

LET'S GO!

SUPER FIT CHALLENGE

BELONGS TO:

SUPER FIT
ACTIVITY LOG



MY NAME IS

GRADE: _____

SCHOOL: _____

Today's date is:

My favorite subject in school is:

My favorite teacher is:

My favorite music artist is:

I'm inspired by:

I'm really good at:

My favorite hobbies are:

I'm working on being better at:

My favorite exercise is:

My favorite season is:

My least favorite exercise is:

I think kids should exercise because:

AFTER REVIEWING YOUR ACTIVITY LOG, FILL IN THE FOLLOWING:

The Super Fit Challenge week I'm most excited about is: _____

An exercise that I'm unsure about is: _____

My personal goal for this challenge is: _____

My first progress report is due no later than: _____

My second progress report is due no later than: _____

WELCOME TO THE SUPER FIT CHALLENGE!



This is a 13-week fitness challenge that will introduce you to new and fun ways to get moving. This activity log has all the information you need to complete the challenge.

HOW IT WORKS


- Each week you will have 6 activities to complete, one from each of the following categories:

Super Fit Activity - A challenge to help you build those muscles!


Kids Run RVA Activity - A fun, theme-based activity to complete on your own or with your family or run club!

Fit4Kids Healthy Habits Challenge - A challenge to take your fitness journey beyond physical activity and learn healthy habits!

Moving Minutes - A time-based challenge to help you build your cardio endurance!

Brain Break University - Give your brain a break as you follow along with these 3-5 minute videos, led by college athletes! Visit sportsbackers.org/events/super-fit-challenge/brain-break-university or scan 




Workout Wednesday Club - A live, theme-based workout led by a Kids Run RVA Coach every Wednesday at 5pm on Zoom! Visit sportsbackers.org/events/super-fit-challenge/workout-wednesday-club or scan 




- Track your progress by coloring in the letter of each activity you complete to spell out the word of the week!

- Once you complete 4 weeks, report your progress to earn your Super Fit t-shirt!


You will need to submit your 1st progress report between March 28th – April 28th by completing this form: <https://forms.gle/qqnNV6NvaANVRNtQ9> or scan 



- Once you complete 8 weeks, submit your 2nd progress report to be entered to win one of our Super Fit prize packs! You will need to submit your 2nd progress report between April 28th – May 28th by completing this form: <https://forms.gle/R9ADgyxvPcW7zvDW8> or scan 



HELPFUL TIPS

- Listen to your body! Do your best to complete each activity as instructed but if something hurts or doesn't feel right, substitute another exercise that works for you. Slow down when you need to and take breaks whenever you need to catch your breath or get some water.
- Stay tuned for weekly emails from the Super Fit Challenge Head Coach, Jacki Quinlan, which will include important challenge announcements, updates, and weekly tips.
- Not sure how to do some of the exercises listed in the activities? Check out the exercise descriptions in the back of your activity log or get your questions answered by a Kids Run RVA Coach at the Workout Wednesday Club.
- You can find Super Fit exercise descriptions on page 30-31. Some exercise demonstrations can be viewed by visiting sportsbackers.org/program/kids-run-rva/exercise-examples/ or scan 









If you, or your parents, have any questions or concerns, you can always email Coach Jacki at jacki@sportsbackers.org

THEME = PEP RALLY

Super Fit Activity	Sports Circuits
Kids Run RVA Activity	Pep Rally Mad Lib
Fit4Kids Healthy Habits Challenge	Count this challenge as complete when you successfully get 9 hours of sleep in one night.
Moving Minutes	Pick your two favorite songs & play them while you walk, jog, or dance. This can be done inside or outside!
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Come repping your school spirit wear or your sports team! Wednesday March 3rd @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

SUPER FIT ACTIVITY: SPORTS CIRCUITS

Complete the exercises in each of the Sports Circuits below. Take a 1-minute break in between each circuit!

Basketball

- 1 minute defensive shuffle
- 30 seconds forward bounds
- 20 seconds wall sit while holding a ball in front of you
- 10 tuck jumps

Football

- 1 minute jumping jacks
- 30 seconds fast feet
- 20 seconds scissors
- 10 goal posts

Track & Field

- 1 minute jog in place
- 30 seconds high knees
- 20 long jumps, alternating legs
- 10 push-ups

Soccer

- 1 minute soccer taps
- 30 seconds burpees
- 20 lunges, alternating legs
- 10 sit-ups

KIDS RUN RVA ACTIVITY: PEP RALLY MAD LIB

Fill in the blanks below and then do the exercises as your Pep Rally story is read aloud! If you can, get a family member to help you fill in the blanks so the story will be a surprise after you've provided all the missing words!

On the first week of _____ in the year _____, students from all over _____ were gearing up
Month Number City
for the first ever Super Fit Challenge. They were all _____ and were ready to show everyone how good
Adjective
they could _____. They had even convinced _____ to join in on the fun! _____
Verb Name of someone in your house Plural Noun
from as far away as _____ were ready to _____ their way through the _____ week
Place Verb Number
challenge.

Before it could all begin, Coach _____ decided to throw a Super Fit Pep Rally! All of the _____
Famous Person Adjective

Students and _____ Coaches came to the _____ gym to kick off the festivities. There were
Famous Sports Team Place

Balloons and _____ all over the gym – it was going to be a real _____ fitness party!
Plural Noun Adjective

Coach _____ greeted the students, who were tapping their _____. To get their
Another famous person Plural body parts

Attention, Coach _____ yelled, "Give me _____ Push Ups!" The kids _____ through
Name of your teacher Pick a # between 5 – 20 Past tense verb

Their push-ups and _____ up to celebrate. The Super Fit Head Coach came _____ into the gym
Past tense verb Verb

and blew into her _____. She exclaimed "who is ready to get Super Fit?" and all the students yelled back
Noun

_____! Coach shouted, "Your challenge begins now - show me what you're made of! Here is your first
Exclamation

Workout: Do _____ jumping jacks, _____ star jumps, and jog in place for _____ seconds!"
Your lucky # Your age A family member's age

