

Special  
Olympics  
Nebraska



Special Olympics  
**Health**

# FITNESS COMBINE 2026



Special Olympics Nebraska athletes, partners, and coaches!

We are excited for you to participate in the 2026 Fitness Combine – Becoming Commander SONE! Below you will find the attributes of the superheroes we strive to emulate. Completing each level gets us one step closer to becoming **Commander SONE!**

Participants will complete the events, competing at home or with a team. The focus should be on improving personal scores in each of the events.

The goal is to stay active during these winter months. **Scores can be emailed to [health@sone.org](mailto:health@sone.org) or electronically using the qr code on the following page.** We will be sharing weekly results and winners.

Coaches/teachers will submit their top scorer to Special Olympics Nebraska to compete against other schools and teams statewide. In schools, be sure to follow your school, state, and local government guidelines. You will choose a student leader to assist with recording and running the stopwatch. Please note, there are adapted movements starting on page 20.

Be sure to capture pictures of your athletes participating in the Fitness Combine and share them on social media as we get #strongereveryday. **Don't forget to tag @sonebraska.**

Please let your Special Olympics Nebraska team know if you have any questions along the way!

Excited to see you in action,

The Special Olympics Nebraska Team

**Week 1 (pg 6): Spiderman** - flexibility, core, agility, optimistic, and resilient

**Week 2 (pg 8): Captain America** - core, lower body strength, moral, loyal, sense of justice

**Week 3 (pg 10): Antman** - power of mind, strong, agile, bravery, protector

**Week 4 (pg 12): Black Panther** - protector, strength, stamina, integrity, justice, honor

**Week 5 (pg 14): Thor** - superhuman strength, proud, loyal, protector

**Week 6 (pg 16): Wonder Woman** - agility, power, compassionate, determined

**Adapted Movements (pg 19)**

**Healthy Habits (pg 26)**



**COMMANDER SONE:**

**Let me win, but if I cannot win, let me be brave in the attempt.**

# REGISTRATION

Coaches can register a team of athletes by scanning the qr code below!  
Teams can include athletes and partners of any age and ability level.

A good coach is pivotal to the success of a team and the Fitness Combine in no exception! The coach of your team should:

1. Register their team of athletes and partners through the link below.
2. Collect and compile individual scores from each team member. Be sure to submit the highest individual score to health@sone.org or electronically here by the specified deadlines. (See below for the deadlines of the weekly competitions).
3. Act as the point of contact between SONE staff and their team.
4. Communicate and motivate their team!



# TIMELINE

**Registration Deadline: February 9**

**Submission Deadlines** (for teams: coaches submit *top individual score* for each week):

- Week 1 (5-10-5): February 23**
- Week 2 (Wall Sit): March 2**
- Week 3 (Floor Taps): March 9**
- Week 4 (Sit to Stands): March 16**
- Week 5 (Jumping Jacks): March 23**
- Week 6 (Plank): March 30**

**Awards Announced: April 15**



# WEEKLY WORKOUTS!



# WEEK 1 : FEB. 15 - 21

## SPIDERMAN



**Daily workout: Try to work out 30 minutes a day, 5 days a week**  
Get your body moving by doing 3 sets of each of the following exercises

1

**Plank or Wall Plank**  
**60 seconds**



3

**Curl-ups**  
**60 seconds**



2

**Mountain Climbers**  
**30 seconds**



4

**10 Push-ups or**  
**Wall Push-ups**



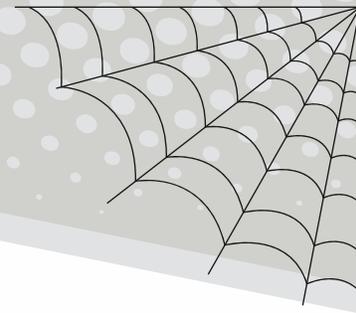
## COMMANDER SONE MISSION: 5-10-5 Drill

*Show Spiderman how fast you can be!*

Compete against your teammates then SUBMIT the winner's top score.  
One top score per team. Instructions on the following page.

