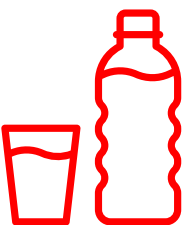


# INTRODUCTION TO HYDRATION

Water is an important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.

Your goal is to drink 5 bottles of water every day! Your bottle should be 16-20 oz. or 500-600 ml.

Watch the video below about the importance of staying hydrated!



# FLEXIBILITY

## 1 Stretching Activities

### A QUADRICEPS

- Lay on the ground on your right side.
- Bend your left knee. Grab your left foot with your left hand.
- Pull your foot behind you toward your buttocks. You should feel a stretch in the front of your thigh. Hold for 30 seconds.
- Now switch sides so that you are laying on the ground on your left side and your right leg is bent.



## FLEXIBILITY

### 1 Stretching Activities

#### B BUTTERFLY

- Sit on the ground with the bottoms of your feet touching each other. Let your knees fall toward the floor.
- Your feet should be close to your body.
- Sit tall and lean forward over your feet.
- You should feel a stretch in your groin.
- Hold for 30 seconds.



## FLEXIBILITY

### 1 Stretching Activities

#### C TRICEPS

- Stand or sit tall with your left arm by your ear. Bend your elbow so that your hand touches your back.
- Reach over your head with your right arm. Grab your left elbow with your right hand. Pull your left arm even closer to your ear. You should feel a stretch in your upper left arm. Hold for 30 seconds.
- Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.



# FLEXIBILITY

## 1 Stretching Activities

### D WRIST FLEXION & EXTENSION

- Stand or sit tall and put your arms straight out in front of you.
- **Flexion:** Turn your palm towards the ground. Use the other hand to pull your hand down toward the ground. Hold for 30 seconds.
- **Extension:** Turn your palm face up towards the ceiling. Use the other hand to pull your fingers back toward the ground. Hold for 30 seconds
- Switch arms and repeat both stretches.



## STRENGTH

### 2 Resistance Band Activities

**A**

#### BICEP CURLS

- Loop the band around your *left* knee.
- Kneel on your *right* knee and grab the band with your *left* hand with your palm up.
- Bend your elbow to touch your shoulder with your left hand, hold for 3 seconds, and return to the starting position. Repeat 10 times.
- Switch to the other side and repeat.

1



2





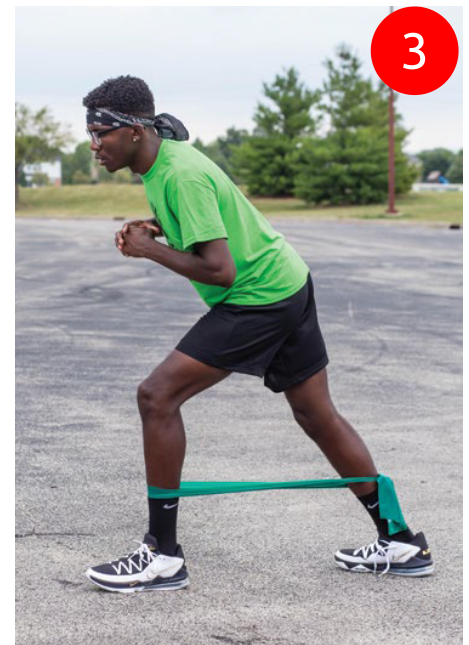
## STRENGTH

### 2 Resistance Band Activities

**B**

#### MONSTER WALK

- Stand with your feet shoulder width apart and place the band around your ankles.
- Bend your knees slightly and take a large step diagonally to the right to stretch out the band.
- Take a large step diagonally to the left to stretch out the band.
- Continue taking 10 diagonal steps forward.



## REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to increase your steps in Week 5!!