We thought Coach was done but then she said, "Okay good, now your _____ should be up! I want you to do 1
Body Part

Minute straight of _____. We can't forget those abs! Drop and give me _____ sit-ups! Now turn
Your favorite exercise Pick a # between 5-20

to _____ and ask them their favorite exercise. Final challenge – do 10 _____!"
Family Members Name Family Member's Favorite Exercise

We were all _____ and sweaty but the Coaches were all so _____ and proud of us. The band
Adjective Adjective

Started playing _____ and we all started dancing. I turned to _____ and said
Your Favorite Song Your Favorite Teacher

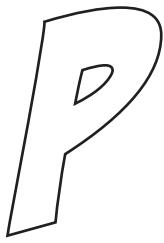

"I never knew exercising could be so _____! I'm really excited to _____ this Super Fit Challenge!"
Adjective Verb

THEME = SPRING FORWARD

Super Fit Activity	Sports Backers Super Fit Fitness Test
Kids Run RVA Activity	Spring Forward, Jump Higher!
Fit4Kids Healthy Habits Challenge	Mark this challenge as complete when you have 5 servings of fruits and vegetables in one day. Remember, 1 serving fits in your hand.
Moving Minutes	Time is getting ready to spring forward and so are you! On at least one day this week, do 1 minute of a jumping exercise (jumping jacks, frog jumps, squat jumps, broad jumps, etc.) before you eat! You should be jumping before all meals AND snacks!
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

KIDS RUN RVA ACTIVITY: SPRING FORWARD, JUMP HIGHER!

Time springs forward on March 14th and we are jumping with excitement about having more daylight to get outside and have some fun! This week your Kids Run RVA Activity is filled with jumping exercises—see how far you can spring forward and how high you can jump! Do 10 of each of the 10 jumping exercises listed below for a total of 100 jumps!

Star Jumps
Broad Jumps
Squat Jumps

Frog Jumps
Jumping Jacks
Burpees

Tuck Jumps
Long Jumps
Ski Jumps
180 Degree Jumps

SUPER FIT ACTIVITY: SPORTS BACKERS SUPER FIT FITNESS TEST

It's time to get a measurement of your current level of fitness. This test is not based on national standards—it's just designed to give you an idea of what areas you are strongest in and which areas you may want to work on. You will complete the test again towards the end of the challenge, in hopes that you will maintain or improve in each of the 5 areas. Do each exercise as instructed and to the best of your ability, then circle your results. Do not do more than is listed in the gold level—even if you know you can or feel like you are ready. You may be bronze in some areas, silver in others, and maybe even gold on a few. It is perfectly okay if you are currently bronze in all 5 areas—you are winner because you are taking on the Super Fit Challenge! If you stick with it, you should see improvement in at least one of the areas by the end of the challenge.

Exercise	Bronze	Silver	Gold
Jog – If you have permission and a safe place to do so, go outside for this exercise. If not, you can jog around the house or in place. Do an easy jog—faster than a walk but not fast running! You should be able to talk while doing this. See how many minutes you can jog!	3 minutes or less	4-6 minutes	7-10 minutes
Push Ups – Keep good form by starting in a plank position with your hands on the ground and aligned with your shoulders. Try to keep your body flat. Only your hands and toes should be touching the ground. See how many push-ups you can do while maintaining good form!	5 or less	6-10	11-15
Sit Ups – Lay on the ground with your legs bent and feet on the ground. Place two fingers behind each ear. Come up into a sitting position and then lay back down. Do not pull on your neck and do the sit up slowly. See how many proper sit-ups you can do!	5 or less	6-10	11-15
Sit and Reach Stretch – Sit on the ground with both legs extended in front of you. Without letting your knees bend up, stretch forward with both hands as far as you can and see how far you can make it then hold for 10 seconds.	I can't touch my toes yet.	I can touch my toes.	I can reach beyond my toes.
Plank – Keep good form with your forearms on the ground, elbows aligned with your shoulders, and hips at the same level as your shoulders. Try to keep your body flat throughout. Only your forearms and toes should be touching the ground. See how long you can hold the plank while maintaining good form!	30 seconds or less	31 seconds – 60 seconds	61 seconds – 90 seconds

The exercise that I'm most proud of from the Super Fit Fitness Test is:



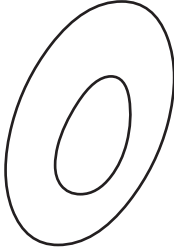





THEME = LUCK OF THE IRISH

Super Fit Activity	Flip a Coin Lucky Fitness
Kids Run RVA Activity	Luck of the Irish Circuit Challenge
Fit4Kids Healthy Habits Challenge	Write down three things you are grateful for and share your list with a family member.
Moving Minutes	Alternate 30 seconds of marching and 30 seconds of jogging for 10 minutes! Make it more fun by doing it to your favorite music!
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

SUPER FIT ACTIVITY: FLIP A COIN LUCKY FITNESS

Grab a coin and flip your way through each of the exercises listed below. Beside each exercise you will see which side of the coin – heads or tails – is “lucky.” If you land on the “lucky” side, you only have to do 7 of that exercise. If you land on the “unlucky” side, do 13 of that exercise!

Exercise	Lucky Side
Overhead Press	Heads
Sit Ups	Tails
Squats	Tails
Bicep Curls	Heads
Plank Jacks	Tails

Exercise	Lucky Side
Calf Raises	Heads
Lateral Raise	Heads
Leg Lifts	Tails
Bridges	Heads
Burpees	Tails

KIDS RUN RVA ACTIVITY: LUCK OF THE IRISH CIRCUIT CHALLENGE

Do 7 of each of the St. Patrick's Day inspired exercises below to complete 1 circuit. Take a water break in between each circuit. Complete 4 circuits to represent a lucky, 4-leaf clover!

Leaping Leprechauns – Squat then jump up and tap your heels together.

Irish Jig – Bring your knee up and lift your foot in, tapping it with your opposite hand. Then repeat on the other side!

Shamrock Jumps – Jump up while spreading out your legs and arms like a 4-leaf clover!

