

Strength

Level 1

Straight Leg Raises

1. Stand tall. Use a chair or wall for balance.
2. Forward: Slowly lift your leg up in front of you as high as you can. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
3. Side: Slowly lift your leg out to the side with your toe pointed forward. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
4. your leg. Do not swing your leg.
5. After you have completed all leg lifts on one side, switch to the other side.

NOTE: Use ankle weights for an extra challenge.



Featuring Special Olympics Global Messenger, Alisa Ogden

Strength

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Push-Ups on the Wall

1. Stand facing wall. Place your hands flat on wall at shoulder level with straight arms. Your feet should be behind your body so that you are leaning on the wall.
2. Bend your arms to bring your chest to the wall. Keep your legs in place. Make your body a straight line.
3. Push your arms straight to return to the starting position. Make sure your body stays in a straight line the whole time.



Featuring Special Olympics athlete, Garrett Barnes

Strength

Level 1

Curl-Ups

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until you reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.



Featuring Special Olympics Global Messenger, Dan Tucholski