



KidsRUN^{RVA}

ACTIVITY OF THE WEEK

BASKETBALL HIIT



H.I.I.T. stands for High Intensity Interval Training. Do each exercise at a high intensity level for 40 seconds with a 20 second "active break" in between each exercise. During your active break you can march in place, stretch, or walk around - just don't sit down!

Shuffle Taps – shuffle four times to the right, touch the floor, shuffle four times to the left, touch the floor

Fast Break – Sprint in place then jump up and “block”

Block the Shot - Jump left to right pretending to “block the shot”

Slam Dunk Burpees – Do a regular burpee but when you jump up pretend to “slam dunk”

Squat & Shoot – Squat down then jump up like you are “shooting” the ball

Lunge to Block – Do a lateral lunge left, then right, to “block” the shot

Figure 8s – Using a ball or a dumbbell, get into a wide-stance squat position and pass it under your left leg then under the right.

Catch & Shoot – Pretend to catch the ball from the left then jump up to “shoot.” Repeat on the right.

**Got questions? Get answers by emailing
KidsRunRVA@sportsbackers.org**