Pot of Gold – With your feet spread wide apart, do a squat while “holding” a pot of gold.

Blarney Stone Jump – Keeping feet together, jump side to side as if you are jumping from one stone to the next.

Irish Mountain Climbers – Starting in plank position, drive your knee up and towards your opposite shoulder then repeat on the other side.

Rainbow Plank – Start in a plank position then arch up into a rainbow shape.

FIT4KIDS HEALTHY HABITS CHALLENGE

Write down three things you are grateful for and share your list with a family member.

1. _____

2. _____

3. _____


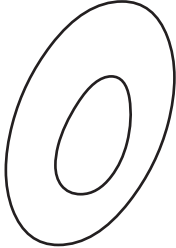






THEME = MARCH MADNESS

Super Fit Activity	Basketball HIIT
Kids Run RVA Activity	March Madness Rounds
Fit4Kids Healthy Habits Challenge	Pick at least one day that, outside of school, you will keep your screen time down to under 2 hours.
Moving Minutes	Add 15 minutes of exercise to your day - do it all at once or break it up by doing 5 minutes at breakfast, 5 minutes at lunch, and 5 minutes at dinner.
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

SUPER FIT ACTIVITY: BASKETBALL HIIT

Do each exercise at a high intensity level for 45 seconds with a 15-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.

KIDS RUN RVA ACTIVITY: MARCH MADNESS ROUNDS

Progress through these rounds just like the winning team will progress through the March Madness Rounds – from the First Four all the way to the Final Four! Take a water break in between each round!

First Four Round

- 10 Diamond Push Ups
- 20 Bicycle Crunches
- 10 Side Lunges
- 20 Jumping Jacks

First Round

- 10 Floor Press
- 45 Second Plank
- 20 Narrow Squats
- 30 Scissors

Second Round

- 10 Lateral Raise
- 15 Leg Lifts
- 20 Calf Raises
- 30 Seconds Butt Kicks

Sweet 16

- 16 Overhead Press
- 16 Sit Ups
- 16 Sumo Squats
- 16 High Knees

Elite Eight

- 8 Front Raise
- 8 Super Mans
- 8 Squat Jumps
- 8 Burpees

Final Four

- 1 Minute Arm Circles
- 1 Minute Washing Machines
- 1 Minute Mountain Climbers
- 1 Minute Defensive Shuffle









THEME = APRIL FOOLS

Super Fit Activity	Around the House
Kids Run RVA Activity	Opposites Workout
Fit4Kids Healthy Habits Challenge	Count this challenge as complete when you can honestly say, "During one of my meals today, half of my plate was fruits and vegetables!"
Moving Minutes	Set the timer for 15 minutes and GET MOVING! You can walk, shoot hoops, jog, jump on the trampoline, dance, or do your favorite exercises. The challenge is to keep moving for 15 minutes!
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

SUPER FIT ACTIVITY: AROUND THE HOUSE

Do you find yourself always doing your activities in the same room of your house? It's time to break up the routine and try exercising in different places in your house. Follow the clues to find out where you should do each of this week's Super Fit exercises!

Clue #1: Go to the room where you can find your favorite snacks. Do 10 push-ups there!

Clue #2: Now head to the spot where you brush your teeth every day. Do 20 calf raises before moving on (and maybe brush those teeth while you are at it!)

Clue #3: Jog to the place where you enter your home. Knock out 15 jumping jacks!

Clue #4: Tiptoe to the room in which the oldest adult in your home sleeps. Do a 30 second plank – quietly if they are resting!

Clue #5: Skip to the spot where you watch your favorite shows – resist temptation to turn on the tube and do 15 bridges instead!

Clue #6: Crab walk to the place where the canned goods are stored. Grab two and do 20 bicep curls! Don't forget to put those cans back before moving on to your next clue.

Clue #7: High knee to the room that you most rarely enter. Do 10 slow sit-ups.

Clue #8: Frog hop to the place you eat your meals. Do 10 lunges and grab some water if you need it!

Clue #9: Butt kick to a spot where family photos are hung. Do 15 of your favorite exercise while your family watches on!

Final Clue: Tiptoe to your favorite room in the house. Do your favorite stretches while you reflect on how it felt to workout in different parts of the house!

KIDS RUN RVA ACTIVITY: NEVER HAVE I EVER - APRIL FOOLS EDITION

Read the statements below. For each one that you **HAVE** done, do 10 of that exercise. If you **HAVE NOT** done it, do 15 of that exercise.

Never have I ever ... told a joke that made everyone around me laugh.	Jumping Jacks
Never have I ever ... gone out in public with my pants zipper unzipped.	Squat Jumps
Never have I ever ... passed gas in class.	Plank Jacks
Never have I ever ... played a prank on my teacher.	Burpees
Never have I ever ... watched a video of a prank.	Sit Ups
Never have I ever ... dressed up for Wacky Tacky Day.	Star Jumps
Never have I ever ... snorted when I laughed.	Scissors
Never have I ever ... watched AFV (America's Funniest Videos).	Mountain Climbers
Never have I ever ... pretended to be sick when I really wasn't sick.	Tuck Jumps
Never have I ever ... played an April Fools Day prank on someone.	Russian Twists



THEME = SPRING BREAK

Super Fit Activity	Chill Out
Kids Run RVA Activity	Spring Break Travel Destinations
Fit4Kids Healthy Habits Challenge	Did you know that kids are supposed to be active for at least 1 hour every day? Count this challenge as complete when you achieve being active for a total of 1 hour in a day.
Moving Minutes	It's Spring Break for most of us, which means you likely aren't in school and don't need to be glued to your screens! This week you are challenged to get outside for at least 20 minutes - you can walk, jog, do yard work, jump on the trampoline, ride your bike - it's totally up to you -just do it outside! If you don't have permission to go outside, you may do your 20 minutes indoors.
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
T	R	A	V	E	L



SUPER FIT ACTIVITY: CHILL OUT

Chill Out with these exercises that are all about stretching out your muscles and helping you to feel relaxed. Hold each stretch for 15 seconds.

