



Special Olympics

5/10 Pin Bowling *Strength & Conditioning*


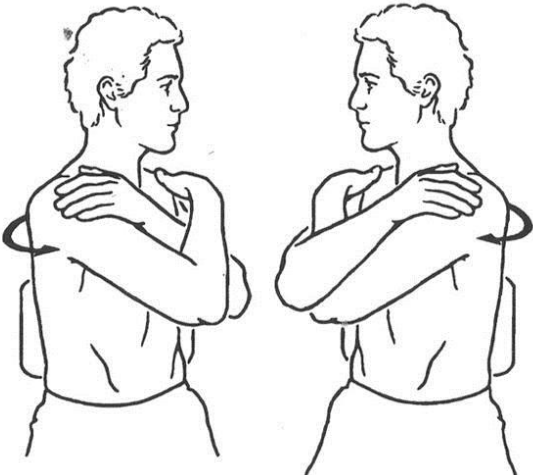


Let me win.
But if I cannot win,
let me be brave
in the attempt.
- Special Olympics athlete oath

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Dynamic Warm-Up

<u>Warm Up</u>	<u>Key Points</u>
<p data-bbox="201 491 461 531"><u>Jumping Jacks</u></p> <p data-bbox="305 548 326 569">1A</p> <p data-bbox="444 548 466 569">1B</p> 	<ul data-bbox="889 499 1414 982" style="list-style-type: none">• Step 1: Arms by your side knees slightly bent• Step 2: Jump! Arms come up through the side of your body and legs spread apart• Modification: instead of jumping, step your legs out and then back in- one at a time• 20 reps
<p data-bbox="201 1079 431 1119"><u>Trunk Twists</u></p> 	<ul data-bbox="889 1087 1414 1528" style="list-style-type: none">• 10 twists each side• Keep your feet shoulder width apart for stability• Keep your head facing forward to avoid getting dizzy• Do your best to twist far enough to feel a stretch, but you should not feel any pain

Rotating Toe Touches



- 10 touches each side
- Stand with your feet about shoulder-width apart and arms stretched out to your side at shoulder height.
- Keeping your arms as straight as possible reach down and try to touch your hand to your opposite toe, come back to the starting position and repeat on the other side

Leg Swings



- 15 reps each leg
- Place hands on wall for support
- Swing leg parallel (facing) the wall
- Let trunk rotate with the leg

Lunges



- 10 reps each leg
- Keep upper body straight
- Front knee should not go in front of the front foot

* see modification to forward lunge below

Modified Lunge



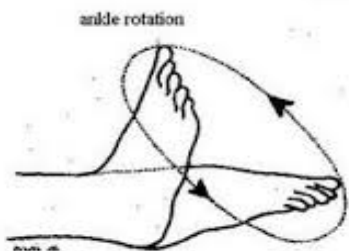
- Begin with both feet shoulder width apart
- Slowly step one leg back (about 2 feet, can be less if exercise is too intense)
- Hold the position for a few seconds being mindful that the front knee does not go over the toes

Jogging/ Marching on the Spot



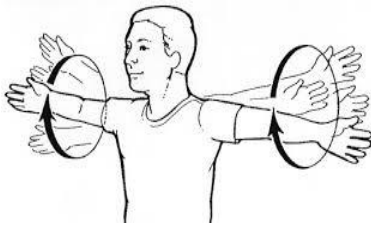
- March or jog on the spot at your own pace

Ankle Rotations



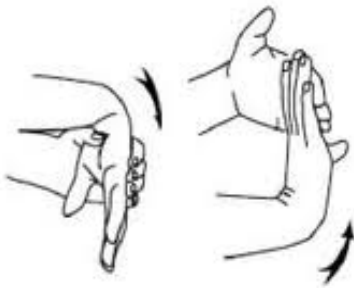
- 10 rotations each foot
- Can be done sitting down or standing up.

Shoulder Rotations



- Rotate your shoulders forward and backwards
- 15 reps forward, 15 reps backward
- Keep body straight

Wrist Stretch



- Hold for 10 seconds each position-hand facing up and hand facing down
- Stretch both hands
- Do not pull too hard!

Exercises Part I- Strength workout

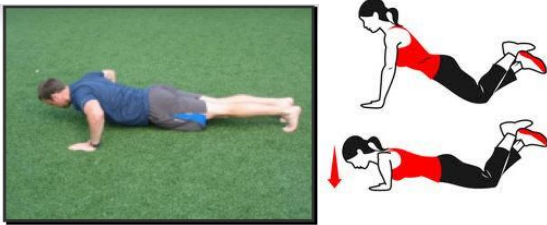
These exercises are great to do at home or during practice while you are waiting to bowl. Try and do as many of these exercises as you can during practice-aim to do them 3 times a week! These will help you become stronger and become a better athlete!