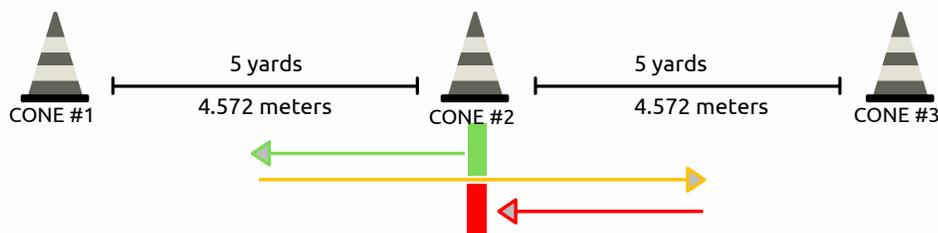
# 5-10-5 DRILL

## AGILITY + SPEED



### MATERIALS

- Three cones
- Measuring tape
- Stop watch



### PROCEDURE + SCORING

#### PREPARATION:

Place 3 cones 5 yards apart each, in a straight line.

#### EXERCISE:

1. Have participant start at cone #2 in a good starting stance so they can sprint to cone #1.
2. Participant should sprint to cone #1 and touch the cone with their fingertips.
3. Participant should then turn and sprint to cone #3 and touch cone #3 with their fingertips.
4. Participant should sprint back to cone #2.

#### SCORING:

Participant is timed for the entire exercise. The final score/time is based on the time it takes for participant to complete the 5-10-5 exercise.



### MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants start at cone #2 and face cone #1. Wheel quickly to cone #1. Turn tightly around the cone and wheel quickly to cone #3. Turn tightly around the cone and wheel quickly back to cone #2.

# WEEK 2 : FEB. 22 - 28

## CAPTAIN AMERICA



**Daily workout: Try to work out 30 minutes a day, 5 days a week**  
Get your body moving by doing 3 sets of each of the following exercises



### Arm/Leg Raises



### Back Lunge



### Torso Twist



### Wall Sit 15 seconds



### Squats or Chair Squats 60 seconds



## COMMANDER SONE MISSION: Wall Sits

*Show Captain America how **strong** your legs are!*

Compete against your teammates then [SUBMIT](#) the winner's top score.  
One top score per team. Instructions on the following page.

# WALL SITS STRENGTH



## MATERIALS

- Solid wall
- Stop watch

## PROCEDURE + SCORING

### EXERCISE:

1. Participant stands with back flat against the wall and feet about 1-2 feet away from the wall.
2. Participant holds arms at sides or across chest.
3. Participant bends at the knees and lowers down until thighs are parallel to the ground.
4. Participant holds this position as long as they can.

### SCORING:

Start recording time when the participant assumes the seated position. Total time is time to failure which is any adjustment from the original position.



## MODIFICATIONS

Wall sits can be modified by standing with your feet shoulder width apart and bending your knees at a 45 degree angle. You may put an exercise ball behind your lower back to reduce pressure on your quads. You may also try placing your palms on your knees and gently push to help support some of your upper body's weight.

# WEEK 3 : MAR. 1 - 7

## ANTMAN



**Daily workout: Try to work out 30 minutes a day, 5 days a week**  
Get your body moving by doing 3 sets of each of the following exercises

1

**Arm Circles**  
60 seconds



3

**Arm/Leg Raises**  
30 seconds



2

**Side Hops**  
60 seconds



4

**Balloon Breath**  
60 seconds



*Sit or lie down with your back as straight as you can. Bring your hands to your belly and/or heart. Let your belly get big like a balloon for a count of 3 when you breath in and small for a count of 3 when you breath out.*

## COMMANDER SONE MISSION: Floor Taps

*Show Antman how you can **balance!***

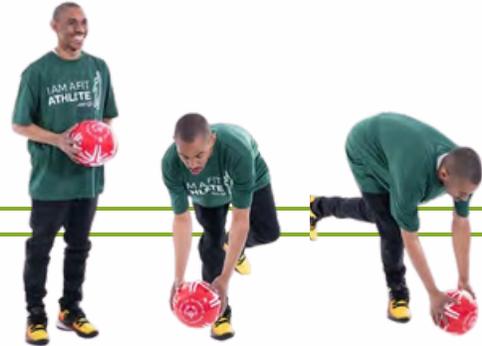
Compete against your teammates then **SUBMIT** the winner's top score.  
One top score per team. Instructions on the following page.

# FLOOR TAPS BALANCE



## MATERIALS

- Ball
- Stop watch



## PROCEDURE + SCORING

### EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

Note: If participant would like a more advanced exercise, keep the same foot off the ground and repeat without losing balance as many times as possible in the prescribed time.

### SCORING:

Participant goes from the upright position to the floor touch position as many times as they can without losing their balance for 60 seconds. Count how many times they tap the ball in that 60-second timeframe for their total score.

