

# WEEK1 FITNESS CHALLENGE 2020

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## PRE-TEST and SPEED & AGILITY

### DYNAMIC WARM-UP:

<https://youtu.be/NDZZDsUEB3E>

(5 points)

### WARM-UP ACTIVITY:

SKIPPING PROGRESSION:

<https://youtu.be/rg2QEK2Bt8w>

OR

CARIOCA PROGRESSION:

<https://youtu.be/4GHBrBs6jlk>

### PRE-TEST:

(5 points)

Vertical Jump Test

<https://youtu.be/f7FdegcihTA>

Attempt #1

inches

Attempt #2

inches

Attempt #3

inches

Plank Testing

<https://youtu.be/dMZdbqngYPs>

Front Plank completed 60 seconds

Yes OR No

Side Plank Right completed 30 seconds

Yes OR No

Side Plank Left completed 30 seconds

Yes OR No

Broad Jump Test

<https://youtu.be/GUKQrPf4QCM>

Attempt #1

inches

Attempt #2

inches

Attempt #3

inches

Small "t" Agility Test x30 seconds

<https://youtu.be/anvzQ-NzUZQ>

Attempt #1

# of repetitions

Attempt #2

# of repetitions

### WORKOUT (x5 points for each set completed; 25 point total)

(\_\_\_\_/25 points max)

#### SPEED & AGILITY WORKOUT

<https://youtu.be/6xtsvSQoMfY>

Athletic Stance x5 repetitions each

Seated Arm Swings x30 repetitions each

Lean & Falls x10 times each

### COOL DOWN ACTIVITY:

Jumping Rope; Jogging; Dance Party; Choose a Game (tag, shadow, etc.)

(5 points)

### STATIC STRETCHES:

Upper Body

<https://youtu.be/W-ehuZ3VMQM>

Lower Body

<https://youtu.be/NMdxhMxJgGw>

(5 points)

### EDUCATION:

#### Breakfast

<https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/resources-videos/breakfast.pdf>

(5 points)

#### Hydration

[https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/our-programs/sport-nutrition/13-127-648-hydration-tips-for-student-athletes\\_final.pdf](https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/our-programs/sport-nutrition/13-127-648-hydration-tips-for-student-athletes_final.pdf)

TOTAL POINTS: \_\_\_\_/50 points max

# WEEK1 FITNESS CHALLENGE 2020

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## STRENGTH & POWER

**DYNAMIC WARM-UP:** <https://youtu.be/NDZZDsUEB3E>

(5 points)

### WARM-UP ACTIVITY:

SKIPPING PROGRESSION: <https://youtu.be/rg2QEK2Bt8w>

OR

CARIOCA PROGRESSION: <https://youtu.be/4GHBrBs6jlk>

### WORKOUT (x5 points for each set completed; 25 point total)

(\_\_\_\_/25 points max)

#### STRENGTH & POWER

<https://youtu.be/6KoJiqThHJI>

- 1) Double Leg Wall Sits with Arms at Side **x30 seconds**
- 2) Wall Push-Up with Plus **x30 seconds**
  
- 3) Star Lunges x5 directions each leg **x30 seconds**
  
- 4) Bird Dogs **x30 seconds**
  
- 5) Double Leg Hamstring Russian Deadlift **x30 seconds**
- 6) Bridging Holds **x30 seconds**
  
- 7) Forward Alternating Step Up with Curl **x30 seconds**

### COOL DOWN ACTIVITY:

(5 points)

Jumping Rope; Jogging; Dance Party; Choose a Game (tag, shadow, etc.)

### STATIC STRETCHES:

(5 points)

Upper Body <https://youtu.be/W-ehuZ3VMQM>

Lower Body <https://youtu.be/NMdxhMxJgGw>

### EDUCATION:

(5 points)

#### Breakfast

<https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/resources-videos/breakfast.pdf>

#### Hydration

[https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/our-programs/sport-nutrition/13-127-648-hydration-tips-for-student-athletes\\_final.pdf](https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/our-programs/sport-nutrition/13-127-648-hydration-tips-for-student-athletes_final.pdf)

TOTAL POINTS: \_\_\_\_/50 points max

# WEEK1 FITNESS CHALLENGE 2020

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## PLYOMETRIC WORKOUT

**DYNAMIC WARM-UP:** <https://youtu.be/NDZZDsUEB3E> (5 points)

### WARM-UP ACTIVITY:

SKIPPING PROGRESSION: <https://youtu.be/rg2QEK2Bt8w>

OR

CARIOCA PROGRESSION: <https://youtu.be/4GHBrBs6jlk>

**WORKOUT (x5 points for each set completed; 25 point total)** (\_\_\_\_/25 points max)

### PLYOMETRICS

<https://youtu.be/MxTQUd6LL9k>

### Dot Drill Dimensions

<http://www.optojump.com/OptoJumpNext/media/MiscImages/5dotdrill.png>

- |  |             |
|--|-------------|
| 1) Dot Drill: Up & Back                  | x5 times    |
| 2) Front Plank Holds                     | x30 seconds |
| 3) Dot Drill: Right Foot Up & Back       | x5 times    |
| 4) Right Side Plank Holds                | x30 seconds |
| 5) Dot Drill: Left Foot Up & Back        | x5 times    |
| 6) Left Side Plank Holds                 | x30 seconds |
| 7) Dot Drill: Up & Back with Turn Around | x5 times    |

**COOL DOWN ACTIVITY:** (5 points)

Jumping Rope; Jogging; Dance Party; Choose a Game (tag, shadow, etc.)

**STATIC STRETCHES:** (5 points)

Upper Body <https://youtu.be/W-ehuZ3VMQM>

Lower Body <https://youtu.be/NMdxhMxJgGw>

**EDUCATION:** (5 points)

### Breakfast

<https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/resources-videos/breakfast.pdf>

### Hydration

[https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/our-programs/sport-nutrition/13-127-648-hydration-tips-for-student-athletes\\_final.pdf](https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/our-programs/sport-nutrition/13-127-648-hydration-tips-for-student-athletes_final.pdf)

**TOTAL POINTS:** \_\_\_\_/50 points max

# WEEK1 FITNESS CHALLENGE 2020

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## WORKOUT DAY 4: GET BETTER!

### DYNAMIC WARM-UP:

<https://youtu.be/NDZZDsUEB3E>

(5 points)

### WARM-UP ACTIVITY:

SKIPPING PROGRESSION:

<https://youtu.be/rg2QEK2Bt8w>

OR

CARIOCA PROGRESSION:

<https://youtu.be/4GHBrBs6jlk>

WORKOUT (x5 points for each set completed; 25 point total)

(\_\_\_\_/25 points max)

### DAY 4: Get Better!

1)

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2)

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3)

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4)

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5)

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6)

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7)

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### COOL DOWN ACTIVITY:

Jumping Rope; Jogging; Dance Party; Choose a Game (tag, shadow, etc.)

(5 points)

### STATIC STRETCHES:

Upper Body

<https://youtu.be/W-ehuZ3VMQM>

Lower Body

<https://youtu.be/NMdxhMxJgGw>

(5 points)

### EDUCATION:

#### Breakfast

<https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/resources-videos/breakfast.pdf>

#### Hydration

[https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/our-programs/sport-nutrition/13-127-648-hydration-tips-for-student-athletes\\_final.pdf](https://www.ohiohealth.com/siteassets/find-a-service/sports-medicine/our-programs/sport-nutrition/13-127-648-hydration-tips-for-student-athletes_final.pdf)

(5 points)

TOTAL POINTS: \_\_\_\_/50 points max