

Summer Fitness



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DAY 1- Take your heart rate for 30 seconds at rest and double the number. This is your **RESTING HEART RATE IN BEATS PER MINUTE**. My Resting Heart Rate: _____ bpm

Next, pick 3 activities that will get your heart rate up! You can pick anything like jogging, jumping rope, jumping jacks or riding your bike. Perform the activity for 3 minutes. After you perform each activity for 3 minutes, take your heart rate for 30 seconds, double the number and write it in the blanks below. Place a check mark next to the activity that raised your heart rate the most.

- ACTIVITY 1:** _____ Heart Rate after 3 minutes: _____ bpm
- ACTIVITY 2:** _____ Heart Rate after 3 minutes: _____ bpm
- ACTIVITY 3:** _____ Heart Rate after 3 minutes: _____ bpm

DAY 2- Today the focus is upper body strength! Find an item around your house that you can perform weight training exercises with. Make sure it is easy to grip as well as heavy enough to challenge your muscles! Perform the 6 exercises on the "Upper Body Strength Exercises" handout. Do each exercise 15 times and then repeat all 6 two more times.

Which household items or items did you use? _____

DAY 3- The focus of today will be on lower body strength! Count up the letters in your first name. Take this number and multiply it with the numbers listed in the exercises below. This will be the number of times you perform each exercise.

- BURPEES:** Your name number _____ x2= _____ number of burpees
- LUNGES:** Your name number _____ x3= _____ number of lunges
- SQUATS:** Your name number _____ x4= _____ number of squats
- CALF RAISES:** Your name number _____ x5= _____ number of calf raises

DAY 4- The abdominal muscles are the focus today! Perform the following exercises following the instructions listed next to it. **6 INCH LEGLIFTS:** While lying down, keep your legs straight and lift your heels off the ground for 30 seconds and hold.

PLANKS: Keeping your back straight, get into a plank position and hold for 30 seconds.

CRUNCHES: Without letting your chin touch your chest, perform 20 crunches.

PARTNER LEG THROW DOWNS: Lie on the ground and have a partner stand above your head. Keeping your leg straight, lift your legs up and have your partner push them back toward the ground. Try to not let your heels touch the floor. Do this 20 times.

SUPERMAN: Lying on your stomach, keep your arms and legs straight while you lift them off the ground. Hold for 30 seconds.

Which of the abdominal exercises did you enjoy the most? _____ Which was the hardest? _____

DAY 5- The focus of today is on soccer skills. Find a ball and an open area inside your house or your yard. Dribble the ball with both feet around without touching anything in your house. If you are outside, place items around the ground and try to dribble around them. Tap the ball, don't lose control of it.

Next, pass the ball off a wall, 20 times with your right foot, 20 times with your left foot.

Finally, hold the ball and try to juggle it with your feet. Record the highest number of times you were able to juggle it without it touching the ground. My highest number of kicks without it touching the ground: _____

DAY 6- Today we will be doing juggling activities. Use a napkin, hand towel, or paper towel to toss it up and catch with the other hand. Then, see if you can use two to toss and catch at the same time. Find a small ball, like a tennis ball and do the same steps. First just throwing one from hand to hand, and then moving on to two.

What is the max number of times you could keep 2 napkins or towels in the air without one falling? _____

DAY 7- Today you will be recording some measurements. Perform the following tests and then record your answers below.

STANDING VERTICAL JUMP: Stand next to a wall and reach your hand as high as you can reach with your feet flat on the ground. Mark where the tops of your fingers hit. Keeping both feet flat on the ground, jump as high as you can and make another mark. Next, use measuring tape to see how far you jumped.

RUNNING LONG JUMP: Perform the same steps above, but this time take a running jump.

STANDING LONG JUMP: Mark an area on the ground and place your toes behind the line. Without a running start, jump as far out as you can. Mark the place where your heels land. Measure the distance between your starting line and where you jumped.

RUNNING LONG JUMP: Perform the same steps above, but this time take a running jump.