## MODIFICATIONS

This exercise can be performed seated in a chair or in a wheelchair. For modified scoring, time participant for 30 seconds and count the amount of successful total bend ups to normal seated position will count toward the final score.



### EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return to their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

# WEEK 4 : MAR. 8 - 14

## BLACK PANTHER



**Daily workout: Try to work out 30 minutes a day, 5 days a week**  
Get your body moving by doing 3 sets of each of the following exercises

1

**Jog in Place**  
60 seconds



2

**Squats/Chair Squats**  
60 seconds



3

**Curl-ups**  
60 seconds



4

**One Leg Stand**  
60 seconds



5

**Bench Press**  
2 sets, 10 reps



## COMMANDER SONE MISSION: Sit to Stands

*Show Black Panther how **powerful** you are!*

Compete against your teammates then [SUBMIT](#) the winner's top score.  
One top score per team. Instructions on the following page.

# SIT TO STANDS POWER



## MATERIALS

- Sturdy seat (no wheels)
- Stop watch

## PROCEDURE + SCORING

### EXERCISE:

1. Participant sits on chair or bench with feet hip-width distance apart.
2. Participant's arms are positioned across the chest.
3. Participant stands up fully from sitting position and sits down again without using their arms to assist.
4. This is considered 1 repetition. Participant continues to do the sit to stand component for 30 seconds.

### SCORING:

Each successful repetition is counted for 30 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.



## MODIFICATIONS

Participants with lower body mobility impairments can perform this test pushing on arm rests or pulling on a countertop (or similar) for assistance. Participants should use the same assistance methodology for each testing opportunity for consistency.

# WEEK 5 : MAR. 15 - 21

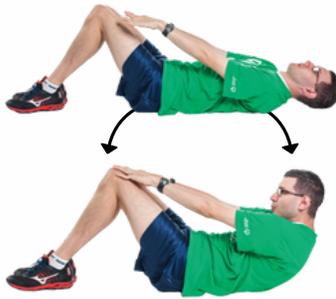
## THOR



**Daily workout: Try to work out 30 minutes a day, 5 days a week**  
Get your body moving by doing 3 sets of each of the following exercises

1

**Curl-ups**  
60 seconds



3

**Frog Jumps**



2

**Dumbbell Bench Press**  
2 sets of 10 per arm



4

**Jumping Jacks**



### COMMANDER SONE MISSION: Jumping Jacks

*Show Thor your amazing **endurance!***

Compete against your teammates then [SUBMIT](#) the winner's top score.  
One top score per team. Instructions on the following page.

# JUMPING JACKS ENDURANCE



## MATERIALS

- Stop watch



## PROCEDURE + SCORING

### EXERCISE:

1. Participant starts in a standing position with arms at their sides.
2. Participant jumps up and spreads legs apart as they swing their arms over their head. They should clap their hands together at the top.
3. Participant jumps again and brings their arms back to their sides and their legs together.
4. Repeat for allotted times.

NOTE: Participant must complete a full repetition (ex. go from start position, clap at the top, return to start position = 1 repetition) in order for it to be counted.

### SCORING:

Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

## MODIFICATIONS

Participants with lower body mobility issues can do Seated Jumping Jacks. This exercise can be performed seated in a chair or in a wheelchair. For modified scoring, time participant for 60 seconds and count the amount of successful total number of repetitions done for the final score.

### EXERCISE:

1. Participant will extend their arms out to their sides and then above their head, clapping their hands. The arms will come back down to the side position. The process will continue for 60 seconds. Each time the participant claps hands above the head, a repetition is counted.

# WEEK 6 : MAR. 22 - 28

## WONDER WOMAN



**Daily workout: Try to work out 30 minutes a day, 5 days a week**  
Get your body moving by doing 3 sets of each of the following exercises

1

**Plank or Wall Plank**  
60 seconds



3

**Squats or Chair Squats**  
60 seconds



2

**Donkey Kicks**  
30 seconds



4

**Curl Ups**  
10 reps



### COMMANDER SONE MISSION: Planks

*Show Wonder Woman your **determination!***

Compete against your teammates then [SUBMIT](#) the winner's top score.  
One top score per team. Instructions on the following page.

# PLANKS DETERMINATION



## MATERIALS

- Stop watch

## PROCEDURE + SCORING

### EXERCISE:

1. Participant starts on hands and knees.
2. Participant's straightens one leg at a time and put the balls of their feet on the floor.
3. Participant's hands are placed below their shoulders.
4. Participant's body should make a straight line from their heels to their shoulders.
5. Participant should keep their abdominal muscles tight and their back straight.
6. Participant should hold this position in the correct form for as long as possible.