High Knees



- Stand tall with your feet shoulder-width apart.
- Raise one knee as high as you can and step forward. Lift the opposite arm with the knee.
- Alternate with both knees.
- If this is too tough, you can march on the spot
- 15 reps each leg
- 3 sets

Push-ups



- Perform either full push-ups on the toes or
- **Adaptation:** modified on the knees, or against the wall
- 10 reps
- 3 sets

Power Skipping



- Perform regular skipping motions, push off the ground and lift your knee as high as you can.
- **Adaptation:** Can march on the spot if you need to
- 15 reps each leg/3 sets

Squat



- Drop down to a squat position
- Hold the position as low as you can without bringing your knees in front of your toes.
- Aim to hold the position for at least 5 seconds for each rep.



- **Adaptation:** use a chair to hold onto or to sit into
- 15 reps
- 3 sets

Tricep Dip



- Perform this exercise either on a bench or a chair.
- Place your feet firmly on the ground and lower yourself.
- When your elbows reach 90 degrees bring yourself back to the starting position.
- **Adaptation:** If this is too difficult just aim to hold yourself up for five seconds with your bottom off the chair
- 15 reps
- 3 sets

Wall Sit




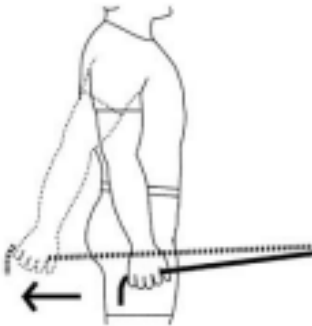
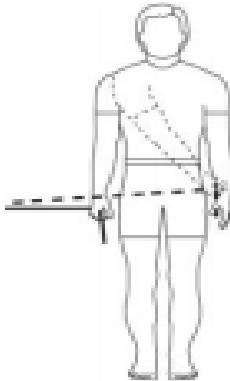
- With your back against a wall, hold your legs at a 90 degree position.
- Engage your core and place your hands on top of your head or hold them straight out in front to work your shoulders.
- Aim to hold the position for 30 seconds
- **Adaptation:** you can start slow with this, only holding for a few seconds at first- building up more time.

Use the following chart to keep track of your workouts. You can record the number of sets and reps you performed or even the amount of time you held certain positions for. This will help you mark your progress and reach your goals.

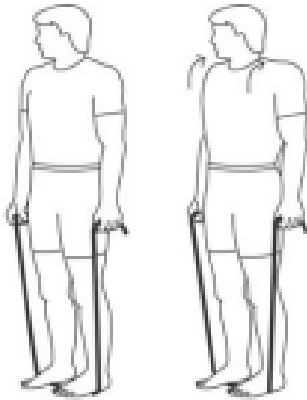
Workout #	High Knees	Push-up	Power skip	Squats	Tricep Dip	Wall Sit
1st						
2nd						
3rd						
4th						
5th						
6th						
7th						
8th						

Exercise Part II: Thera-band

Do this thera-band workout on a different day to try some different moves. Bring your thera-band to practice every time so that you can do these exercises at the bowling ally. Do these at home with family or friends. Try and do these exercises at least 3 times a week. Write in the chart and show your coach how many days you've done!

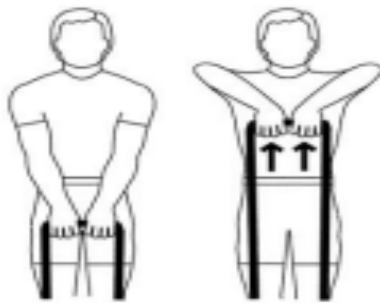
<u>Exercise</u>	<u>Key Points</u>
<p data-bbox="407 348 591 390" style="text-align: center;">Bicep Curl</p> 	<ul style="list-style-type: none"> • Stand on the band shoulder-width apart and hold the band in both hands. • Curl the bands toward your shoulders with your wrists facing up. • 10 reps • 3 sets
<p data-bbox="201 894 548 936">Shoulder Extension</p> 	<ul style="list-style-type: none"> • Wrap elastic around a pole at waist level-or get a friend to hold it tight • Grab elastic and pull arm backwards, keep elbow straight • Slowly return to start • Repeat on both arms • 10 reps • 3 sets
<p data-bbox="201 1360 548 1402">Shoulder adduction</p> 	<ul style="list-style-type: none"> • Attach elastic to object at waist level or get a partner to hold it • Grab elastic and pull arm inward, keep elbow straight • Slowly return to start position • Repeat on both arms • 10 reps • 3 sets

