



alphabet workout

bands & jumprope

Welcome!

In this guide you will find the how to steps for all exercises on the Alphabet Workout bands & jumprope.

A few things to keep in mind before you begin:

- Make sure to warm up and cool down
- Stay hydrated
- Make sure you have enough room to move
- Focus on form
- Have fun!

Click on the  to view the video for the exercise.

Special Olympics School of Strength warm up



alphabet workout

bands & jumprope

- | | |
|-----------------------------|----------------------------------|
| A 10 leg extensions | N 10 bent-over rows |
| B 10 lat pull-downs | O 10 front raises |
| C 10 upright rows | P 15 good mornings |
| D 30 sec twist jumps | Q 30 sec skiers jumps |
| E 10 side raises | R 10 shoulder press |
| F 10 bicep curls | S 10 back rows |
| G 20 sec wall sits | T 10 tricep press back |
| H 15 pull aparts | U 30 sec jump rope jacks |
| I 30 sec basic jump | V 10 hip thrusts |
| J 10 chest press | W 10 squats |
| K 30 sec squat jumps | X 30 sec double jumps |
| L 10 reverse curls | Y 30 sec butt kicks jumps |
| M 30 sec high knees | Z 10 kick backs each |

Pick a word and work out!

How to use the alphabet workout

Alphabet workouts are a fun way to add variation to your exercise routine.

There are a few ways you can utilize the alphabet:

- ⇒ Pick a word like your name, favorite sport or *antidisestablishmentarianism* and complete the exercises.
- ⇒ Pick a word and see how many times you can repeat the work out with a short break in between.
- ⇒ Work your way through the entire alphabet!
- ⇒ Increase the number of reps or duration of exercises.

Leg Extensions

1. Sit in your chair. Place band under your right foot, holding the ends in each hand. Adjust the tension in the bands by gripping the band closer or farther from the ends.
2. Lift your right foot off the floor by straightening your knee. Pause at the top of the movement squeezing your quads. Lower you foot back to the floor.
3. Repeat reps with left leg.



Works:

arms

legs

glutes

chest

back

core

Lat Pull-Downs

1. Stand with feet shoulder-width apart and grasp band in each hand with arms over head.
2. Pull elbows wide bringing the band in behind your head, while squeezing the shoulder blades.
3. Return to start position. This is one rep.



Works:

arms

legs

glutes

chest

back

core



Upright Rows

1. Stand upright with your feet shoulder-width apart and the center of an elastic band under our feet.
2. Grasp the handle bars so that your palms are facing inward and touching you upper legs with you arms fully extended, elbows slight bent. This is your starting position.
3. Keeping your hands close to your body, exhale as you raise them straight up until they are just under your chin. Hold for a moment and then inhale as you reverse the motion back to the starting position. This is one rep.



Works:

arms

legs

glutes

chest

back

core

Twist Jumps

1. With your jump rope: your feet will jump together, but will be rotating about 180° from left to right, twisting from your hip.
2. Keep your shoulders firm, this will keep the jump rope in place.



Works:

arms

legs

glutes

chest

back

core

Side Raises

1. Stand with feet on your band, hip-width apart.
2. Grip an end of the band in each hand and stand up straight with your back straight, head straight, chest up and stomach tight. Start with your arms slightly bent and palms facing in at your sides. The band should not have any slack.
3. Raise your arms straight out until your elbows are at shoulder height. Slowly return to the starting position. This is one rep.



Works:

arms

legs

glutes

chest

back

core

Bicep Curls

1. Stand with both feet on resistance band holding the ends next to your side with palms facing forward
2. Slowly curl hands up to shoulders, squeezing biceps and keeping elbows next to your sides.
3. Slowly release arms back down to starting position. This is one rep.



Works:

arms legs glutes chest back core

Wall Sits

1. Tie a resistance band around your thighs, just above your knees.
2. Sit against the wall knees bent in a 90° angle.
3. Push both knees out against the resistance of the band. Slowly return to the starting position . Continue to push out on the band and return to the starting position until the correct time has elapsed.



Works:

arms **legs** **glutes** chest back core

Pull Aparts

1. Stand with you feet shoulder-width apart. Keep your resistance band held out with both hands at arms length in front of you .
2. Keep the band at chest level and keep your arms shoulder-width apart as you pull the band apart, moving your hands and arms laterally away from your shoulders.
3. Return your hands to the start position when they have reached their full extent. This is one rep.



Works:

arms legs glutes chest back core

Basic Jump

1. With your jump rope, keep your feet together with a slight knee bend, as you jump up letting the jump rope pass beneath your feet.
2. Land softly on the mid ball of your feet. Repeat



Works:

arms

legs

glutes

chest

back

core

Chest Press

1. Stand with your feet a little wider than hip-width apart. Take the band around your mid-back and grab the ends of the band with each hand so the band is under your arm pits. Adjust the length of the band to increase or decrease the level of resistance.
2. Press both arms forward, keeping your chest lifted and your navel pulled to your spine.
3. Slowly return your arms to your sides. This is one rep.



Works:

arms

legs

glutes

chest

back

core

Squat Jumps

1. Tie a resistance band around your thighs right above your knees, making sure you are still able to comfortably maintain a squat position.
2. With feet slight wider than hip width, do a squat.
3. From the lowest squat position, jump up extending your legs and using your arms for momentum.
4. Land softly on the balls of your feet, and lower back into the squat position. This is one squat jump.



