

INTRODUCTION TO STRENGTH

Strength is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster.



CARDIO

1 Jump Rope Activities

A STATIONARY ROPE (SIDE TO SIDE)

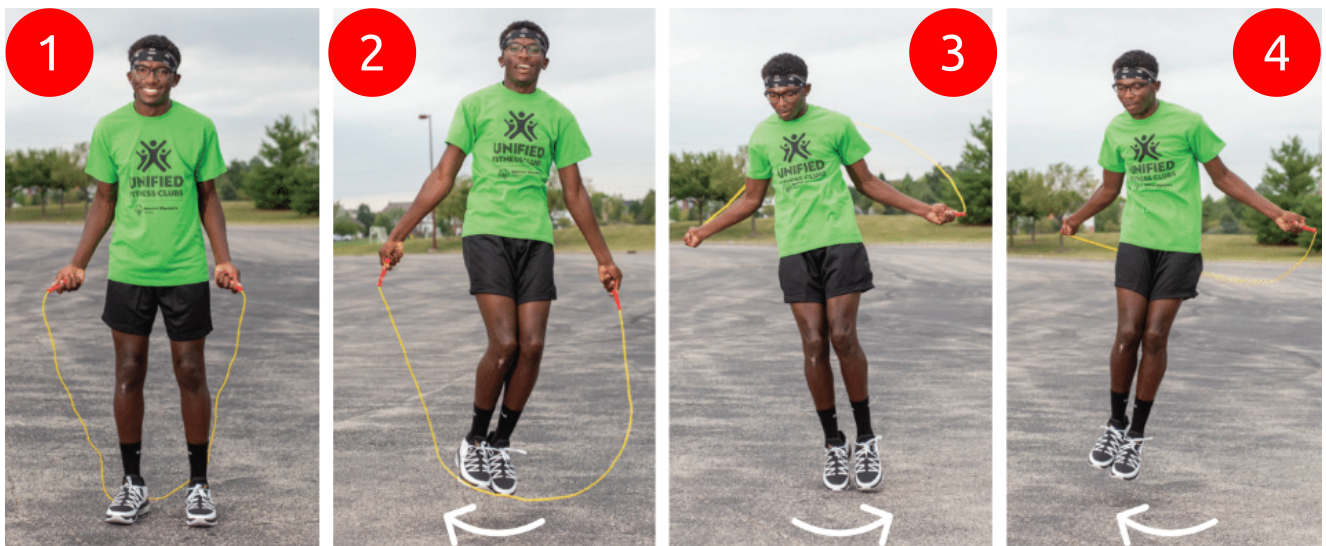
- Place the rope on the ground in a straight line.
- Put your feet together beside the rope.
- Jump over the rope and back like a skier.
- Practice slowly and increase speed keeping a steady beat. Jump for 30 seconds. Rest and repeat.



CARDIO

1 Jump Rope Activities**B SKIER JUMP ROPE
(SIDE TO SIDE)**

- Start with the basic jump.
- Jump over the rope and move your feet to one side, keeping feet together.
- Continue turning the rope and move your feet to the other side.
- Repeat sequence for 30 seconds. Rest and repeat.



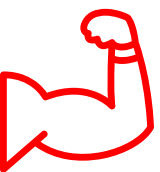
STRENGTH

2 Upper Body Activities

A

PUSH UPS ON THE WALL

- Stand facing a wall.
- Place your hands flat on the wall at shoulder level with straight arms. Your feet should be behind your body so that you are leaning on the wall.
- Bend your arms to bring your chest to the wall. Keep your legs in place. Make your body a straight line.
- Push your arms straight to return to the starting position. Make sure your body stays in a straight line the whole time.
- Repeat 10 times.

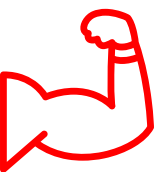


STRENGTH

2 Upper Body Activities

B PLANK FROM KNEES

- Start on your hands and knees.
- Walk your hands forward.
- Lower your hips until your body is a straight line from your shoulders to your knees. Put your feet in the air.
- Hold this position for 20 seconds. Focus on keeping your abdominal muscles tight and your back straight. Rest and repeat.



STRENGTH

2 Upper Body Activities

C CHAIR DIPS

- Sit on the edge of a sturdy chair or bench with your hands holding onto the edge.
- Keep your feet flat on the floor about 2 feet in front of you.
- Scoot your buttocks off the edge of the chair. Support yourself with your arms and feet.
- Keep most of your weight on your arms. Keep your back close to the chair. Bend your elbows and lower your buttocks toward the ground.
- Straighten your arms and come back up.
- Repeat 10 times.



AGILITY & CARDIO

3

Cone Activities

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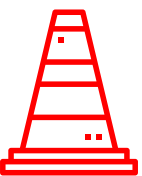
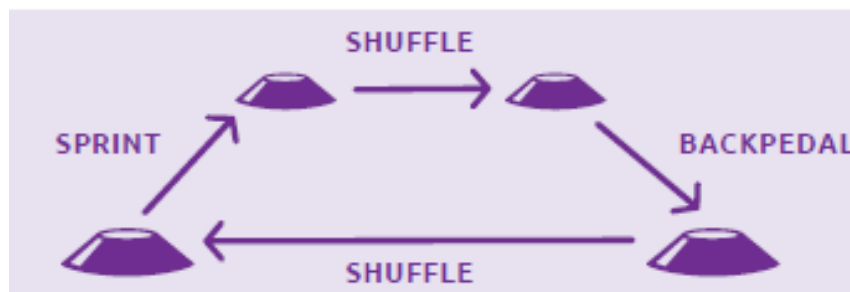
SQUARE DRILL

- Place 4 cones in a square with 10 big steps between each cone.
- Alternate between sprinting, side shuffling, backpedaling and side shuffling between each cone.
- Repeat 5 times.
- Repeat activity using other locomotor skills such as hopping, skipping or galloping.

1



2



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 set a personal best by walking more steps in Week 3!!

