

KidsRUN^{RVA}

FALL FIT CLUB ACTIVITY

FOOTBALL FITNESS

Excited for football season?!! As you watch your favorite team play, do the exercises below for each of these plays. Put your helmet on and get ready for some fun! If you aren't able to watch a game, do each of the plays below twice to represent the 2 halves of a game!



TOUCHDOWN = 10 BURPEES



FIELD GOAL = 15 CRUNCHES

1st DOWN = 10 PUSH-UPS

INTERCEPTION = 10 JUMPING JACKS

TIMEOUT = 10 MOUNTAIN CLIMBERS

FUMBLE = 10 SECOND RUN IN PLACE

SACK = 5 SIT-UPS

COMMERCIAL = 30 SECOND PLANK

FLAG = 10 WALKING LUNGES



Got questions? Get answers at our Workout Wednesday session or by emailing KidsRunRVA@sportsbackers.org