My best results:

Standing Vertical Jump: _____ inches

Running Long Jump: _____ inches

Standing Long Jump: _____ inches

Running Long Jump: _____ inches



DAY 8- Find a ball around the house that bounces, it is time for some dribbling skills today! Use your right hand to dribble around making sure you change directions. Switch to your left hand and do the same. Next, dribble the ball from your left hand to your right hand continuing that back and forth. See if you can keep your dribble while on your knees. Next, roll the ball around each foot in a figure eight. Then, roll the ball around your waist and finally move it around your head. Lastly, see how many times you can dribble without losing your dribble. Can you dribble over 100 times? Record your highest number in the space below.

My highest number of dribbles without losing control: _____

DAY 9- Ball up a piece of paper and use it to practice shooting into a garbage can. Stand back 3 feet and make 10 shots. Repeat by backing up to 5 feet away and then finally 7 feet away.

Next, place ten spots on the ground and see how quickly you can make a shot from every spot around the floor. Have someone time you and see how long it takes to hit each mark. Record your best time below.

My best time: _____

DAY 10- Today is a steps challenge. Find a walking partner and record the distance and number of steps you take on a long walk. If they do not have a pedometer, you can download the Fitbit app on a phone for free. If the weather is bad, swap this activity with another and come back to it. Record your number of steps and distance in the space below:

Our total number of steps: _____ Our total distance: _____

DAY 11- Create your own obstacle course! How creative can you be in creating your own way to challenge yourself or anyone around you. Can your parents do the obstacle course? Your brother or sister?

What was the most difficult challenge you created? _____

DAY 12- Today's focus will be on stretching and flexibility. This is a part of fitness that many people forget about! After performing at least 5 minutes of a physical activity (jogging, walking, jumping rope etc.), perform the stretches listed below.

- Bring your chin down to your chest. Hold for 15 seconds.
- Lift your shoulders up to your ears, then pull them back like you are squeezing your shoulder blades together and then while they are still pulled back, bring them back down. Repeat this 15 times.
- While keeping it straight, bring your right arm across your chest and hold it in place with your left arm. Hold for 15 seconds. Repeat this with the left arm.
- Raise your right arm straight above your head and lean to the left. Hold for 15 seconds. Repeat with the left arm.
- Sitting on the ground with your legs out straight, reach forward toward your toes. Do not bend your knees and keep your back straight. Hold for 15 seconds.
- Standing up, grasp your right ankle and pull your heel in toward your glutes. Hold for 15 seconds. Repeat on the left leg.
- Find a wall and place the sole of your foot against the wall. Bring your knee in toward the wall and hold for 15 seconds.

Which stretch was the hardest for you to do? _____

DAY 13- Today's challenge is to see if you can complete the 7-minute workout from YouTube: Click on the link and it will take you to the video: <https://www.youtube.com/watch?v=ECxYJcnvyMw>

Which 30 second segment got your heart rate up the most? _____

DAY 14- Create your own 7-minute work-out, then use a timer to see if you can complete it. Create TWELVE 30-second segments with a ten second breaks in between for a total of 7 minutes. You can use some of the segments in the original 7-minute workout but try to make a majority of them exercises you came up with. Write in your 7-minute workout in the space below:

EXERCISE 1:

EXERCISE 2:

EXERCISE 3:

EXERCISE 4:

EXERCISE 5:

EXERCISE 6:

EXERCISE 7:

EXERCISE 8:

EXERCISE 9:

EXERCISE 10:

EXERCISE 11:

EXERCISE 12:

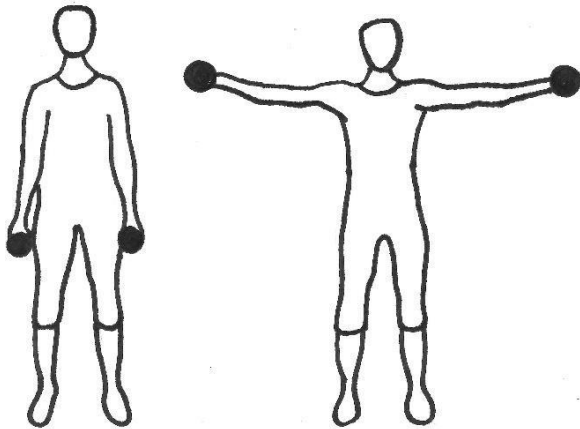


DAY 15- Today the focus is on balance. Perform the following balance activities.

