

alphabet workout

no equipment

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

no equipment

- | | |
|------------------------------|-------------------------------|
| A 10 squats | N 10 mountain climbers |
| B 20 arm circles | O 30 sec high knees |
| C 15 jumping jacks | P 10 push-ups |
| D 15 sec L side plank | Q 20 skaters |
| E 10 crunches | R 10 plank hops |
| F 20 sec 6" hold | S 10 glute bridges |
| G 30 sec plank | T 10 reverse lunges |
| H 10 pli  squats | U 10 frog jumps |
| I 10 burpees | V 20 sec flutter kicks |
| J 10 knee push-ups | W 30 sec wall sit |
| K 10 lunges | X 10 wall push-ups |
| L 10 shin touches | Y 15 sec R side plank |
| M 10 Russian twists | Z 10 squat jumps |

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.

Squat

1. Start standing straight with feet slightly wider than shoulder-width apart and arms at your sides
2. Brace your core, keeping your chest and chin up, push your hips back and bend your knees as if you're going to sit in a chair.
3. Don't let your knees bow inward or outward, drop down until your thighs are parallel to the ground, bringing your arms out in front of you in a comfortable position.
4. Pause for one second, then extend your legs and return to the starting position



Works:

arms

legs

glutes

chest

back

core

Arm Circles

1. Stand with your arms extended by your sides, perpendicular to your torso.
2. Slowly make clockwise circles about 1 foot in diameter.
3. Then reverse the movement, going counterclockwise.



Works:

arms

legs

glutes

chest

back

core

Jumping Jacks

1. Start with your legs together, arms at your sides.
2. Bend your knees slightly and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
4. Jump back to starting position. This is one jumping jack.



Works:

arms

legs

glutes

chest

back

core

Side Plank Dips

1. Lie on your right (left) side with your left (right) leg and foot stacked on top of your right (left) leg and foot. Prop your upper body up by placing your right (left) forearm on the ground, elbow directly under your shoulder.
2. Contract your core to stiffen your spine and lift your hips and knees off the ground, forming a straight line with your body.
3. Return to start in a controlled manner. This is one rep.



Works:

arms

legs

glutes

chest

back

core

Crunch

1. Lie on your back with your knees bent and feet flat on the floor.
2. Place your hands behind your head, or rest your arms and hands at your sides or across your chest. Wherever you keep your hands keep them relaxed.
3. As you exhale, engage your abs and lift your head and shoulder blades off the floor. Pause for 1 or 2 seconds. Relax your head and shoulders to the floor. This is one crunch.



Works:

arms

legs

glutes

chest

back

core

6" Hold

1. Lay on your back with knees bent, compress your lower back to the floor and engage your core. Hands can rest on your abs, by your sides or wedged under your butt.
2. Extend the right leg out straight so that your heel is about 6 inches from the floor. Extend your left leg out to meet your right leg.
3. Hold this position, breathing smoothly. Bring legs, one at a time, back to body and rest on the floor.



Works:

arms

legs

glutes

chest

back

core

Plank

1. Begin in a pushup position with your hands and toes firmly planted on the ground, your back straight, and your core tight.
2. Keep your chin slightly tucked and your gaze just in front of your hands.
3. Take deep controlled breaths while maintaining tension throughout your entire body, so your abs, shoulders, triceps, glutes are all engaged.



Works:

arms

legs

glutes

chest

back

core

Plié Squats

1. Stand with feet slightly wider than shoulder-width apart and toes turned out at a 45° angle.
2. Bend knees and lower your torso, keeping your back straight and abs tight.
3. Squeeze your glutes and come back to the standing position.



Works:

arms

legs

glutes

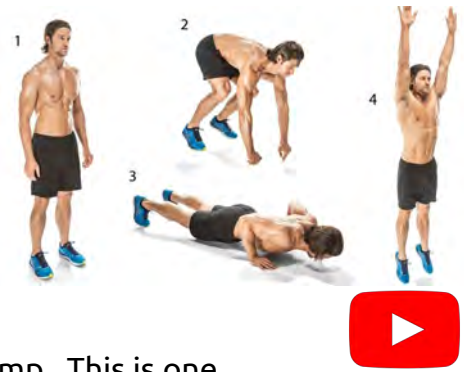
chest

back

core

Burpee

1. Start by standing upright with your feet shoulder-width apart and your arms down by your sides.
2. With your hands out in front of you, start to squat down. When your hands reach the ground, pop your legs straight back in to a pushup position.
3. Jump your feet up to your palms by hinging at the waist. Get your feet as close to your hands as you can get, landing them outside your hands if necessary.
4. Stand up straight, bringing your arms above your head and jump. This is one rep.



Works:

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

Knee Pushups

1. Start at the top of the push up position with your hands on the floor, arms straight and underneath your shoulders. Step your knees back behind you so that there is a straight line through your body from your knees to your head.
2. Bend at the elbows, keeping them in towards your ribs and your forearms vertical. Use your full range of motion to lower your chest between your hands as close to the floor as you can.
3. Push yourself up, keeping your body tense, to the start position.



Works:

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

Lunge

1. Stand with feet shoulder-width apart and arms down at your sides.
2. Take a step forward with your right leg and bend your right knee as you do, stopping when your thigh is parallel to the ground. Make sure your knee does not extend past your foot.
3. Push up off your right foot and return to the starting position. Repeat with your left leg. This is one set.



Works:

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

Shin Touches

1. Lie on your back. Put your legs straight up over your hips and your arms over your head.
2. Lift your arms and touch your shins. Bring your head, neck and upper back off the ground as you reach towards your shins.
3. Slowly lower your back to starting position.