C	Cobra pose
H	Hamstring Stretch
I	Inhale & exhale slowly while sitting in the butterfly stretch
L	Lunge with left leg forward
L	Lunge with right leg forward
O	Overhead Arm Stretch – lean left then right
U	Ustrasana
T	Touch your toes

KIDS RUN RVA ACTIVITY: SPRING BREAK TRAVEL DESTINATIONS

Check out the list of travel destinations below and complete the exercises for each of the places you want to visit one day. Be sure to select at least 5 but you can choose as many as you want!

Miami – Welcome to Miami! Pretend to swim for 30 seconds.

Colorado – Do 1 minute of mountain climbers to climb those big Colorado mountains!

California – Do 15 star jumps in honor of all of those famous stars that live in L.A.!

Europe – Grab your weights (or cans!) and do 10 lateral raises like you are flying across the Atlantic Ocean to Europe.

Jamaica – They be jammin' in Jamaica so put on a song (even better if it's Reggae!) & dance like you're in Montego Bay!

New York City – Do 20 of those famous Rockette Kicks—getting those legs up high and diagonal in front of you!

Orlando – Jump for Joy because you just arrived at Disney World! Jump as high as you can 10 times!

Puerto Rico – It's a beautiful island so pretend you are on the beach and show everyone your best 30 second plank.

Washington D.C. – There is a lot to see in D.C. so you better get a move on—march with high knees for 1 minute!

Myrtle Beach – It's a great place to go for a run on the beach—jog in place for 1 minute.

Niagara Falls – Do 7 burpees in honor of Niagara Falls being one of the Seven Wonders of the World!

THEME = EMOJI MOTIONS

Super Fit Activity	Ladder of Emoji Emoticons
Kids Run RVA Activity	Act It Out!
Fit4Kids Healthy Habits Challenge	Create a calm space for yourself. Use coloring sheets, pillows, yoga picture poses, squishies, or mindful shakers.
Moving Minutes	Pick your 3 favorite songs and get moving! You can dance, jog, walk, or do your favorite exercises - the goal is to just keep moving!
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
E	M	O	J	I	S

KIDS RUN ACTIVITY: ACT IT OUT

Act out each of the emojis below. It's up to you how you act it out but make sure your body is moving!



SUPER FIT ACTIVITY: LADDER OF EMOJI EMOTICONS

Work your way through the emoticons – it's up to you if you start at the top and work your way down to the bottom or start from the bottom and work your way to the top. The challenge is to act out the emoticons as you complete that Emoji's exercise!

 100 jumping rope

 90 seconds jog in place

 80 seconds of sit ups

 70 seconds of bicep curls

 60 second wall sit

 50 jumping jacks

 40 second plank

 30 arm circles

 20 lunges







 10 burpees

THEME = MOTHER EARTH

Super Fit Activity	Animal Exercises
Kids Run RVA Activity	Earth Day Scavenger Hunt
Fit4Kids Healthy Habits Challenge	An important part of staying healthy is staying away from sugar-sweetened beverages, like sodas, sports drinks, and flavored juice drinks. Your challenge is to pick a day where you will avoid all sugar-sweetened beverages.
Moving Minutes	Set the timer for 20 minutes and GET MOVING! This week try to go for a walk or jog during your 20 minutes but if that isn't possible, you can count this activity as complete as long as you are moving (dancing, exercising, climbing stairs, etc.) for 20 minutes.
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

SUPER FIT ACTIVITY: ANIMAL EXERCISES

Do each of the following animal exercises for 30 seconds each then pick your top 3 and do those for an additional 1 minute each.

BEAR CRAWL: Start on your hands and knees. Gently lift your knees 1 to 2 inches off the ground. Travel by crawling like a bear, keeping your back flat with your knees bent and close to the ground. Move forward, backward, and laterally.

CRAB WALK: Start on your bottom with your hands behind your back and legs bent at the knees. Lift your bottom off the ground. Keep your belly as parallel to the ground as possible. Move forward, backward, laterally like a crab.

BUNNY HOP: Keep two feet together and hop across the room like a bunny.

FROG JUMP: Start in deep squat with your hands on the ground. Jump up as high as you can with your hands and feet leaving ground at the same time. Land and return to starting position. This builds strength and endurance.

INCHWORM: Build strength by walking like an inchworm. Start in a standing position. Bend forward, lower your hands to ground, and keep your feet still as you walk out to a plank. From the plank, keep your hands still as you walk your feet in toward your hands.

SEAL CRAWL: Start in cobra position—legs on the ground, belly and chest off the ground with hands on the ground at your sides. Crawl using only your hands, dragging legs behind to build strength.

DUCK WADDLE: Get your heartrate up by waddling like a duck around the house.

DOWNWARD DOG: Starting from a plank position, lift your hips up towards the ceiling.

COBRA: Lie on your stomach, toes pointing straight back, hands underneath the shoulders, and elbows close to the body. Lift your head up toward the ceiling until your arms are fully extended.

KIDS RUN RVA ACTIVITY: EARTH DAY SCAVENGER HUNT

We're heading outside for this activity. See how many of these natural items you can find by exploring the great outdoors. Each time you find an item, do 5 jumps of your choice (jumping jacks, squat jumps, tuck jumps, frog jumps, jumping rope, etc.) Be sure to find one item that's not on the list and insert that in the blank space. At the end, draw a picture that includes any items you didn't find during your hunt.

- | | | |
|------------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Leaf | <input type="checkbox"/> Clover | <input type="checkbox"/> Spider web |
| <input type="checkbox"/> Grass | <input type="checkbox"/> Dirt | <input type="checkbox"/> Worm |
| <input type="checkbox"/> Rock | <input type="checkbox"/> Water | <input type="checkbox"/> Feather |
| <input type="checkbox"/> Flower | <input type="checkbox"/> Bird | <input type="checkbox"/> Squirrel |
| <input type="checkbox"/> Lady Bug | <input type="checkbox"/> Butterfly | <input type="checkbox"/> Mushroom |
| <input type="checkbox"/> Tree Bark | <input type="checkbox"/> Cloud | <input type="checkbox"/> _____ |



My Scavenger Hunt Drawing

THEME = KENTUCKY DERBY

Super Fit Activity	Pick your favorite!
Kids Run RVA Activity	Horse Races
Fit4Kids Healthy Habits Challenge	It is important to get outside to get your daily Vitamin D, explore nature, and reduce stress! Your challenge is to go outside for at least 30 minutes.
Moving Minutes	If we were at the Kentucky Derby, we would see horses running as fast as they can! Try seeing how fast you can go by doing 15 minutes of intervals - 1 minute of easy pace, 1 minute of medium pace, 1 minute of fast pace - then just keep repeating those intervals until you've gone for 15 minutes!
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

SUPER FIT ACTIVITY: PICK YOUR FAVORITE!

