



boks FITNESS CALENDAR

October

Theme: Get Your Run On!
with **Reebok** runners!

WEEKLY CHALLENGE

WEEK 1

Make it Fun!

MONDAY
Fire Feet Drill Burst

TUESDAY
Bingo Burst

WEDNESDAY
BOKS Running Skill Challenge

THURSDAY
Tabata Squat

FRIDAY
Hydration

WEEK 2

Build Your Endurance!

MONDAY
Tabata Running

TUESDAY
Jump Rope Burst

WEDNESDAY
Line Jump

THURSDAY
Burst It Out Jumps

FRIDAY
Endurance

WEEK 3

The Need for Speed!

MONDAY
Adventure Run

TUESDAY
Thunderstruck Burpee Challenge

WEDNESDAY
Sprint Desk Drill

THURSDAY
Cardio Tabatas

FRIDAY
Speed

WEEK 4

Limber Up!

MONDAY
Coin Flip for Runners

TUESDAY
BOKS Ladder Challenge

WEDNESDAY
Quick Track Moves

THURSDAY
Let's Climb Burst

FRIDAY
Stretching



How does this work?

- Click on the activity to see how to perform the exercise.
- Join the weekly challenge to set and crush your individual physical activity goals.
- Practice a new BOKS Burst every weekday (Monday to Thursday).
- Use the ABC workout on page 3 and the words in the calendar to get moving.





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Join our Weekly Challenges

WEEK 1

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!

WEEK 3

The Need for Speed!

This week we challenge you to get moving FASTER! Try some different speed runs throughout the week. One idea is to run between the goal posts on your school field - sprint from one goal post to the other, then walk it and repeat this sequence at least four times. One of our favorite sprint runs is BOKS Sprints - setting up three pylons, sprint to the first one (and back), then the second (and back), then the third and back to the start. Have fun with it and enjoy your new found speed!

WEEK 2

Build Your Endurance!

This week we challenge you to build your endurance with a long, slow run. Slow down your pace and see how long you can run without having to stop. Each day try to run 1 minute longer than the day before. Try this again at the end of the month and see how much longer you are able to run for.

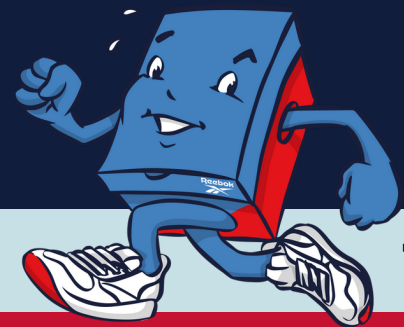
WEEK 4

Limber Up!

This week we encourage you to get stretching DAILY! Try a new movement flow, make sure to do at least five minutes of dynamic stretching to warm up before your activity and take some time to properly stretch out after you run! Check out our "Get Your Run On" document on the Trainer Hub for some great stretching ideas!



Check out our running documents and Pumpkin Race in the BOKS Trainer Hub



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ABC Workout

Use the word of the day from the calendar and move according to the letters in that word.

A 10 jumping jacks

B 20 crunches

C 15 squats

D 5 push-ups

E 30 second wall sit

F 10 burpees

G 20 dips from floor

H 20 squats

I 10 donkey kicks

J 15 crunches

K 10 push-ups

L 5 tuck jumps

M 20 high knees

N 10 lunges

O 5 burpees

P 15 mountain climbers

Q 30 crunches

R 10 walking lunges

S 15 push-ups

T 10 superhumans

U 30 lunges

V 10 jump squats

W 20 two foot jumps

X 25 high knees

Y 15 second plank hold

Z 20 plank jacks