Shrug



- Stand on elastic and have arms at side
- Raise shoulders upwards towards ears and roll backwards
- Keep elbows straight
- Return on start position
- 10 reps
- 3 sets

Upright row



- Stand on elastic
- Grab elastic in both hands in front of hips
- Keep elbows straight, then lift towards chin as you bend the elbows
- Keep hands close to the chest
- 10 reps
- 3 sets

Bent over row



- Secure elastic under opposite foot
- Hold elastic in hand
- Slightly bend hips and knees, support upper body with other hand as seen in the diagram
- Pull elastic and raise elbow to shoulder height
- Return to start position and repeat
- 10 reps
- 3 sets

	Bicep Curl	Shoulder Extension	Shoulder Adduction	Shrug	Upright Row	Bent over row
1st workout						
2nd workout						
3rd workout						
4th workout						
5th workout						
6th workout						
7th workout						
8th workout						

Balance Exercises

Make sure you are doing these every day at home and at practice as they will help your performance! These should be done with both the strength and thera-band workout as they are important to do every day!

Standing on one leg



- Raise one foot off of the ground and hold it up trying to maintain a stable position
- If you need help balancing keep a chair or wall nearby for support
- Try to get up to 30 seconds on each leg
- 3 sets each side
- When you get stronger, try not to use the chair

Standing Alphabet Balance Exercise



- Standing on one foot raise the other foot in front of you and spell out letters from the alphabet using your toe or write numbers with your toe
- Use a chair or wall if you need to at first
- 10 reps/3 sets each leg

Side Leg Raises

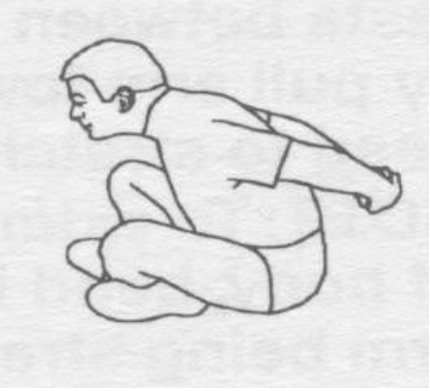
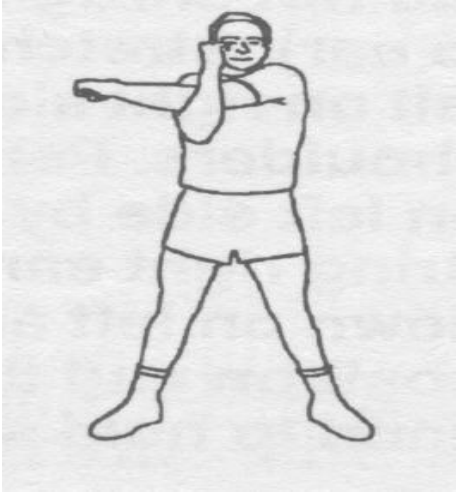


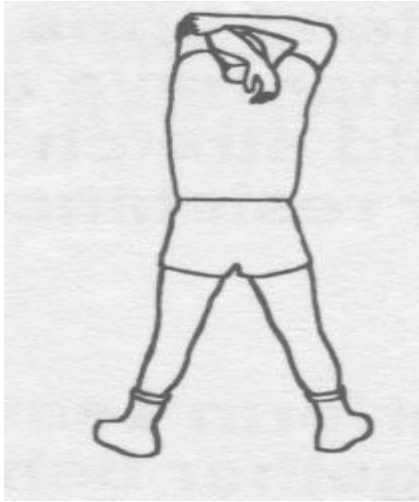
- 10 raises each leg
- Hold onto table with both hands and slowly lift one leg out to the side, without bending either of your knees
- Keep your toes facing forward and stay in this position for 2 seconds before bringing your feet back together and raising the other leg.