NOTE: Participant should always have a straight back and should never make an "A" body shape while completing this exercise. Stop the test when correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging, or swaying occurs at the elbows, shoulders, truck or knees.

### SCORING:

Total time until participant breaks form is recorded. After the max of 55 seconds the max score has been achieved.



## MODIFICATIONS

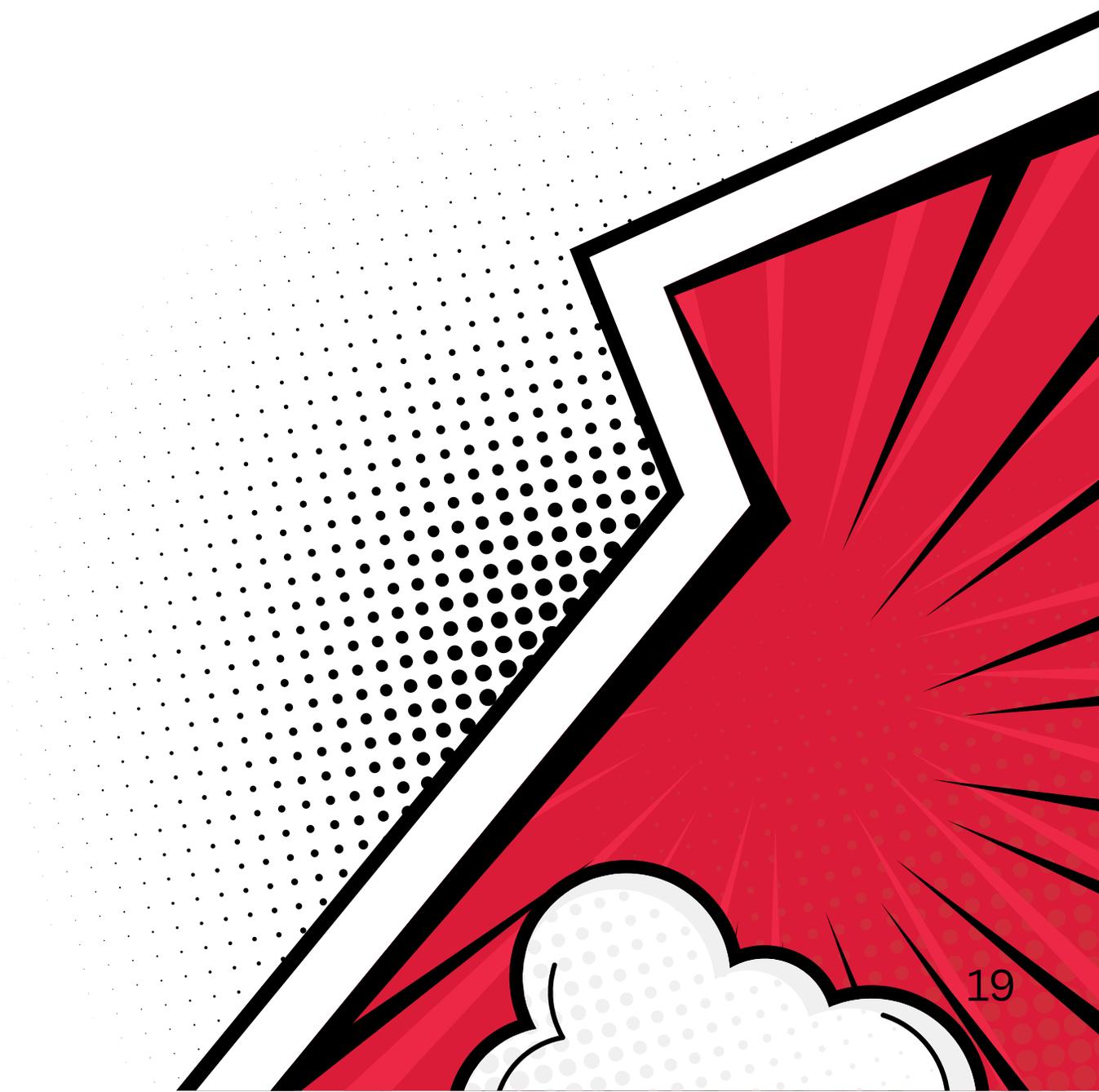
Participants with mobility impairments in the hands, wrists or forearms can complete this test with their elbows and forearms on the ground. Note that this test is more difficult so form should be monitored even more closely.

