

# Week 1, Workout 1

LEVEL

1

**WARM-UP** -- (10 minutes) Complete warm-up prior to beginning exercises.

## TODAY

- Review all 26 Exercises.
- Watch the videos
- Try them out.
- Determine which seven(7) exercises from each category you compete in.
  - 2 from Strength
  - 2 from Agility
  - 2 from Endurance
  - 1 from any of the above three categories

**COOL DOWN**--(10 minutes)After confirming your seven exercises perform cool downs.



## EXERCISE

Exercise is very important to your overall health. Exercise will improve your health and at the same time will make you feel good about yourself. Exercise can help you manage your weight, boost your energy levels, improve your mood/self-esteem, strengthen bones, help you sleep better, and make your heart/lungs stronger!

## ENDURANCE

Endurance is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

*Examples of endurance exercise:*

- » Running
- » Brisk Walking
- » Biking
- » Aerobics Classes
- » Dancing
- » Swimming

Endurance exercises can be done anywhere.