This week you get to go back to one of your favorite Super Fit Activities and do that one again. This activity log is full of exercises and activities that you can use even after the challenge is over. So we want you to practice using your log and finding what you enjoy most to create a workout for yourself.

KIDS RUN RVA ACTIVITY: HORSE RACES

The Kentucky Derby is a horse race held annually in Louisville, Kentucky, United States, on the first Saturday in May, capping a two-week-long Kentucky Derby Festival. The race is one and a quarter miles. The Derby is often called the most exciting two minutes in sports because that's about how long it takes these award winning horses to finish the 1.25 mile race. Only two horses have ever completed it in less than 2 minutes: Secretariat in 1973 and Monarchos in 2001. Each year 20 special horses, many of them whose name you will see below in your activity, get to compete in this race—in hopes of breaking the record set by Secretariat oh so long ago.

This week's activity is all about racing so get your timer ready and see how fast you can complete each of the races—while still completing each exercise properly and safely. Some exercises take longer than others and that's okay! Circle the winning horse in each round.

Race 1	Horse: Essential Quality Exercise: 15 Jumping Jacks Time:	Horse: Senor Buscador Exercise: 15 Mountain Climbers Time:
Race 2	Horse: Highly Motivated Exercise: 10 Crunches Time:	Horse: Quick Tempo Exercise: 10 Bridges Time:
Race 3	Horse: Life is Good Exercise: 5 Burpees Time:	Horse: Jaxon Traveler Exercise: 5 Broad Jumps Time:
Race 4	Horse: Brooklyn Strong Exercise: 20 Washing Machines Time:	Horse: Dr. Schivel Exercise: 20 Jump Ropes Time:
Race 5	Horse: Mandaloun Exercise: 5 Tuck Jumps Time:	Horse: Helium Exercise: 5 Squat Jumps Time:
Race 6	Horse: Jackie's Warrior Exercise: 10 Donkey Kicks Time:	Horse: Prime Factor Exercise: 10 Alternating Toe Touch Time:
Race 7	Horse: Keepmeinmind Exercise: 15 Ski Hops Time:	Horse: Mutasaabeg Exercise: 15 Bunny Hops Time:
Race 8	Horse: Caddo River Exercise: 20 High Knees Time:	Horse: Hot Rod Charlie Exercise: 20 Butt Kicks Time:
Race 9	Horse: Ten for Ten Exercise: 15 Narrow Squats Time:	Horse: Fire at Will Exercise: 15 Sumo Squats Time:
Race 10	Horse: Savile Row Exercise: 10 - 180 Degree Jumps Time:	Horse: Proxy Exercise: 10 Long Jumps Time:

THEME = MOTHER'S DAY

Super Fit Activity	Birthday Challenge
Kids Run RVA Activity	Mother May I?
Fit4Kids Healthy Habits Challenge	I had a family dinner with one vegetable that I helped prepare!
Moving Minutes	Grab your Mom (or another favorite adult in your home) and go for a walk or jog. See how long you can go - the challenge is to do at least 20 minutes but no more than 1 hour.
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
M	O	T	H	E	R

SUPER FIT ACTIVITY: BIRTHDAY CHALLENGE

This week you will only do one or two exercises (but you will probably do a lot of them!). One is in honor of the day your mother birthed you (your birthday!) and one is in honor of the day your mother was birthed (her birthday)! If you are being raised by someone other than your mother, like a stepmom, Dad, grandmother, or anyone else, feel free to use his or her birthday instead! If you all share the same birth month, you will only do one exercise but you will do a lot of them! Use the charts below to find out what exercises you are doing and how many reps you have to do. You don't have to do them all in a row, in fact, we encourage you to break them up!

Find your exercises:

January = Burpees

May = Lunges

September = Squats

February = Leg Lifts

June = Push Ups

October = Russian Twists

March = Crunches

July = Plank Jacks

November = Bicep Curls

April = Mountain Climbers

August = Side Lunges

December = Plank Taps

Find your date of birth and discover how many reps to do:

Date	# of reps
1	25
2	50
3	30
4	45
5	35
6	40
7	50
8	25
9	50
10	30

Date	# of reps
11	45
12	35
13	40
14	50
15	25
16	50
17	30
18	45
19	35
20	40

Date	# of reps
21	50
22	25
23	50
24	30
25	45
26	35
27	40
28	50
29	25
30/31	30

KIDS RUN RVA ACTIVITY: MOTHER MAY I?

You will need someone to play this with—it doesn't have to be your mother, you can take turns playing Mother. Here is how the activity works:

- Whoever is designated Mother stands at one end of the room/yard and faces away from the player, who is on the other end of the room/yard (but close enough to hear and be heard by Mother).
- The player (or players can take turns if you are doing the activity with more than 2 people) takes turns asking “Mother, may I ____?” Suggestions can be found below but feel free to create your own!
- If the answer is yes, the player is allowed to make whatever movement they requested towards the Mother.
- If the answer is no, the person playing mother makes an alternative suggestion, by saying, “No you may not do that, but you may ____.” The Mother uses this answer if players are reaching her too quickly. Suggestions can be found below but you can create your own too!
- The player(s) continue taking turns and the first one to reach the other end of the room wins and becomes the Mother.

