

Grades 6-3

This week, I want you to develop an exercise chart for yourself. On that chart, I want you to have listed the following exercises.

1. Push ups
2. Curl-ups
3. Burpees
4. Planks (push up planks)
5. Sit and reach toes

We have discussed push ups and practiced them many times. My goal is for you to have consistent increase of the amount you can do each time. First time do as many as possible and record them. Each week I want you to record and see if you can do more than the last week.

Curl up (aka sit ups) Also discussed and practiced. Same as push ups, record doing as many as you can the first time. Same as push ups, record each week how many you can perform.

Burpees- This we have done, but no many times. Stand with arms at your side, feel shoulder width apart. You squat down bending knees only, hands go to ground, extend feet out quickly to a push up position, then pop back up to standing and starting position. I would like you are someone to time you for 1 minute. Record how many you can do for 1 min. Each week see how many you can do in 1 minute, hoping for more each time. Not expecting a lot more, 1 more is a gain!

Planks- Get into a full push up ready position, and hold your back straight like a board. Have someone time you for 1 minute. Record how long you stay in that spot without sticking your bottom up to a bridge or lowering to take the pressure of the muscle off. If you can stay in that spot for a minute, or however long you do stay for in time, record it. Each week, record how long you can stay in position. My goal for you is, can you stay there for 2 minutes, after weeks of doing this, not in the beginning.

Sit n reach toes. I want you to sit with feet and legs straight out together, toes pointing up. See if you can touch your toes, or how far you can go, to knees, shins, etc. If you can touch toes, have someone time you 1 minute. If you can touch toes, each week see how long you can last by staying in position touching toes. If you can't touch toes, your goal each week is to see how far you can get to touch your toes. This is tough, but flexibility is boring to do, but one of the most important thing you can do or yourself in injury prevention.

- There is nothing more satisfying than seeing yourself progress. Keep this log with you even after school is out. You can add more exercises, take your heart rate and see if your resting heart rate goes down. This is personal fitness, and from the top professionals to beginners, keeping a log of your progression is important. Feel free to google any of these exercises, you will find other information on exercise buy doing so. I look forward to the weeks ahead and look to see some results for those wanting to post some. Coach Canuel