## **ATHLETES & COACHES!**

**Share your fitness photos on social by:**

- **tagging Special Olympics Nebraska:**
  - **Facebook: @sonebraska**
  - **Instagram: @sonebraska**
- **using hashtags:**
  - **#strongereveryday**
  - **#2026fitnesscombine**

# ADAPTED MOVEMENTS!



# CHAIR SIT & REACH FLEXIBILITY



## MATERIALS

- Measuring tape
- Sturdy chair (no wheels)



## PROCEDURE + SCORING

### PREPARATION:

Make sure the athlete has warmed up and stretched prior to attempting the sit & reach. The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise. If the athlete's chair has leg supports that can be adjusted, lift the supports so their legs are fully extended. If they do not have a chair that can be adjusted, place another chair in front of the athlete and put their legs on it, so they are straight. Stretch out a tape measure and put the end next to or between the knee caps.

### EXERCISE:

1. Sit tall in your chair.
2. Raise your arms straight above your head with one hand on top of the other.
3. Lean forward at the hips and reach for your toes as far as you can.
4. Where ever your fingers land on the tape measure, that is your score.

### SCORING:

Use a tape measure to measure the distance from the knees to the finger tips. The easiest way to do this is to put the 0" end of the tape measure next to or between the athletes knees and measure to their fingertips when they bend forward. Record the total number of inches in the score sheet.

## GOAL

Flexibility in the hamstring and heel areas is important to increase available range of motion, reduce pain from shortening muscles and improve circulation. How close can you get to touching your toes in a seated position?

# CHAIR BACK EXTENSIONS CORE



## MATERIALS

- Stop watch

## PROCEDURE + SCORING

### REPARATION:

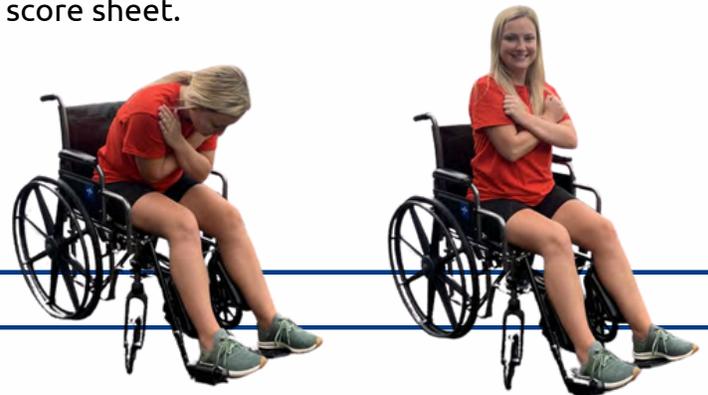
The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

### EXERCISE:

1. Sit tall in your chair.
2. Cross both arms across your chest.
3. Bend forward at the waist until your arms touch your thighs.
4. Return to the starting position.
5. Do as many chair back extensions as you can in a minute.

### SCORING:

One point each for each chair back extension done correctly in under one minute. Record the number of total back extensions on the score sheet.



## GOAL

A seated back extension measures not only your core strength but your ability to maintain your upper body balance and endurance. Core strength is an important part of good posture in your chair.

# SEATED LATERAL BEND BALANCE



## MATERIALS

- Chair or wheelchair
- Stop watch

## PROCEDURE + SCORING

### EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return to their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

### SCORING:

This process will repeat for 30 seconds and the amount of successful total bend ups to normal seated position will count toward the final score.



## GOAL

A seated back extension measures not only your core strength but your ability to maintain your upper body balance and endurance. Core strength is an important part of good posture in your chair.

# HEEL & TOE TAPS MOBILITY



## MATERIALS

- Stop watch

## PROCEDURE + SCORING

### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

### EXERCISE:

1. Start with your feet flat on the floor.
2. Lift your heels up but keep your toes on the floor.
3. Bring your heels down, then lift your toes up keeping your heels on the floor.
4. Put toes down and repeat for one minute.

### SCORING:

One toe lift and heel lift = one point. If the athlete needs to do one foot at a time, do each foot separately for 30 seconds each, for a total of one minute.



## MODIFICATIONS

Heel & Toe Taps will help with ankle mobility. This exercise will strengthen the muscles in your foot, ankle and calf and help you to walk. How many toe and heel taps can you do in one minute?

