

Week 5, Workout 2

LEVEL

2

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

TODAY --

- Complete all seven(7)chosen exercises to create your Mid-Season score.
- Record all Seven(7)times/scores.
- Submit SCORES/TIMES to your Sports & Competition Coordintor.

COOL DOWN--(10 minutes)After completing the Mid-Season score perform cool downs.

EXAMPLES OF FOODS THAT CONTAIN WATER AND CAN KEEP YOU HYDRATED

- » Fruits like cantaloupe, grapes, oranges or watermelon
- » Vegetables like carrots, cucumbers, or celery



Week 5, Workout 1

LEVEL
2

FLEXIBILITY -- (5 minutes) Do the following stretches for 30 seconds. Make sure to do both sides of the stretch only focusing on one side of the body.

COOL DOWN -- (10 minutes) Following the flexibility exercise, perform cool down found on Page 6.

QUADRICEPS STRETCH

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

Note: If you cannot reach your foot, you can use a towel to wrap around your foot so you can grab the towel instead of your foot.



EXAMPLES OF FOODS THAT CONTAIN WATER AND CAN KEEP YOU HYDRATED

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