continuously slap the basketball from one hand to the other. This is a great drill to start with to get your hands ready for the workout.
- 2. Wraps – Around Ankle**  
Wrap the ball around your lower leg/ankles without letting the basketball touch the ground.
- 3. Wraps – Around Waist**  
Wrap the ball in a circle motion around your waist.
- 4. Wraps – Around Head**  
Wrap the ball in a circle motion around your head.
- 5. Wraps – Around the world**  
Involves combining the wraps around the ankles, waist, and head into one drill. Start by wrapping the ball around your head, then bringing it down and around your waist, and finally around your ankles. Then back up to your waist, then head, then waist again, etc
- 6. Wraps – Figure 8 Around Legs**  
Wrap the ball in a figure 8 motion around your legs.
- 7. Wraps – Around Left Leg**  
Starting with your left leg in front and your right leg back, wrap the ball around only your left leg.
- 8. Wraps – Double Leg, Single Leg**  
Start with your legs together. Step your right leg forward and circle your right leg with the basketball. Then immediately step back with your right leg so that your feet are together and circle both legs. Then step out with your left leg and circle it before stepping back together and wrapping the ball around them both. Continue this process.
- 9. Dribble ball down court with right hand and come back up with left – repeat 10 times each hand.**
- 10. Work on lay ups – 25 each side.**
- 11. Work on free throws – make 10 straight out of 50 shoots.**
- 12. Lay on your bed and shoot the ball in the air and catch it 50 times each hand.**