

# Weekly Bursts

## Week 5

### Weekly Challenge

#### Challenge: Celebrate Your Success

That is a wrap and it is time to celebrate. This week take time to simply have fun, laugh with your family and friends and make sure to PLAY. Have a great big game of tag, get out onto the playground or have a celebratory dance party. Reward yourself with a special treat and breathe deeply.

#### BURST 1: STRONG ABS

- Hold a plank (on forearms) move right foot out and tap toes then return to start position (plank).
- Repeat ten times on right side.
- Repeat ten times on the left side.
- Hold a plank (on forearms) and extend right leg up toward ceiling ten times.
- Hold a plank (on forearms) and extend left leg up toward ceiling ten times.
- Repeat steps one through five while in a reverse plank position (tummy facing ceiling).

Variations/Challenges: Repeat burst while in a straight arm plank.

#### BURST 2: LIKE A BOXER

- Round one
  - Perform action ten times and always come back to a neutral stance. Straight punches, right side – punch the air with your right fist without rotating your shoulder.
  - Straight punches left side – punch the air with your left fist without rotating shoulder.
  - Uppercut, right side – start with your right arm in an "L" shape and move in the upward direction.
  - Uppercut left side – start with your left arm in an "L" shape and move in the upward direction.
- Round two
  - Perform each action ten times and always come back to a neutral stance. Hook, right side – start with your right arm in an "L" shape at eye level and swing across your face.
  - Hook left side – start with your left arm in an "L" shape at eye level and swing across your face.
  - Jab with right side – turn slightly to the left and punch with your right fist.
  - Jab with left side – turn slightly to the right and punch with your left fist.
- Round three
  - Do 1 minute of each push-up – as many as possible in 1 minute.
  - Jump rope – as many times as possible in 1 minute.

You can download our Monthly Calendar in the BOKS Trainer Hub.

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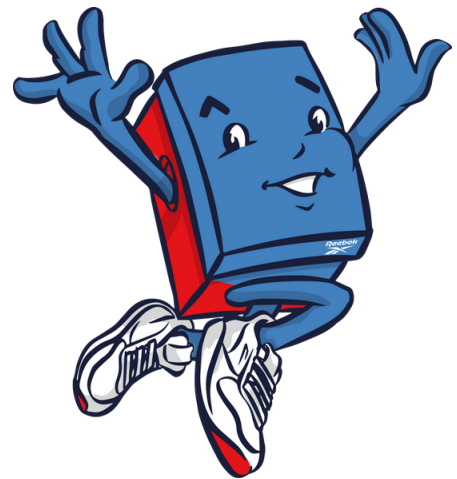
## Week 5

### **BURST 3: TRACK AND FIELD BURST**

Materials: Tape, toilet paper roll, rope, ball, metronome or something to set the pace.

Directions:

- Standing Long Jump:
  - Start from behind a line or tape, jump as far as you can and land with soft knees.
  - Repeat and try to jump past the 1st mark.
  - Try a single-leg take-off into a two-foot landing.
  - Repeat on the other leg.
- Javelin Throw on a Rope:
  - Place a toilet paper roll on a rope.
  - Anchor the rope up high.
  - Grab the toilet paper roll palm up, take a step towards the anchor while keeping your throwing arm behind you.
  - High throwing arm.
  - Long pull and try the other arm.
- Relay Races:
  - Line up in a crab walk starting position.
  - Place an object on your core.
  - Race to a line (touch it) and back.
  - Try with a ball or a balloon between your knees.



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