Works:

arms

legs

glutes

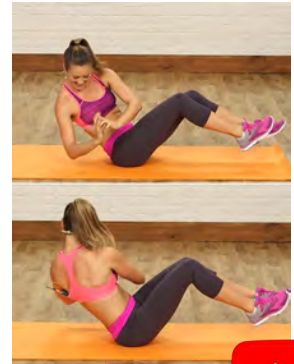
chest

back

core

Russian Twist

1. Sit on the floor with your knees bent and feet together, lifted a few inches off the floor.
2. With your back at a 45° angle to the floor, and keeping your spine straight
3. Exhale as you twist to the left, punching your right arm over to the left side. Inhale back to center, then punch your left arm over to the right side. This is one Russian Twist.



Works:

arms

legs

glutes

chest

back

core

Mountain Climber

1. Start in a plank position. Make sure to keep your back straight and your core engaged.
2. Bring your left foot forward to directly under your chest while keeping your right foot straight.
3. Keeping your hands on the floor and your core tight, jump and switch legs, so your right leg is directly under your chest while straightening your left leg. That is one Mountain Climber.



Works:

arms

legs

glutes

chest

back

core

High Knees

1. Stand with feet hip-width apart. Lift up your left knee to your chest.
2. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a moderate to fast pace.



Works:

arms

legs

glutes

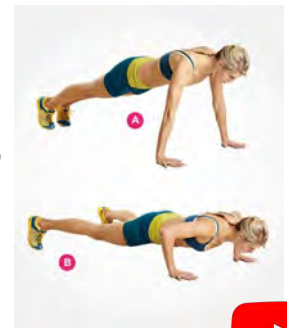
chest

back

core

Push up

1. Start in a plank position with your core tight, shoulders pulled down and back and neck neutral
2. Bend your elbows and begin to lower your body down to the floor. When your chest grazed your floor, extend your elbows and return to the start position. Focus on keeping you elbows close to your body.



Works:

arms

legs

glutes

chest

back

core

Skaters

1. Start with your legs slightly wider than shoulder-width apart and arms at your sides.
2. Bring one leg behind at a slight angle into a reverse lunge. The front knee will come to a 90° angle.
3. Swing your arms in front of the bent knee and leap the back leg forward to switch sides in a skating motion. Arms alternate as you switch sides like a speed skater.



Works:

arms

legs

glutes

chest

back

core

Plank Hop

1. Begin in a plank position with your shoulders over your wrists, feet together, and your body in a straight line.
2. Bend your knees and hop both feet out to shoulder-width apart and hop back to starting position. This is one rep.

Works:

arms

legs

glutes

chest

back

core



Glute Bridge

1. Start by lying on the floor with your knees bent, feet flat on the floor, and arms straight by your side with palms facing down.
2. Pushing through your heels, raise your hips off the ground by squeezing your core, glutes and hamstrings. Your upper back and shoulders should still be in contact with the floor, and your core down to your knees should form a straight line.
3. Pause 1-2 seconds at the top and return to the starting position.

Works:

arms

legs

glutes

chest

back

core



Reverse Lunge

1. Start by standing straight and bracing your core muscles. Take a giant step backwards with your left foot.
2. Bend your right knee until it is at a 90° and lower your left knee until it is also bent at a 90° angle.
3. Push back up to return to the starting position.

Works:

arms

legs

glutes

chest

back

core



Frog Jumps

1. Start in a deep squat position with your legs slightly wider than shoulder-width apart and your toes angled slightly outward. Keep your face front and your shoulders back.
2. On an exhale jump forward and up in the air, trying to leap as high as you can.
3. Land lightly on your feet back to the starting position, inhaling as you squat back down.



Works:

arms

legs

glutes

chest

back

core

Flutter Kicks

1. Lie on your back and extend your legs up to a 45° angle. Keep your arms straight and on the floor, palms down.
2. Keeping your legs straight and toes pointed lower one leg while raising the other. Alternate raising and lowering each leg.



Works:

arms

legs

glutes

chest

back

core

Wall Push-Ups

1. Face the wall. Placing hands against the wall at shoulder height.
2. Bend your elbows and begin to lean your body towards the wall until your nose almost touches it. Keep your back straight and don't let your hips sag.
3. Push back to the starting position.



Works:

arms

legs

glutes

chest

back

core

Wall Sit

1. Start with your feet about 2 feet away from the wall. Carefully lean back against the wall with your torso, with feet shoulder width apart.
2. Press back into the wall and slowly slide down the wall until your thighs are parallel with the ground. Your knees should be above your ankles and bent at a right angle. Hold.

Works:

arms

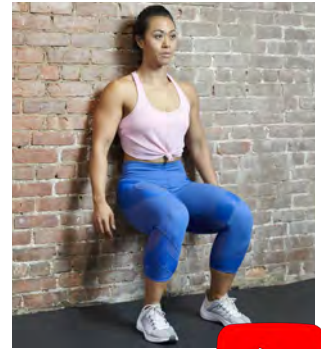
legs

glutes

chest

back

core



Squat Jumps

1. Start in a standing position with your feet hip-width apart, arms by your sides and shoulders down and back.
2. Do a squat: hinge at the hips to push your butt back and lower your thighs parallel to the floor.
3. Press your feet down to explode off the floor and jump as high as you can. While pushing your arms back behind you.
4. Allow your knees to bend 45° when you land, and then immediately drop back down into a squat. This is one squat jump.

Works:

arms

legs

glutes

chest

back

core