Suggestions for making “Mother May I?” requests:

Take ____ steps forward

Take ____ giant steps forward (a small number)

Take ____ baby steps forward (a large number)

Hop forward like a frog ____ times

Run forward for ____ seconds

Crabwalk forward for ____ seconds

Take open-and-shut steps ____ times (jump forward with feet apart, then bring the feet together)

Do a lamppost (lie face down, stretch arms forward, and then bring your feet to the point reached by the fingertips)

Suggestions if Mother answers, “No, you may not, but you may ____:

Take fewer steps (Instead of granting permission for five steps, allow two).

Take ____ steps backward

Run backward for ____ seconds (Mother does the counting.)

Walk backwards ____ steps (Or until Mother says, “Stop!”)

Return to the starting line (Can be used in for players who are not observing the rules.)



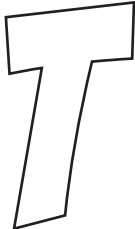



Other suggestions are scissor steps, jumping jack steps, karate steps, and jump steps.

THEME = NATIVE AMERICANS

Super Fit Activity	Spell out Native Americans
Kids Run RVA Activity	Native American Mad Lib
Fit4Kids Healthy Habits Challenge	Did you know that you are supposed to drink 8 glasses of water each day? Pick a day where you will commit to drinking 8 glasses of water.
Moving Minutes	This week you are being challenged to do 20 minutes of non-stop cardio! You can walk, jog, dance, do jumping jacks, run the stairs, or do any other combination of movements that gets your heart rate up - just keep moving for 20 minutes straight!
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

SUPER FIT ACTIVITY: SPELL OUT NATIVE AMERICANS

Spell out Native Americans by completing the following exercises.

N	Narrow Squats – 15
A	Abdominal Plank - 45 seconds
T	Toe Touches - 20
I	Ice Skaters – 20
V	V Sit – 10
E	Eights – Do 8 figure eights with fast feet

A	Abdominal Plank – 30 seconds
M	Mountain Climbers - 20
E	Eights – Do 8 figure eights with fast feet
R	Russian Twists – 10
I	Ice Skaters – 20
C	Crunches – 15
A	Abdominal Plank – 15 seconds
N	Narrow Squats - 15
S	Squat Jumps – 10

KIDS RUN RVA ACTIVITY: NATIVE AMERICAN MAD LIB

Fill in the blanks below and then do the exercises as your Native American story is read aloud! If you can, get a family member to help you fill in the blanks and read the story so it will be a surprise after you provide all the missing words!

In _____ today, I learned that there are over 4 million Native American people in Canada and the
Class Subject

US combined, many of whom are children just like me. Native American kids have real-life hopes and real-life problems, just like other kids do. They may take part in traditional Indian dances, or they may be _____ fans, or both.
Name of a famous person

They probably don't _____ in tepees, any more than non-native kids _____ in log cabins.
Verb Verb

One day at _____, I met a Native American student named _____. He was really _____
Place Boy Name Adjective

and loved to exercise. That was something we had in common! We decided to _____ a workout together.
Verb

We each took turns picking the exercises and agreed that we would do _____ each. My first exercise was
Number between 5-20

_____, because it's my favorite. Our next exercise was his favorite, so we did 10 _____.
Your favorite exercise A family members favorite exercise

After doing our favorites, we made a list of the other exercises we would do. Check out what we came up with:

_____, _____, _____, _____
An exercise you learned this year Your least favorite exercise An exercise that's easy for you An exercise that is hard for you

_____, _____, _____, _____, and _____.
An exercise you did in PE class A jumping exercise An exercise with weights Another exercise with weights

After all that exercising, we were pretty _____ so _____ invited me over to his house
Adjective Boy Name that you picked earlier

for a _____ and _____. While we were there, I met his older sister. Her
Noun Type of Drink
name was _____. She told me a lot about Native American culture – I learned that there are about
Girl's Name

150 different Native American languages in the US and Canada. I had no idea! She also told me that there are over 500

different Native American tribes in the US. I couldn't help but shout out " _____ " when she told me that!
Exclamation

Apparently their whole family is into staying in shape because when we told her about the workout we did, she said,

"Well you didn't do any _____. I bet you can't do _____ seconds straight of those!" I'm super
An exercise you haven't said yet # between 15-60

_____ so of course I accepted her challenge but afterwards I was feeling really _____.
Adjective Adjective

I thanked them for welcoming me into their _____. As I _____ home, I was
Noun Verb





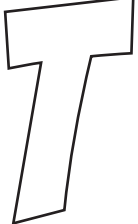

smiling _____ to _____ because I just knew I had made a lifelong friend.
Body Part Body Part

THEME = FIELD DAY

Super Fit Activity	Fitness Bingo
Kids Run RVA Activity	Field Day Games
Fit4Kids Healthy Habits Challenge	Write your teacher a note of one thing that you learned this year. If you are learning virtually, you can share it with them in the chat.
Moving Minutes	Field Day is all about getting outside and playing games! This week you are challenged to get outside for at least 25 minutes but don't just sit outside, play a game, set up an obstacle course using items from your house or yard, or race your family members! If you aren't able to go outside, you may do your 25 minutes indoors.
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

KIDS RUN RVA ACTIVITY: FIELD DAY GAMES

Check out the field day inspired games and pick at least 3 that you will do. You can do all of them if you want to!

Potato Sack Race – Set up an area that you will race to and from either in your back yard or a room with enough space. You can race someone in your family or try to beat your own time. Using an old pillowcase as your potato sack, step both feet into the potato sack, hold it up with both hands, and race all the way to the end and back!

Come and Get It – Fill up a bowl with 10 random items from around your house. Avoid using any items that are heavy, valuable, or breakable. Put the filled bowl at one end of a room and an empty bowl at the other end. Starting by the empty bowl, run to the other end, grab one item and put it on your head. The item must stay on your head until you reach the bowl you will put it in. Then race back to grab another item. If the item drops, you are allowed to pick it up and put it back on your head. If you are playing this game alone, you can time yourself to see how long it takes you to get all 10 items into the other bowl—then try to beat your time! If you are playing against someone else, put more items in the bowl and make sure you each have a bowl on the starting end. Set a timer for 2 minutes and see who can get the most items in their bowl!

