

# EXERCISE/FITNESS STAY AT HOME CHALLENGE



## Season 2



### New Mexico Senior Olympics, Inc.

Welcome to SEASON 2 of our free virtual event encouraging seniors to be active while staying home. NMSO is once again offering fourteen (14) individual sport activities, all modified to participate from home. If you are already registered, your registration will work for Season 2! If this is your first time to join, remember to complete and agree to the LIABILITY WAIVER prior to getting started. Season 2 will run May – July 2021. Submit your results monthly to be entered into drawing for a \$100 Gift Card. We encourage you to consult a physician before starting any physical fitness exercise.

## EXERCISE/FITNESS Challenge Instructions

\* Challenge is May – July 2021

\* **Your Challenge for each month is to add 2 reps to each of the exercises below**

\* Track your time in hours and minutes and post on website to be eligible for the \$100 Gift Card

\* Record which exercises you were able to complete in Comments Section

\* Remember to warm up, have fun, be safe, stay hydrated, wear sunscreen and proper attire!

**1. SINGLE LEG STAND** - 10 seconds x **6 reps**. 3 times per week each month

Improve your balance: Stand next to a chair or table, raise one leg off the floor and bend knee 90 degrees. Don't look at your feet, look straight ahead. Hold for 10 seconds then switch legs. Do this 4 times on each leg. Challenge is to increase 5 seconds each month.

**2. FAST WALK MARCH** - 10 steps x **6 reps**. March 10 seconds 3 times per week each month

Standing flat footed, walk at a fast pace for 10 seconds bringing knee up above the hip. Challenge - 3rd month, get knee to touch chest. 4th month, add 5 steps to each rep.

**3. SKIP MARCH** - 10 steps x **6 reps**, 3 times per week each month

Start slow and steady. On ball of foot, skip with knee as high as you can for 10 steps. Challenge - get knees past your hips in the 2nd month. By the 3rd and 4th month, add 5 steps each rep each month.

**4. RUSSIAN TWISTS** - **12 reps**, 3 times per week each month

Sit on grass, mat, or chair. Lift both feet at least 1 foot from ground and bend knees at 90 degree angle. Hold and twist abs or upper body left to right to work the core. Challenge - add 10 reps each month

**5. PLANKS** - 30 secs x **4 reps** (rest in between reps) 3 times per week each month

Put hands directly under your shoulders like a push up position, lock elbows, try to keep your back straight, head looking at floor, knees and feet on the floor. Straighten the legs and knees off the floor with feet no more than 10" wide for stability. Hold for 30 seconds. Breathe in through your nose and exhale out through your mouth.

**6. HIGH KNEES** - 10 steps x **5 reps**, 3 times per week each month

Stand with feet hip-width apart. Lift right knee high above hips toward chest while left elbow swings forward to almost touching the right knee. Then switch knees to continue alternating legs and moving at almost a jog. You will be activating the hip flexors, but make sure to breathe in and out with rhythm pace.

### HOW to Get Started and report RESULTS

- Sign up and agree to the Liability Waiver at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- Participate and log your scores or times for one full month
- Each month submit challenge results virtually via our website at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon
- Results must include name, sport, gender, age, county, month, times and/or scores
  - \*Results are public and will be posted on our website
- All challenges are based on the honor system
- Check NMSO website monthly for results and Gift Card Winner Announcement
- Repeat the following month

**Your good health is your greatest wealth. Be safe in everything you do!**