Workout #	Standing on one foot	Standing Alphabet Balance Exercise	Side Leg Raises
1st			
2nd			
3rd			
4th			
5th			
6th			
7th			
8th			

Cool Down

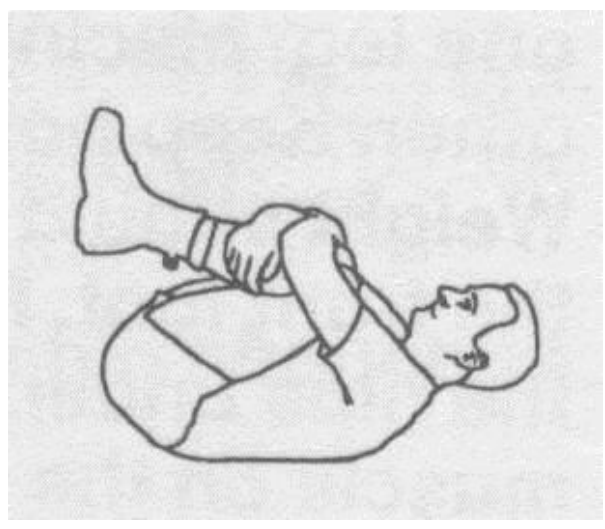
Cool down should be done every time that you work out or bowl!

<u>Post-Exercise Stretches</u>	<u>Key Points</u>
	<p>Chest Stretch</p> <ul style="list-style-type: none">• Clasp hands together behind back with thumbs down, extend arms behind and slowly and gently pull arms upward.• Hold for 15 - 30 seconds
	<p>Shoulder Stretch</p> <ul style="list-style-type: none">• Bring the one arm across chest while using other arm to pull it towards the chest.• Hold for 15 - 30 seconds/ arm



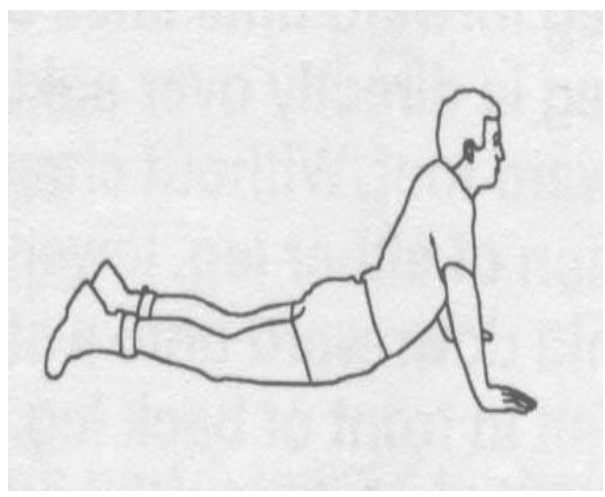
Tricep Stretch

- Bring your one arm up and place the palm of the hand down the center of back with the elbow in the air. Place the other hand on the elbow and gently push down.
- Hold for 15 - 30 seconds/ arm



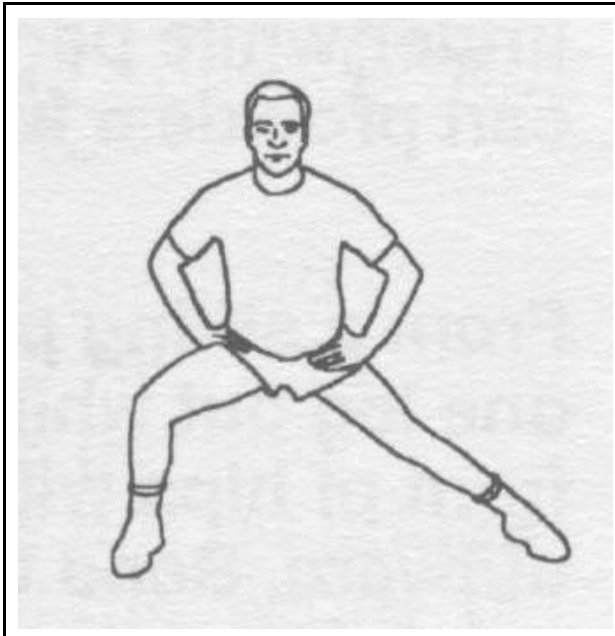
Back Stretch

- Slowly and gently pull knees into chest while lying on the ground.
- Hold for 15 - 30 seconds



Back Stretch

- Lay face down (prone) on the floor and gently and slowly pressing your torso up in the air by extending your arms.
- Hold this position for 15 - 30 seconds