Sock Toss – Get a big bowl or pot and 5 pairs of socks (folded up into a ball). Stand at least 6 feet away from the bowl/pot and toss your socks into the bowl. Keep going until you get at least 3 in!

Obstacle Course Challenge – Using items found around the house or yard, set up your own obstacle course. Find things that you have to crawl under, jump over, and hop across. Take turns with a family member running through the obstacle course and see who can finish the quickest!

50 Yard Dash – This is a field day classic! Find someone in your family who is willing to race you or time yourself running the 50 yard dash. Set up a finish and start line using sidewalk chalk, cones, or sticks. You don't have to measure out 50 yards but if you are trying to get close, it is about half the length of a football field or 60 steps if you are measuring with your feet!

Limbo – You will need help from at least two family members (or friends that you are allowed to play with) to do this game. Using a long stick (a broom works just fine), have two family members hold the stick starting at your eye level. Your goal is to go under the stick without touching it. Each time you successfully go under without touching, they will lower the stick a few inches before you try again. Keep going until you can't make it under without touching! You can even play the "Limbo Rock" by Chubby Checker while you do the Limbo!



SUPER FIT ACTIVITY: FITNESS BINGO

Mark off each BINGO box you complete to make one line across, down, or diagonal. You get to choose what you will do to get your BINGO! This doesn't have to be done all at once—you can break it up throughout the week!



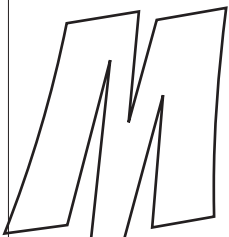
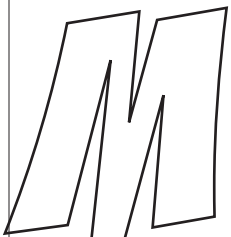


B	I	N	G	O
Go on a 10 minute walk	Skip to each room in your house & do 10 jumping jacks when you get there.	Grab a family member and challenge them to a race!	Do 5 different stretches – hold each one for 15 seconds	Hold a plank for 45 seconds.
Do 20 Lunges and 20 Side Lunges!	Pick your favorite Super Fit Activity & do it again!	Do 20 Jump Squats!	Do 10 each of these moves: Ice Skaters 180 Degree Jump Scissors Shuffle Taps	Put on one of your favorite songs & dance or move the whole time it's on.
Alternate high knees & butt kicks up & down your hallway 10 times	Grab your weights/cans & do 10 each: Bicep Curl Goal Post Lateral Raise	DRINK A GLASS OF WATER (Exercise Free Space)	Pick one of your favorite videos & do it again!	Go on a 15 minute walk with a family member.
Do 10 each of these jumps: Broad Jump Tuck Jump Frog Jump Long Jump	Do 15 diamond Push-ups!	Do 7 different stretches – hold each one for 15 seconds	Hold a plank for 1 minute.	Jog 5 laps around your house/apt
Pick your favorite Kids Run RVA activity & do it again!	Grab a family member & do 10 different exercises 10 times each.	Grab your weights/cans & do 10 each: Overhead Press Tricep Extension Front Raise	Do the following exercises for 30 sec. each: Fast Feet Jump Rope Burpees	Do 15 burpees!

THEME = SUMMER OLYMPICS

Super Fit Activity	Sports Backers Super Fit Fitness Test
Kids Run RVA Activity	Summer Olympics
Fit4Kids Healthy Habits Challenge	Write down or draw one goal you have for staying active once the Super Fit Challenge is over and share that goal with a friend or family member.
Moving Minutes	The last day of our challenge is May 30th so this week we are bumping up your moving minutes - 30 minutes! You can do them however you want - using some of the videos from throughout the challenge, dancing to your favorite songs, doing your favorite exercises from the Super Fit Challenge, or by simply walking or jogging. Try to do the 30 minutes non-stop but if you need to break it up, that's okay too!
Brain Break University	www.sportsbackers.org/events/super-fit-challenge/brain-break-university
Workout Wednesday Club	Wednesday @ 5pm on Zoom

TRACK YOUR PROGRESS

Color in the letter of each activity you complete to spell out the word of the week!

Super Fit Activity	KRRVA Activity	Fit4Kids Healthy Habits Challenge	Moving Minutes	Brain Break University	Workout Wednesday Club
					

KIDS RUN RVA ACTIVITY: SUMMER OLYMPICS

You get to decide for each of the Summer Olympic themed exercises if you want to compete at the Bronze, Silver, or Gold level. You can choose different levels for each one or challenge yourself to go for all gold or all silver. It's up to you athlete!

Summer Games Exercise	Bronze Level	Silver Level	Gold Level
Run	3 minutes	6 minutes	10 minutes
Rows	30 seconds	45 seconds	1 minute
Defensive Shuffle	30 seconds	45 seconds	1 minute
Karate Kicks	30 seconds	45 seconds	1 minute
Boxer's Shuffle & Jab	30 seconds	45 seconds	1 minute
Plank	30 seconds	60 seconds	90 seconds
Overhead Press	30 seconds	45 seconds	1 minute
Swimming Arm Motions	30 seconds	45 seconds	1 minute

SUPER FIT ACTIVITY: SPORTS BACKERS SUPER FIT FITNESS TEST

It's that time again—time to get a measurement of your fitness level now that we have been working on our fitness for 13 weeks! Remember, this test is not based on national standards—it's just designed to give you an idea of what areas you are strongest in and which areas you may want to continue working on. Our goal was that you would maintain or improve in each of the 5 areas. Do each exercise as instructed and to the best of your ability, then circle your results. Do not do more than is listed in the gold level—even if you know you can. When you are finished, compare your current results to the results you achieved in week 2. Then answer the questions found below the fitness test.