# SEATED JUMPING JACKS

## UPPER BODY ENDURANCE



### MATERIALS

- Chair or wheel chair
- Stop watch

### PROCEDURE + SCORING

#### PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

#### EXERCISE:

1. Sit tall in your chair.
2. Start with your arms by your sides.
3. Raise both arms out to the side and over your head.
4. Return your arms to your sides and repeat.
5. Do as many as you can in one minute with good form.

#### SCORING:

One point for each jumping jack done in under one minute. Record the points in the score sheet.



### GOAL

The seated jumping jack will test range of motion and aerobic capacity. See how many you can do in one minute.

# KNEE EXTENSIONS

## LOWER BODY ENDURANCE

### MATERIALS

- Chair or wheel chair
- Stop watch



### PROCEDURE + SCORING

#### EXERCISE:

1. Sit tall with both feet flat on the floor.
2. Lift your leg and straighten your knee completely.
3. Hold your leg out for one second, then lower your leg back down.  
Repeat on opposite side.
4. Repeat for one minute.

#### SCORING:

One point each for each knee extension completed in the one minute.



### GOAL

The knee extension exercise will help to test and strengthen the legs, hips and core muscles.  
How many can you do in one minute?

# HEALTHY HABITS!



# HEALTHY HABITS

## SLEEP REST RECOVERY



**GOAL:** After a workout, your body needs time to repair and refuel the muscles worked during exercise! Sleep and rest days can boost recovery, focus and motivation. These make it possible to bring your best self to any physical activity you choose.

**TIPS:** Doing 30 minutes of medium to hard physical activity 5 days a week is an important part of a healthy lifestyle. It is also important to give your body time off each week from exercise and get 7-9 hours of sleep every night. After a workout, your body needs enough time to repair muscles used during exercise. Having two active rest days during the week and getting enough sleep each night boosts energy, focus, motivation and performance. This makes it possible to bring your best self to any physical activity you choose.



## WATER

**GOAL:** Your body needs water to keep it working properly. Drink enough water throughout the day to stay healthy, hydrated and perform at your best.

**TIPS:** Water is an important fuel for sports and life. Drinking the right amount of water is important for your health and can help your sport performance. Did you know that dehydration of 1-2% of your body weight can decrease your sport performance? You lose water every!

## HEALTHY SNACKING

**GOAL:** Snacking is a great way to make sure you are full of energy. It is important to keep your snack healthy.

**TIPS:** Make sure you have a healthy snack 2-3 hours before you workout, and 2 hours after you workout! Here are a few ideas for tasty snacks that are packed with fruits and vegetables:

- Apples and your favorite nut butter (peanut, almond, sunflower)
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes
- Carrots or peppers dipped in hummus
- Celery with peanut butter and raisins



# HEALTHY HABITS

## WEATHER SAFETY

**GOAL:** It is important to be prepared for exercising in different weather conditions so that you stay safe and prevent injuries.

**TIPS:** Outdoor exercise is good for your body and mind, no matter the time of year. As the seasons change, it's important to be prepared to exercise in different weather conditions to stay safe and prevent injuries. Here are some tips for exercising outside in colder weather:

- Layer up! Wear multiple layers to keep you warm. You can remove layers as your body heats up.
- Protect your extremities. Fingers, ears, nose, and toes are affected most by chilly temperatures. Wear a hat or headband and gloves or mittens. You can always take them off and tuck them in a pocket if you get warm. Thick socks also help.
- Drink water. The body's thirst signals might be delayed in colder temperatures, but you are still losing fluids through sweat and breathing in lower temperature. Remember to drink water before, during and after your workout.



## COOL DOWN POST WORKOUT

**GOAL:** When your workout or practice is complete, you should always cool-down. It is just as important to have a good cool-down as it is to have a good warm-up. A good cool-down allows the body to gradually return to a state of rest.

**TIPS:** A typical cool-down includes light aerobic activity followed by static stretching. The aerobic activity should gradually decrease in intensity/difficulty. It could be a short jog/walk at 50% intensity with some static stretches. Not sure what stretches to do? Check out the Fit 5 Fitness Cards for Flexibility. These will teach you how to do different upper and lower body stretches. Try to focus on the major muscles that you used during your workout. After you cool-down, it is important to refuel and rehydrate. Follow the Post-Workout Routine Checklist for more tips!





Congratulations,  
**COMMANDER SONE!**

Thank you for  
accepting this mission.  
You should be proud of  
all your hard work!

**LET ME WIN  
BUT IF I CANNOT WIN  
LET ME BE  
BRAVE  
IN THE ATTEMPT**

**Special  
Olympics**  
Nebraska



Special Olympics  
**Health**