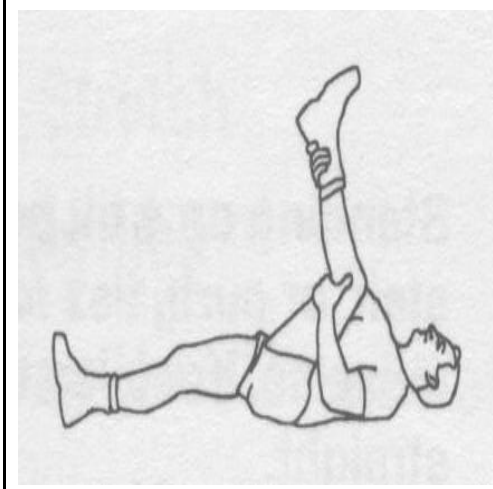
Groin Stretch

- Standing position with hands on the hips. Lean to one side and bend the knee while keeping the other leg straight. Both feet should be pointing forward.
- Hold for 15 - 30 seconds/ side



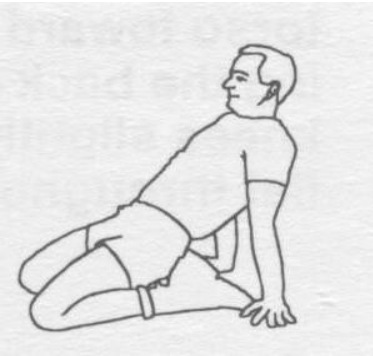
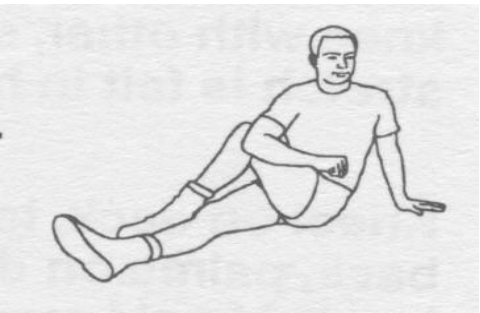
Quadricep Stretch

- Pull on the heel of your foot slowly and gently towards the buttocks
- If you're doing this stretch in the standing position, be sure to have a chair, wall, table or buddy close by to avoid the one-legged-balance hop
- Hold for 15 - 30 seconds/ leg.





Hamstring Stretch

- Lay down on back and gently pull knee towards the chest and keeping foot up in the air. The leg that's being stretched should only be partially bent.
- Hold for 15 - 30 seconds/ leg

	<p>Shin Stretch</p> <ul style="list-style-type: none"> • Start in the kneeling position and slowly sit back on your heels and place hands behind. - Don't force this stretch. If you feel any pain ease up on the stretch • Hold for 15 - 30 seconds
	<p>Hip Flexor Stretch</p> <ul style="list-style-type: none"> • Sit on the ground and pull one leg over the other (like in the photo). Place opposite elbow on the bent knee and twist your trunk the opposite direction. • Hold for 20 - 30 seconds/ side

Thera-band stretches

<p>Shoulder Stretch</p> 	<ul style="list-style-type: none"> • Hold the thera-band behind your back. • Gently pull up and down to feel a slight stretch in your shoulders. Hold for 10 seconds • Switch the top and bottom arm and repeat.
<p>Calf Stretch</p> 	<ul style="list-style-type: none"> • Sit on the ground with one leg stretched out in front of you. • Place the thera-band around the foot. Hold for 10 seconds and then switch legs.

Hamstring Stretch



- Lie on your back and extend one leg straight up or as high as you can.
- Wrap the thera-band around the foot and pull till you feel a stretch. Hold for 10 seconds and switch legs.

Staying Active

Staying active can be fun and easily incorporated into your day to day activities! It is very important for you to get as much cardio activity as you can. Use these tips and see how many activities you can do in one week!

Take the Stairs

Taking the stairs can be a quick way to get your body moving and your blood pumping. Instead of taking the elevator try the stairs.

If there are no stairs in your area, find a hill nearby and walk up it for extra cardio



Go for a walk

Going for a walk can get you where you want to go whether that's to the store or on your way to a healthier lifestyle.

Write yourself a plan to walk a certain amount of time every day and stick to it. A good place to start is a brisk 15 minute walk one or two times a day to help you get out in the fresh air.





Stretch it out

Stretching your muscles doesn't have to be boring. It can be easy and fun. Stretch with friends or family or while watching your favorite tv show. Use the stretches you learned in the *Cool Down* section of this booklet.

