

Week 8, Workout 2

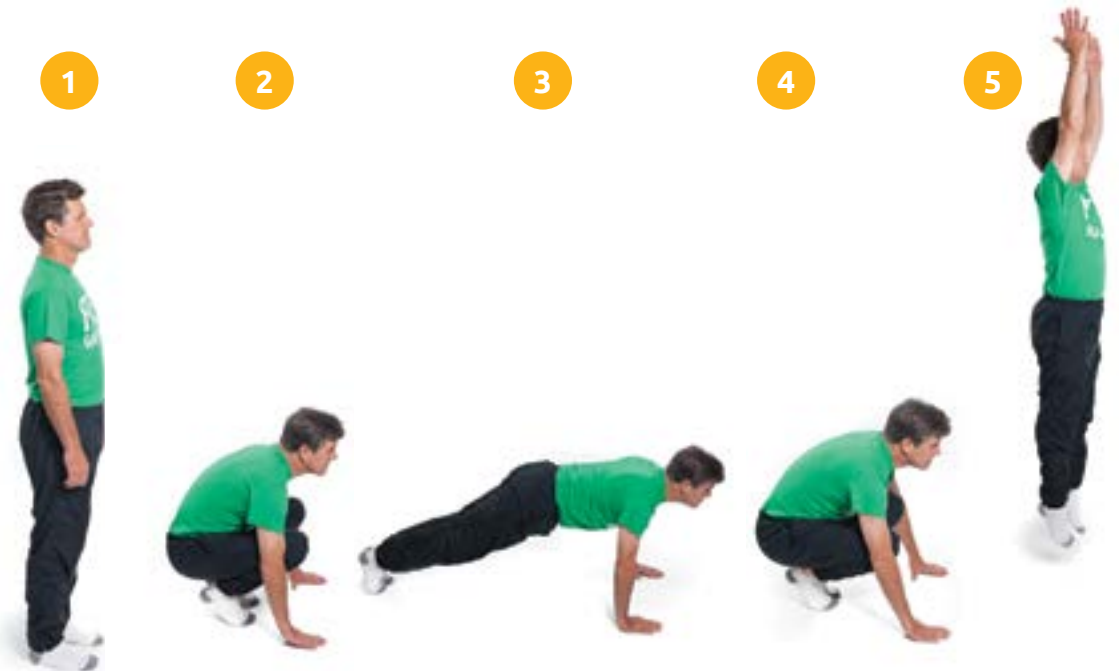
LEVEL
5

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.

BURPEES

1. Squat down. Touch the floor with your hands just outside of your feet.
2. Jump or step your legs back behind you and get into a push-up position.
3. Jump or step your feet forward to get back to the squatting position.
4. Jump high into the air with your arms above your head. Bend your knees slightly when you land.



DEHYDRATION

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise, or even breathe. If you lose too much water without drinking more, your body won't work as well. This is called dehydration.



Week 8, Workout 2

LEVEL
5

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

1



2



FORWARD ARM RAISES

1. Stand with your arms down by your side. Hold weights in your hands.
2. Keep your arms straight. Slowly bring your arms out in front of you until they are shoulder height. Tighten your abdominal muscles so that your shoulders, hips, and back stay in a straight line. Do not lean back.
3. Lower your arms slowly to return to the starting position.

Note: Begin with 2 pound weights and slowly increase weight by 1-2 pounds if you do not feel too tired. If you do not have weights, you can use a full water bottle instead.

DEHYDRATION

Did you know that dehydration of 1-2% of your body weight can decrease your sports performance? *Note:* Don't wait until you feel thirsty to drink water!



Week 8, Workout 2

LEVEL
5

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.

SEATED ROTATION STRETCH

1. Sit tall on the floor with your legs straight out in front of you.
2. Cross your right leg over your left leg. Put your right foot on the floor close to your left knee.
3. Turn your upper body towards your right side. Use your right arm to help you sit tall. Use your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back.
4. Switch sides and repeat the stretch.



SIGNS OF DEHYDRATION

- » You feel thirsty
- » You are tired or sluggish
- » You have a headache
- » Your mouth is dry
- » Your urine is dark yellow or brown

