

STRENGTH

1 Resistance Band Activities

A BENT ARM EXTENSIONS

- Place the band around your wrists and put your arms out in front of you.
- Keep arms bent and pull the band apart by opening your arms out wide.
- Hold for 3 seconds, bring arms back to the start position and repeat 10 times.

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STRENGTH

1 Resistance Band Activities

B 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.

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STRENGTH

1 Resistance Band Activities

C REAR ARM EXTENSIONS

- Place your arms behind you and place the band around your wrists.
- Pull the band apart slowly by opening your arms out wide, hold for 3 seconds, and return arms slowly to the starting position.
- Repeat 10 times.

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CARDIO & AGILITY

2 Ladder Activities

A HOOP JUMPING

- Place 4 or 8 hoops in a line.
- Jump forward so both feet land in each hoop.
- Repeat the activity jumping sideways so both feet land in each hoop.
- Repeat 3 more times creating your own pattern such as jump forward, jump sideways, jump forward, jump sideways.



CARDIO & AGILITY

2 Ladder Activities

B HOOP FAST FEET

- Place hoops side-by-side in a line.
- Using fast feet, step in each hoop.
- Repeat five times increasing speed.



STRENGTH

3 Lower Body Activities

A ONE LEG DEADLIFT

- Start by standing tall with your feet together. Put your arms out to the sides at shoulder height.
- Balance on your right foot.
- Keep your left leg straight. Slowly lean forward and lift your left leg behind you.
- Slowly stand up without touching your left foot on the floor.
- Repeat 5 times. Switch legs and repeat.

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STRENGTH

3 Lower Body Activities

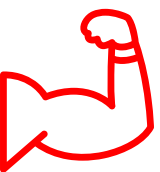
B BACK LUNGE

- Stand tall. Use a chair or wall for balance if necessary.
- Take a big step backward with your right leg. Put only the ball of your foot on the ground.
- When you feel balanced, bend both your front and back leg so that your back knee almost touches the ground.
- Step forward with your back leg to your starting position.
- Repeat 5 times. Switch legs and repeat.

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STRENGTH

3 Lower Body Activities

C WALL SIT

- Start by standing against a wall. Step forward so that your feet are in front of you. Keep your hips against the wall.
- Bend your knees and hips. You should look like you are sitting in an imaginary chair.
- Keep your body tight and your back against the wall the whole time.
- Hold for 20 seconds or longer.

