

KEEP FIT ACTIVITIES

for Middle School Ages



Do 2-4 exercises in each category every day.

<p>LOWER BODY STRENGTH <i>Power, Speed and Stability</i></p>	<p>GLUTE BRIDGE Lie on your back, feet shoulder width apart, flat on the ground. Lift hips off the ground making a straight line from your knee to your head. Hold for 45 seconds 2 times.</p>	<p>CLAMSHELLS Lie on your side. Raise your top knee keeping your feet together. Repeat 2 sets of 15 on each side.</p>	<p>WALKING LUNGES Standing tall, step one foot far out in front and get knee close to the ground. Return to standing. Repeat 2 sets of 10 steps.</p>	<p>SQUATS Stand with feet shoulder width apart. Keeping hips and knees aligned over feet, squat. Repeat 3 sets of 10 times.</p>	<p>WALL SIT Sit in a squat stance with your back against the wall. Hold for 30 seconds two times.</p>
<p>UPPER BODY <i>Power, Control and Stability</i></p>	<p>PLANK Hold a plank for 30 seconds three times.</p>	<p>TALL PLANK Lie on your stomach with hands touching floor. Lift hips off the ground so only feet and hands are touching. Hold for 30 seconds 2 times.</p>	<p>LEFT SIDE PLANK Lie on your left side with your elbow and foot only touching the ground. Hold for 30 seconds two times.</p>	<p>PUSH UP Lie on your stomach with hands shoulder width apart, press yourself off the ground. Repeat 3 sets of 10.</p>	<p>RIGHT SIDE PLANK Lie on your right side with your elbow and foot only touching the ground. Hold for 30 seconds. Repeat 2 times.</p>
<p>PLYOMETRICS <i>Power Output, Landing Safety and Core and Hip Control</i></p>	<p>POGOS Stand with feet together. Hop using only your ankles. Try to bring your toes to your shins while in the air. Repeat 3 sets of 20 jumps.</p>	<p>LEFT LEG HOP Stand on your left leg. Hop up and down using only your ankle. Repeat 3 sets of 10 hops.</p>	<p>VERTICAL JUMP Stand with feet hip width apart. Jump up as high as you can. Repeat 3 sets of 5 jumps.</p>	<p>RIGHT LEG HOP Stand on right leg, hop up and down using only your ankle. Repeat 3 sets of 10 hops.</p>	<p>BROAD JUMP Stand hip width apart. Jump forward as far as you can. Repeat 3 sets of 5 jumps.</p>
<p>MOBILITY <i>Flexibility and Injury Prevention</i></p>	<p>STANDING TOE TOUCH While standing, reach down as far as you can and touch your toes. Hold for 30 seconds.</p>	<p>LAT STRETCH Kneel facing your couch, place your elbows on the seat and reach your head through your arms. Hold for 1 minute.</p>	<p>SEAL STRETCH Lie on your stomach and press your arms into the ground, raise your chest off the floor. Hold for 30 seconds.</p>	<p>CALF STRETCH Put your toes of one foot up against the wall and lean forward. Hold for 30 seconds on each side.</p>	<p>LUNGE STRETCH Get into a lunge position with right knee on the ground. Shift your body forward to where you feel a stretch in the front of your right hip. Hold for 30 seconds. Repeat on left side.</p>
<p>STABILITY <i>Control and Balance</i></p>	<p>BIRD DOG Get in all-4 position (hands under shoulders, knees under hips). Reach right hand forward and left leg back. Switch sides and repeat 2 sets of 10.</p>	<p>ISO LUNGE Stand in a lunge stance with your knee hovering the ground. Hold for 15 seconds per side 2 times.</p>	<p>BALL BALANCE Place a small ball on top of a book. Only holding the book with 1 hand, try to keep the ball on the surface of the book as long as you can. 2 times each side.</p>	<p>RIGHT LEG STAND Stand on your right leg for 30 seconds.</p>	<p>LEFT LEG STAND Stand on your left leg for 30 seconds.</p>
<p>GENERAL ACTIVITY <i>Cardio Health and Muscle Endurance</i></p>	<p>Go outside and play fetch or run with your dog.</p>	<p>Run for 30 seconds at a hard pace. Recovery pace 3 minutes. Repeat 5 times.</p>	<p>Go for a 10 minute easy jog.</p>	<p>Challenge your sibling to a running race outside.</p>	<p>Play catch or soccer or another activity while walking around your neighborhood.</p>