

Weekly Bursts

Week 2

View March 2021 for the first 2 days of April bursts

Weekly
Challenge

Challenge: Make it Fun!

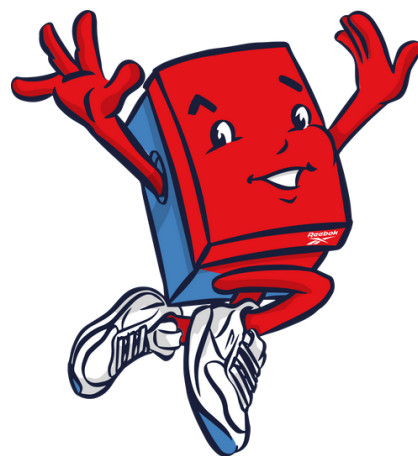
This week we challenge you to make your run FUN! Find creative ways to keep your runs engaging and fun for you. Create a new running play list or try a "tree run" where you walk to one tree, skip to the next, jog to the next and sprint to the fourth tree. Then repeat for however much time you have. Get creative and have fun!

BURST 1: FIRE FEET CHALLENGE

- Kids spread out around the room ensuring they are at least an arm's length away from others.
- The trainer has six different commands they will call out and the kids will do the action as fast as possible. Explain and show the group what each command means.
 - Up: jump squats.
 - Down: drop down and perform a burpee.
 - Left: pivot or shuffle your body to the left.
 - Right: pivot or shuffle your body to the right.
 - Fast feet: move your feet very quickly while on your toes.
 - Shuffle: switch locations with someone else in the room.
- Begin by getting the kids to lightly jog on the spot.
- The trainer will call out: up, down, left, right, fast feet or shuffle.
- Continue for a certain amount of time.

Variations/Challenges:

- Change the movement for the commands (e.g., down push-up).
- Have a kid lead and call out the commands.



BURST 2: PARTNER CHALLENGE

- Get with a partner or designate half the class A and half the class B.
- Each partner or group will perform the given exercises for 30 sec – 1 min.
- Exercises will be followed by a 30 second rest.
 - Jumping jacks
 - Squats
 - Push-ups
 - Lunges or lunge jumps
 - Mountain climbers

You can access our Monthly Calendar on the BOKS Trainer Hub.

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BURST 3: CLAP FOR 10

- Do 10 jumping jacks clapping your hands when they are above your head.
- Do 10 lunges clapping your hands when your hands are above your knees.
- Do 10 burpees clapping your hands above your head when you jump up.
- Do 10 crunches/sit-ups clapping your hands when they are above your knees.
- Do 10 squats clapping your hands when you extend your legs.

BURST 4: CHAIR AEROBICS

- In their chairs have the kids march their feet for 20 steps.
- In the chair have the kids put each foot out to the side one at a time for 20 times.
- Have the kids sit holding onto the seat of the chair and pull their knees towards their chest. Hold at the top for 5 seconds, and slowly lower down. Repeat.
- Get up and walk around your chair to the back of it, leaving your hands on the back of the chair jump and twist side to side 20 times.
- Still holding the back of the chair, do 20 butt kickers.
- Walk around your chair.
- Repeat the chair aerobic routine.

BURST 5: ABC WORKOUT - HYDRATION

The ABC Workout Poster is available on page 3 of the April Fitness Calendar.

- H = 20 squats
- Y = 15 second plank hold
- D = 5 push-ups
- R = 10 walking lunges
- A = 10 jumping jacks
- T = 10 superhumans
- I = 10 donkey kicks
- O = 5 burpees
- N = 10 lunges



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