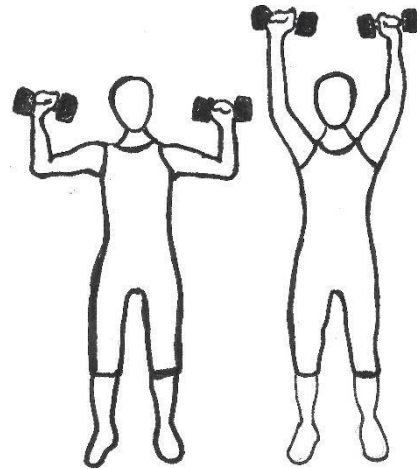
- Challenge 1: Start by balancing on one foot. Lean down and touch the ground with two hands. Attempt to stand back up without letting your other foot touch the ground.
- Challenge 2: Place the sole of your foot on the inside of the other knee. Place your hands on your hips and close your eyes. Have someone time you to see how long you can hold this position. Stop the timer if your foot comes off your knee or your hands come off your hips. Record your best time in the space below:
 My longest time: _____
- Challenge 3: Get into the same position as Challenge 2, but this time lift your heel off the ground. Attempt to make it to the 10 second mark without your heel touching, your foot coming off your knee or your hands coming off your hips.

Congratulations! You've completed cycle 1 – Now, REPEAT.

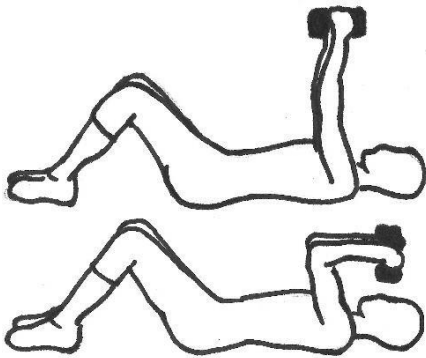
UPPER BODY STRENGTH EXERCISES



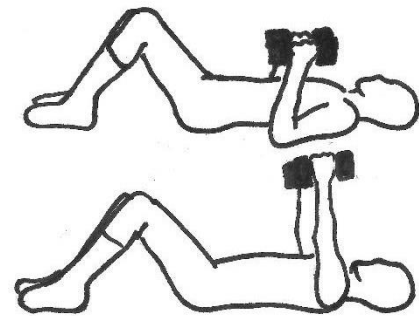
LATERAL RAISES



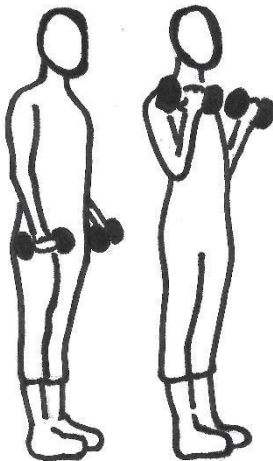
OVERHEAD PRESS



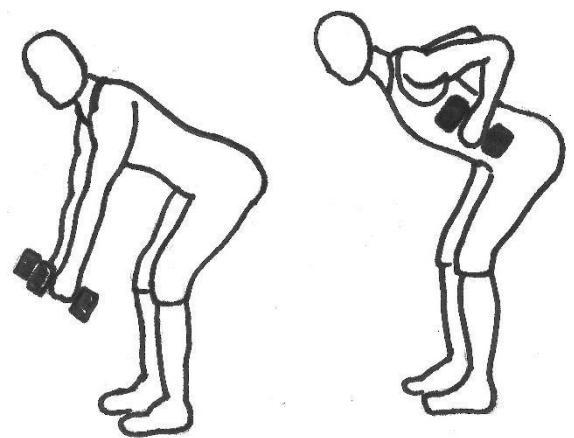
TRICEP EXTENSIONS



LYING CHEST PRESS



BICEP CURLS



BENT OVER ROWS