

Weekly Bursts

Week 4

NEW - October Calendar

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WEEKLY CHALLENGE

Challenge: 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 your run! Check out our "Get Your Run On" document on the Trainer Hub for some great stretching ideas!

BURST 1: COIN FLIP FOR RUNNERS

Materials: Coin or two-sided object.

Directions:

- Obtain a coin or two-sided object.
- Designate the sides of the coin with a skill.
- Decide how many repetitions to perform, five or ten.
- Round number one:
 - Heads = high knees.
 - Tails = butt kickers.
 - Complete five to ten coin flips.
- Round number two:
 - Heads = fast feet.
 - Tails = lateral jumps.
 - Complete five to ten coin flips.
- Flip the coin and have fun.



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BURST 2: BOKS LADDER CHALLENGE

Materials: None

Directions:

- Pick two movements (tuck jump and squat). One kid works at a time while the other kid rests. 2. Partner A does each movement once. Then, Partner B does each movement once.
- Partner A does each movement twice.
- Partner B does each movement twice.
- Keep increasing the reps by one each cycle.
- Play for 2 minutes and see how many reps the partners can get to. Rest for 1 minute.
- Find a new partner and repeat.

BURST 3: QUICK TRACK MOVES

Materials: None

Directions:

- Do each activity in place for ten seconds on the trainer's command.
- Butt kicks - be bouncy on your feet, kicking heels toward the buttocks.
- High knees - be bouncy on your feet, lifting knee up to 90 degrees.
- A Skip - be bouncy on your feet, skip in place making sure the knee that is lifted up, the foot is at 90 degrees and flexed, move arms in a hip to lip fashion while skipping.
- B Skip - be bouncy on your feet, skip in place with foot flexed and arms hip to lip fashion. When knee is at 90 degrees, straighten leg and pull flexed foot down toward the ground.



BURST 4: LET'S CLIMB BURST

Materials: None

Directions:

- The goal of this burst is to perform several variations of hill/mountain climbers.
- Kids place hands on the floor and support their weight in a high plank position.
- Kids are asked to cycle their knees in towards their chest in a right, left, repeat fashion.
- Perform 10-40 repetitions depending on the group. Kids stand and rest briefly.
- Kids get back in high plank position and bring one of their knees in towards their chest while touching the sole of the foot of the active leg on the floor and cycling the opposite leg.
- Perform 10-40 repetitions and then stand to rest briefly.
- Kids get in high plank position and jump both knees in towards their chest at the same time, then jump straight back out to extension.

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BURST 4: LET'S CLIMB BURST (CONTINUED)

- Kids then jump their legs out sideways while fully extended so that legs create a V formation, then jump the legs back together and jump their knees back to their chest and repeat the actions.
- Perform 10-40 repetitions.

Variations/Challenges: For advancing variations, please ensure that the kids are age and physical stage appropriate.

- Try to bring the foot all the way up to the side of the hand on the same side. For example, left foot is drawn high towards the shoulder area and beside the left hand. Then repeat with the right and so on for 10-30 reps.
- Try to perform mountain climbers with one leg. Use the left or the right leg only, either hold the opposite leg in the air or on top of the other leg. Kick knee in towards chest and then back out straight.
- Repeat 10-15 times. Switch legs.

BURST 5: ABC WORKOUT - "STRETCHING"

- Use the ABC workout on page 3 of the Fintess and the words in the Fitness Calendar to get moving.