Works:

arms

legs

glutes

chest

back

core

Reverse Curls

1. Stand upright with your feet hip-width apart and the center of an elastic band under both feet.
2. Grab the ends on the band with an overhand grip.
3. Curl your hands up to your shoulders, keeping your elbows tucked into your sides.
4. Pause at the top, then slowly lower arms back to the starting position.

Works:

arms

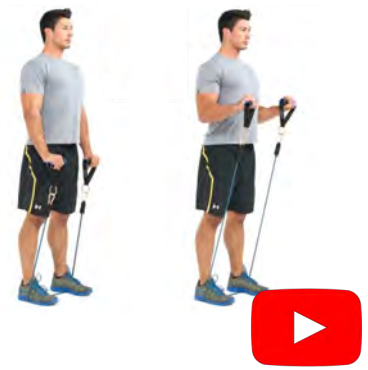
legs

glutes

chest

back

core



High Knees

1. With your jump rope alternate jumping from one leg to the other with your hops.
2. Make sure to bring your knee up high as you jump.

Works:

arms

legs

glutes

chest

back

core



Ski Jumps (front straddle)

1. With your jump rope, feet will land together but with one leg in front and the opposite leg behind.
2. You will alternate leg positions between jumps in a scissor like motion.

Works:

arms

legs

glutes

chest

back

core



Shoulder Press

1. Stand with feet hip-width apart on your resistance band. Hold one end of the band in each hand by your sides, palms facing in.
2. Bring handles of the band above shoulders so that elbows are bent at a 90° angle.
3. Press arms straight up, keeping shoulders down. Slowly lower hands back above shoulders.



Works:

arms

legs

glutes

chest

back

core

Back Rows

1. Sit on the floor, with legs extended together in front of you. Loop the resistance band around the soles of your feet and hold one end in each hand.
2. Pull the band toward your waistline, while squeezing your shoulder blades.
3. Slowly release tension to return to the starting position and repeat. This is one rep.



Works:

arms

legs

glutes

chest

back

core

Bent-Over Rows

1. Stand with feet hip-width apart on your resistance band. Hold one end of the band in each hand by your sides, palms facing in.
2. With a slight bend on your knees, hinge forward at your hips.
3. Bend your elbows and pull the band toward your chest, keeping your elbows close to your body. Make sure to keep your back flat.
4. Slowly straighten your arms and lower your hands back to the starting position. This is one rep.



Works:

arms

legs

glutes

chest

back

core

Front Raises

1. Holding the ends of the resistance band in each hand, step in the middle of the band with both feet. Stand up straight with a tight core and flat back.
2. Begin by lifting your hands straight up in front of you with an overhand grip. Be sure to keep a slight bend in the elbows at all times.
3. Pause at the top to feel the contraction, then slowly lower the bands to the starting position. This is one rep.



Works:

arms legs glutes chest back core

Good Mornings

1. Place the resistance band around the back of your neck and then step on the ends with both of your feet.
2. Bend at your waist lowering your chest until it is parallel with the floor. Keep your back flat.
3. Rise back up to starting position, thrusting your hips forward. This is one rep.



Works:

arms **legs** **glutes** chest back core

Triceps Press Back

1. Place the resistance band under one foot, and take a slight forward step with the opposite foot.
2. With palms facing each other grip the band with your thumbs down. Keep elbows tight in towards your ears and extend your hands directly towards the ceiling.
3. Pause at the top of the movement, then slowly return hands to the starting position. This is one rep.



Works:

arms legs glutes chest back core

Jump Rope Jacks

1. With your jump rope. With your feet together, slightly bend your knees, and push the ball of your feet through the ground to jump up while you pass the rope beneath your feet.
2. Land with your feet spread wide apart like you would if you were doing a jumping jack.
3. On the next jump land with your feet together. Repeat.



Works:

arms

legs

glutes

chest

back

core

Hip Thrusts

1. Lie on your back with your feet flat on the floor, you should be able to just touch the back of your heels.
2. Place the resistance band over your hips, gripping each end in your hands. Push through your heels to raise your hips off the ground as you push your arms to tighten the band across your hips.
3. Pause 1-2 seconds at the top and return to the starting position.



Works:

arms

legs

glutes

chest

back

core

Squats

1. Start by standing on the resistance band with feet shoulder-width apart. Hold the ends of the band in each hand, located by your shoulders.
2. Squat down, keeping your heels on the floor, your hips back and your back straight until your thighs are parallel to the ground.
3. Raise yourself upwards, driving through your heels, to the starting position.



Works:

arms

legs

glutes

chest

back

core

Double Jumps

1. With your jump rope. Jump up and pass the jump rope under your feet twice before landing.

Works:

arms

legs

glutes

chest

back

core



Butt Kick Jumpers

1. with your jump rope and alternating legs, bring your foot back to the point where it meets your butt.

Works:

arms

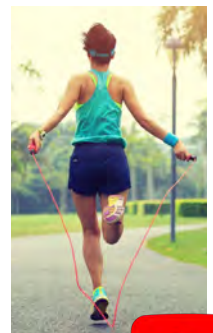
legs

glutes

chest

back

core



Kick Backs

1. Tie resistance band around both ankles with feet hip-width apart with your right foot a few inches behind the left.
2. Transfer your weight to the left leg and kick back with you right leg.
3. Return to the starting position. This is one rep.

Works:

arms

legs

glutes

chest

back

core