Making the Most out of Practice

When you come to practice try and be as active as possible during your time there. Here is a list of some other exercises that you can keep in mind during practice:


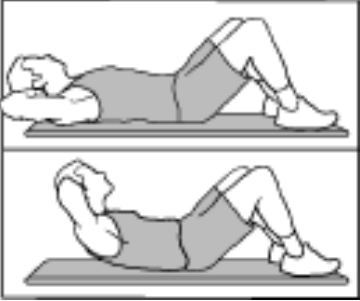

Please refer to pages 7-14

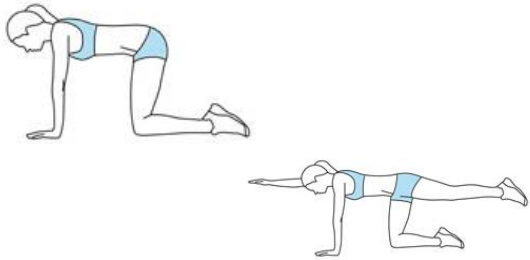
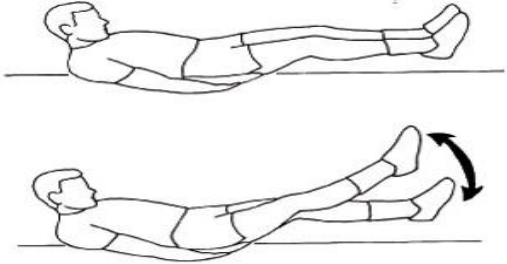

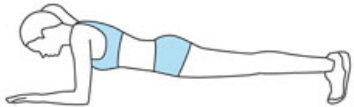
- Calf raises
- Balance exercises
- Squats
- Jumping jacks
- Toe touches
- Use theraband workout while you wait!

Cardio workout	I took the stairs/hill	I went for a walk	I did extra exercise at practice
1st			
2nd			
3rd			
4th			
5th			
6th			
7th			
8th			

Core workouts

Core workouts are very important for bowlers. If you have a stronger core, you could be a better and stronger bowler. Do these exercises when you do either the strength or thera-band workout. You should be doing these exercises at least 3 times a week to get a stronger core!

	<p>Supermans:</p> <ul style="list-style-type: none"> • Lie flat on stomach • Lift arms and legs up off floor • Hold for 10 seconds then lower 	<p>45 seconds</p> <p>3 sets</p>
	<p>Crunches:</p> <ul style="list-style-type: none"> • Lie on your back with knees bent • Feet placed flat on the floor • Curl up and shoulders come off the floor • Lower and repeat 	<p>45 seconds</p> <p>3 sets</p>
	<p>Aussies:</p> <ul style="list-style-type: none"> • Knees bent • Feet up off the floor • Keep eyes on hands • Twist to each side- you can use a ball or just use your hands in a fist • Keep feet up! 	<p>45 seconds</p> <p>3 sets</p>

	<p>Bird Dog:</p> <ul style="list-style-type: none"> • On hands and knees • Straighten <u>left leg</u> behind • <u>Right arm</u> forward • Hold for five seconds. • Switch sides 	<p>45 seconds</p> <p>3 sets</p>
	<p>Flutter Kick:</p> <ul style="list-style-type: none"> • Sit on hands • Head and legs up • Raise, then lower right leg • Switch: raise, then lower left leg <p>Easier variation: Flutter legs less high</p>	<p>45 seconds</p> <p>3 sets</p>
	<p>Bicycles:</p> <ul style="list-style-type: none"> • Fingers behind ears • Legs in the air • Pull <u>right knee</u> to <u>left elbow</u> • Pull <u>left knee</u> to <u>right elbow</u> • Alternate sides • Repeat 	<p>45 seconds</p> <p>3 sets</p>
	<p>Plank:</p> <ul style="list-style-type: none"> • palms and elbows on ground • Straight legs • Toes touching floor • Slowly lift entire torso off the floor • Engage core • Keep breathing! <p>Easier Variation: Knees on the floor</p>	<p>45 seconds</p> <p>3 sets</p>

Core	Superman	Aussies	Flutter kick
1st			
2nd			
3rd			
4th			
5th			
6th			
Core workout	Crunches	Bird dog	Plank
9th			
10th			
11th			
12th			
13th			
14th			

Injury Prevention

Here are a few tips to prevent injuries from occurring when bowling:

- Always warm-up with a few body stretches before bowling.
- Make sure your shoes are clean and dry before bowling.
- To protect your wrists and back, pick up the ball with both hands and bend with your knees rather than your back.
- The more of the exercises you do in this book, the better! The more active you are, including cardio and stretching, the less injured you are likely to get
- Perform cool-down exercises and stretch after any physical activity