

2020 FITNESS CHALLENGE

Marion Harding Sports Medicine created an 8-week fitness challenge a couple years back and named it the “Little Man Challenge”, in honor of my son. We have since rebooted the challenge and would like to offer it to all area schools, student-athletes, coaches, teachers, and parents/guardians.

Overview:

Week1 of the Fitness Challenge 2020 will be released via social media on Monday, May 18, 2020. Workouts will then be released each Monday for a total of eight weeks.

There will be 4 workouts per week. The structure for each workout will be the same:

- 1) Dynamic Warm-Up
- 2) Warm-Up Activity
- 3) The Workout. The majority of these workouts will be circuit training workouts. Perform each exercise in order then rest for 2 minutes. Repeat 3-5 sets. Remember: there is minimal rest between exercises with a circuit training. You will move from one exercise to the next. Take advantage of the 2 minute breaks!
 - Workout #1: Speed & Agility
 - Workout #2: Strength & Power
 - Workout #3: Plyometric
 - Workout #4: Get Better Day. You get to choose 5-7 exercises from earlier in the week that you want to improve. This will always be a circuit training day. We want to make sure that you are pushing yourself to be better, get creative and have fun!
- 4) Cool Down Activity (be creative!)
- 5) Static Stretches (upper body and/or lower body)
- 6) Education Topic(s): We want to make sure that we talk about injury prevention, nutrition, hydration and other important topics. We are always open to answering questions.

Testing: Day 1 each participant will perform a pre-test, and the last workout of the 8-week challenge will be a post test.

Scoring: Each section is assigned a point value. We like keeping it simple. If you complete a section, you receive the points. At the end of the workout, you tally up all points earned.

Equipment/Supplies: At the beginning, you will need minimal equipment. Tape measure, stop watch (phone), count down timer (phone app), cones, hand weights (you can use cans of soup, fill an empty milk jug with water=7 pounds), tape and/or sidewalk chalk.

As we progress, Little Man will give you the heads up on items that maybe used.

Rules:

- Safety First: please make sure that you are cleared by a physician to participate in physical activities
- Sharing is Caring: feel free to forward the workouts to your friends, family, etc.
- Track your points from each workout and when you successfully complete the challenge submit the following to Little Man: Pre-Test Scoring, Post-Test Scoring and Total Points Scored
- When performing jumping and/or plyometric activities, use a softer surface. Avoid concrete and asphalt.
- Focus on Quality NOT Quantity. Make sure that you are doing each exercise correctly and challenge yourself.
- HAVE FUN!

If you have any questions, contact us. Good luck and have a great summer!

-tim

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