

## OVERVIEW


<b>DURATION</b>	20 mins
<b>AGES</b>	11+
<b>PACE</b>	6.60 - Fast jog
<b>RPE</b>	8.0 -
<b>MILES RATING</b>	2.20
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	Active for Life Late Entry Learn to Train (Age 9-12) Train to Train
<b>SKILL LEVEL</b>	Intermediate
<b>DEVELOPMENT FOCUS</b>	<b>Fundamental Movement Skills:</b> Body <b>Physical Capacities</b> Strength: Core Strength, Strength Endurance
<b>ENVIRONMENT</b>	Classroom, Field, Gym, Hallway, Stationary, Track
<b>CAN BE USED AS...</b>	Game / Activity



## Instructions

Introduce each of the following activities with a demonstration, reviewing the benefits of each activity and what muscles are trained. You can have participants do a specified number of reps for each exercise, or have them perform each exercise for a designated amount of time and stress focusing on proper form.

### ■ Push Up (Upright Starting Position)

 No Equipment



- Place the hands on the ground slightly wider than shoulder width with the arms are extended straight.
- Fully extend the legs out, coming onto the toes and distributing weight evenly from the hands to the feet.
- Keep the head, neck, back, and core straight and stable throughout all phases.
- Lower the body, bending the elbows to about 90 degrees, until the face is approximately 1 inch off the ground.
- Maintain pressure through the hands.
- Push the body back to the starting position, unhinging the elbow.



- Keep weight centered over the base of support.
- Continue to raise and lower the body slowly, using controlled movements and maintaining consistent tempo.
- Exhale while pushing up; inhale while lowering down.

## Training Guidelines

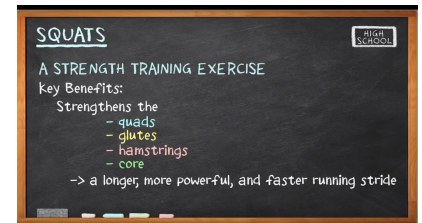
- Many participants may not initially have the strength to perform a full pushup. Have them begin with a modified pushup by placing the knees on the ground and raising the feet off the ground.
- Begin with 1-2 sets of 5-10 pushups (either standard or modified), then progress.

## ■ Squats

 No Equipment



- Stand with feet facing forward, toes pointed out slightly shoulder width or slightly wider apart.
- Slowly and fluidly, hinge at the hips while bending the knees and lower the body keeping the thighs parallel to the ground.
- Look forward, shoulders back, chest out, back flat.
- Extend the arms out in front for balance if helpful.
- Slowly rise back up and then repeat the action.
- For greater resistance hold a medicine ball.
- Lower only to a point that works the quads hard without creating unnecessary stress on the knees.
- Don't let the hips sink lower than the knees.

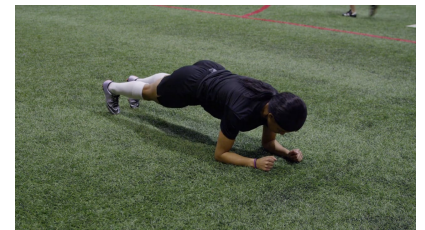


## ■ Plank


 No Equipment



- Place elbows directly under shoulders and forearms straight forward.
- Align shoulders with hips and ankles.
- Legs are extended out.
- Upon command lift body up evenly distributing weight from the forearms to the toes.
- The body should be held in a straight line as if there is a rod running from the head to the feet.
- Begin by holding for 10 seconds (or less), take a pause and repeat or transition to another exercise.
- Progress to 60 second hold with no pause.



## ■ Lunges

 No Equipment



### Instructions

- Stand with the feet shoulder-width apart, pointing the toes and facing the knees forward.
- Keep the back straight and the shoulders over the hips.
- Step two to three feet forward with one foot and lower into a lunge position with the front

knee bent at about a 90-degree angle and the back knee bent at a 90-degree to 120-degree angle.

- Keep the front knee over the ankle, not the toes. If the knee is too far forward, slide the hips back.
- Do not let the hips or torso twist or drop to one side.
- Hold for 1-2 seconds.
- Push off the front foot to return to the standing position.
- Repeat, leading with the opposite foot.
- As a variation, lunge down a straightaway by stepping forward with each lunge.

## Training Specifics

- Beginners: 1-2 sets of 5-10 lunges per leg.
- Experienced participants: 2-3 sets of 10-15 lunges per leg.

