

Week 8, Workout 1

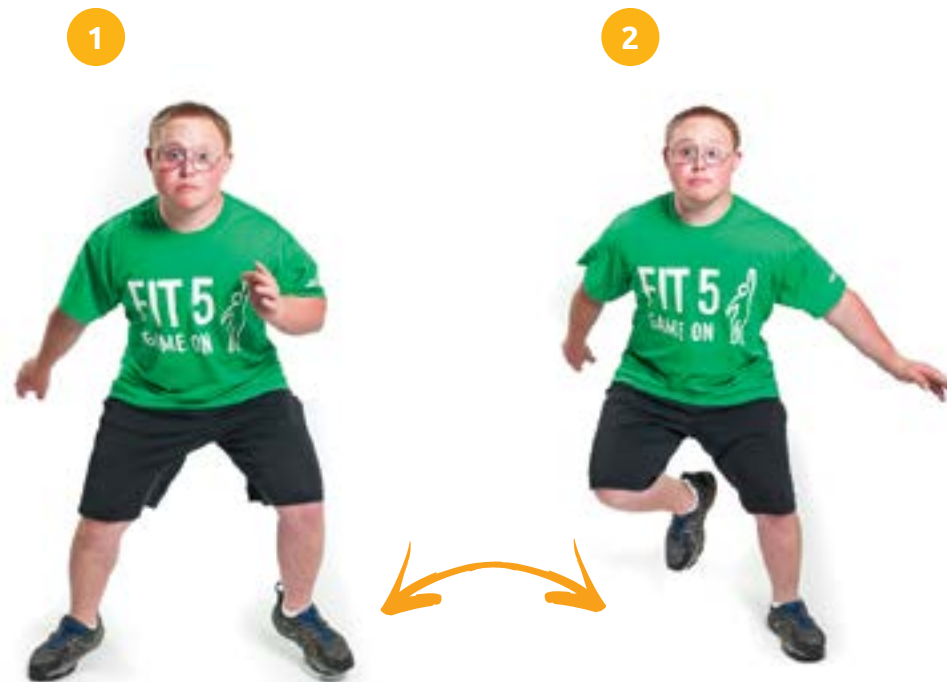
LEVEL
4

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

ENDURANCE -- (15 minutes) Do each exercise for 30 seconds. Rest for 1 minute in between each rep. Complete three times. Take a 2 minute rest break between each exercise.

SIDE-TO-SIDE BOUNDING

1. Start by standing on your right foot with your right knee bent.
2. Leap as far as you can to your left starting with your left leg. Land on your left foot with your knee slightly bent.
3. Make sure that you are balanced. Now leap as far as you can to your right starting with your right leg. Land on your right foot with your knee slightly bent.
4. Continue going from side to side.



HYDRATION

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.

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STRENGTH -- (20 minutes) Do 10 of each exercise and then move on. Rest for 1 minute in between each exercise. Complete three times.

PLANK HOLD



1. Start on your hands and knees.
2. Straighten one leg at a time and put the balls of your feet on the floor. Your body should make a straight line from your heels to your shoulders. Keep your abdominal muscles tight and your back straight.
3. Hold this position for 20 seconds.

Note: This exercise is a hold so it is not done in repetitions. To make this exercise more difficult, hold the exercise 10 extra seconds. Continue to increase the length of the hold until you can hold for 1 minute.



YOUR GOAL IS TO DRINK 5 BOTTLES OF WATER EVERY DAY!

- » Your bottles should be 16-20oz or 500-600ml
- » Drink out of a sports water bottle to track your hydration goal. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water



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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.

WRIST FLEXION AND EXTENSION STRETCH

1. Stand or sit tall and put your arms straight out in front of you.
2. Flexion: Turn your palm towards the ground. Use the other hand to pull your hand down toward the ground.
3. Extension: Turn your palm face up toward the ceiling. Use the other hand to pull your fingers back toward the ground.
4. Switch arms and repeat both stretches.



EXAMPLES OF FOODS THAT CONTAIN WATER AND CAN KEEP YOU HYDRATED

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

