

## Special Olympics At-Home Work-In Schedule

Saturday, January 16, 2021

Thank you for signing up for our Special Olympics At-Home Work-In! We hope you're ready for a morning of fun and fitness— and we hope you're ready to sweat! In this document, you'll find a comprehensive schedule. Here's how it works:

- If there is only one event per row, that is an event everyone should join!
- For the Exercise Sessions, choose one workout routine per each row. To join a workout, simply click on the title to access the Zoom meeting.

If at any point during the event you have difficulties joining a Zoom meeting or need any other kind of assistance, the [Help Desk](#) will be open and available to help you.

### Key

For the most complete workout, we recommend you select a variety of exercises from across different categories. A good pathway, for example, would be picking a Strength/Endurance/Core workout, a Dance/Cardio one, and a Flexibility/Yoga one!

- Ⓢ - Strength
- ⓔ - Endurance
- ⓕ - Flexibility
- Ⓨ - Yoga
- ⓓ - Dance
- Ⓡ - Cardio
- ⓐ - Core

| Time | Event   |   |   |  |
|------|---|---|---|--|
| 9:00 | <p style="text-align: center;"><a href="#">Opening Ceremony</a></p> <p style="text-align: center;"><i>Led by Rafael Palma (National Director of Innovating Programs for SO Mexico) and Alejandra Díaz-Pizarro (NHS President)</i></p> |   |   |  |
| 9:20 | <p style="text-align: center;"><a href="#">Warm-Up</a></p> <p style="text-align: center;"><i>Led by Victoria Rakitin (NHS Vice President) and Ji Hoon Song (NHS Treasurer)</i></p>  |   |   |  |
| 9:30 | <p style="text-align: center;"><b>First Exercise Session</b></p> <p style="text-align: center;">Choose one and click on the Zoom link to join.</p>  |   |   |  |
|      | <p style="text-align: center;"><a href="#">Leg Up!</a> Ⓢⓔ</p> <p style="text-align: center;"><i>Led by Ale Díaz-Pizarro</i></p> <p style="text-align: center;">Put your leg resistance to the</p>                                     | <p style="text-align: center;"><a href="#">Flexibility Through Yoga</a> ⓕⓎ</p> <p style="text-align: center;"><i>Led by Alexia Tapia &amp; María Alcalá</i></p> | <p style="text-align: center;"><a href="#">Dance Cardio!</a> ⓓⓇ</p> <p style="text-align: center;"><i>Led by Vale Casasús</i></p> | <p style="text-align: center;"><a href="#">Intense Full Body</a> Ⓡⓔ</p> <p style="text-align: center;"><i>Led by Hyun Ji Kang &amp; Regi Rivas</i></p> |

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|       | <p>test with this endurance-based lower body workout.</p> <p><u>You will need:</u> a broomstick (no broom head), exercise/resistance bands (if available), yoga mat/towel/soft surface</p>   | <p>We will be teaching you various exercises to improve flexibility in muscles as well as incorporating basic yoga principles to create a complete and comprehensive workout. Also, we'll show you to stretch safely so as to not get injured while exercising.</p> <p><u>You will need (optional):</u> foam block and/or exercise bands</p> | <p>The class will consist of full body exercises to make you sweat, and feel the burn afterwards.</p> <p><u>You will need:</u> nothing</p>   | <p>Intense full body workout, where you'll exercise every muscle from your shoulders down.</p> <p><u>You will need:</u> tennis shoes, big space, mat (if available)</p>                       |   |
| 10:00 | <p><b>Second Exercise Session</b><br/>Choose one and click on the Zoom link to join.</p>   |  |  |   |   |
|       | <p><b>Flexibility: 20-Minute Routine for a Daily Jumpstart</b> (FY)<br/><i>Led by Arianne Ohara</i></p> <p>This session will take you through breathing, lower body, and ground exercises.</p> <p><u>You will need:</u> a mat or towel</p> | <p><b>Core Strength Timed Routine</b> (CS)<br/><i>Led by Sofía Jiménez</i></p> <p>Complete three circuits of timed exercises designed to improve your core strength.</p> <p><u>You will need:</u> yoga mat</p>   | <p><b>Ballet Barre</b> (FD)<br/><i>Led by Luzma Guerrero</i></p> <p>An introduction to ballet workout, this 20 minute class is all about learning the basics of ballet and finding your inner dancer!</p> <p><u>You will need:</u> a chair and either ballet shoes (zapatillas) or socks</p> | <p><b>Killer Cardio Workout</b> (R)<br/><i>Led by Sofía Quiroz</i></p> <p>8 high-paced cardio exercises for an intense, dynamic workout.</p> <p><u>You will need:</u> jumprope (optional)</p> | <p><b>Flexibility: Stretching for Beginners</b> (F)<br/><i>Led by Daniela Waisser</i></p> <p>Learn to stretch and improve your flexibility. Perfect if you're just getting started!</p> <p><u>You will need:</u> yoga mat and a towel or pillow</p> |
| 10:45 | <p><b>Pom Squad Pep Session</b><br/><i>Led by the ASF Upper School Pom Squad</i><br/>Get your dance on and join us for a brief pump-up dance session with the Pom Squad!</p>   |  |  |   |   |
| 11:00 | <p><b>Third Exercise Session</b><br/>Choose one and click on the Zoom link to join.</p>  |  |  |   |   |
|       | <p><b>Full Body Yoga Workout</b> (Y)<br/><i>Led by Lala Dominguez</i></p> <p>Take a breath and try some yoga positions in a relaxing</p>   | <p><b>Upper Body Tabata</b> (SE)<br/><i>Led by Fer Díaz-Pizarro</i></p> <p>Join a HIIT-style workout to tone your arms, pecs, and core to the</p>  | <p><b>2010s Blood-Pump Dance Workout!</b> (DR)<br/><i>Led by Sofía Abarca</i></p>  | <p><b>Core Workout to Strengthen</b> (CS)<br/><i>Led by Maria Cassereau</i></p> <p>Strengthen your core with two</p>  |   |

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|       | <p>session.</p> <p><u>You will need:</u> yoga mat (blanket, towel, or soft floor are okay too)</p>  | <p>pace of your favorite songs.</p> <p><u>You will need:</u> weights (dumbbells, full milk cartons, full rice/bean/lentil bags, full water bottles)</p> | <p>Get ready to get your whole body pumped up by doing a cardio-style dance workout to some throwback songs from the last decade.</p> <p><u>You will need:</u> nothing</p> | <p>circuits of exercises.</p> <p><u>You will need:</u> yoga mat and a chair</p> |
| 11:30 | <p><b>Cool-Down</b></p> <p><i>Led by Victoria Rakitin (NHS Vice President) and Ji Hoon Song (NHS Treasurer)</i></p>   |   |  |   |
| 11:45 | <p><b>Closing Ceremony</b></p> <p><i>Led by Rafael Palma (National Director of Innovating Programs for SO Mexico) and Alejandra Díaz-Pizarro (NHS President)</i></p> <p>ASF families &amp; students will receive their participation certificates by email.</p> |   |  |   |