Exercise	Bronze	Silver	Gold
Jog – If you have permission and a safe place to do so, go outside for this exercise. If not, you can jog around the house or in place. Do an easy jog—faster than a walk but not fast running! You should be able to talk while doing this. See how many minutes you can jog!	3 minutes or less	4-6 minutes	7-10 minutes
Push Ups – Keep good form by starting in a plank position with your hands on the ground and aligned with your shoulders. Try to keep your body flat. Only your hands and toes should be touching the ground. See how many push-ups you can do while maintaining good form!	5 or less	6-10	11-15
Sit Ups – Lay on the ground with your legs bent and feet on the ground. Place two fingers behind each ear. Come up into a sitting position and then lay back down. Do not pull on your neck and do the sit up slowly. See how many proper sit-ups you can do!	5 or less	6-10	11-15
Sit and Reach Stretch – Sit on the ground with both legs extended in front of you. Without letting your knees bend up, stretch forward with both hands as far as you can and see how far you can make it then hold for 10 seconds.	I can't touch my toes yet.	I can touch my toes.	I can reach beyond my toes.
Plank – Keep good form with your forearms on the ground, elbows aligned with your shoulders, and hips at the same level as your shoulders. Try to keep your body flat throughout. Only your forearms and toes should be touching the ground. See how long you can hold the plank while maintaining good form!	30 seconds or less	31 seconds – 60 seconds	61 seconds – 90 seconds

What is one thing that you are proud of after taking the Super Fit fitness test again?

What area did you see the most improvement in and what do you think you did to cause that improvement?

What is one thing you want to continue working on after the challenge ends?

EXERCISE DESCRIPTIONS

Below is a list of some of the exercises you will encounter during the Super Fit Challenge. If you aren't sure how to do them, come to the Workout Wednesday Club and ask the Coach to demonstrate the exercise for you before trying it on your own!

180 Degree Jumps – with soft knees start facing one side of the room, jump and turn to either direction. Land softly.

Arm Circles – arms out laterally and at shoulder height. Slowly make circles using your whole arm. You can get bigger or smaller. Be sure to switch directions

Bicep Curls – with a dumbbell in each hand keep your elbows close to your side and forearms pointing out. Bend at your elbow bringing your dumbbell to your shoulder, hold for a second then release with control and repeat.

Bicycle Crunches – Lying flat on your back bring your finger tips to your ears. Bring your right elbow to your left knee then return to a flat position. Now bring your left elbow to your right knee. Alternate sides.

Bridges – Lying flat on your back bring your heels back towards your body and lift your hips off the ground to make a straight line from your chest through your knees. Lower to the ground and lift again.

Broad Jumps – Keeping both feet together, jump forward as far as you can.

Burpees – Bend your knees and place your hands on the floor. Kick your legs out behind you and immediately lower your entire body down to the ground, bending at the elbows. Use your arms to quickly push your body back up and hop your legs back under your body.

Butt Kicks – Pull your heels towards your butt, alternating sides.

Calf Raises – Standing with your feet shoulder width apart roll all your weight on to your toes lower back to flat feet and repeat. This is like standing on your tip toes.

Cobra pose – Lie on your stomach, toes pointing straight back, hands underneath the shoulders, and elbows close to the body. Lift your head up toward the ceiling until your arms are fully extended.

Defensive Shuffle – Start in a slightly squatted position with your legs a little more than shoulder width apart. Hold hands up. Moving your right leg to the right let your left leg follow. Shuffle right for four then shuffle left for four.

Diamond Push-Ups – Start in a plank position on all fours with your legs extended behind you and your hands stacked directly under your shoulders. Position your hands close together, spreading your fingers to create a diamond shape with your index fingers and thumbs. Begin to lower your chest to the floor while keeping your back flat.

Fast Feet – With your feet at hips width, lower your body down into a half squat position and reach out with your arms in front of you. Lift up your heels so you are on the balls of your feet. Hold this body position, and then start running as fast as you can on the spot.

Floor Press – Lying on your back on the floor bring your arms

parallel to the floor and in an L position. While holding your weights, cans, or water bottles, raise your arms up and away from the floor. Keep the weights centered over the middle of your chest. Return to starting position and repeat.

Forward Bound – Start with your legs slightly wider than hip width apart and knees slightly bent. Shift your bodyweight to one side then jump forward and land on the opposite foot. Then repeat on the other side.

Frog Jumps – Squat down to the ground like a frog, with your hands on the ground in between your legs, and then jump up.

Front Raise – With arms by your side, lift your arms out front to shoulder height. Lower and repeat. This can be done with or without weights.

Goal Posts – Standing tall lift your arms up into a goal post position with your elbows bent at a 90 degree angle even with your shoulders. Bring your elbows and wrist to meet in front of your face, open your arms and repeat.

Hamstring Stretch – Sit on the ground in a butterfly position. Extend one leg straight out in front of you. Raise both hands above your head and then bend forward at your waist over your extended leg. Hold and repeat on the other side.

High Knees – Stand with your feet hip width apart. Lift your knee to chest. Switch to other leg and continue the movement, alternating legs and moving at a fast yet comfortable pace.

Jumping Jacks – As you jump, spread your legs apart and lift your arms above your head then jump back to legs together and hands by your side.

Lateral Raise – Stand with dumbbells, cans, or water bottles of equal weight in each hand at your side. Standing tall, brace your core, and then slowly lift the weights out to the side until they are parallel with the floor. Keep a slight bend in your elbows.

Leg Lifts – Lie on your back, legs straight and together. Keeping legs as straight as you can and glued together, lift them up off the floor. Slowly lower your legs back down and repeat.

Long Jumps – Starting on one side of the room run and push off on one foot bringing both feet together in the air. Land softly and repeat on the other leg.

Lunges – Standing tall with both legs together step one leg back and lower until both legs are in a 90 degree angle. Return to a standing position and alternate legs.

Mountain Climbers – With both hands on the ground get in high plank position. Place your right foot near your right hand with your left leg extended. Extend your right leg while pulling your left leg by your left hand. Continue to alternate the leg to hand, picking up speed as you can.

Narrow Squats – Stand tall with feet closer than hip width apart. Lower down as if you are sitting in an invisible chair. Straighten your legs to lift back up. Repeat.

Overhead Press – Standing tall lift your arms up into a goalpost position with your elbows bent at a 90 degree angle even with your shoulders. Extend your elbows and raise your arms over your head. Lower and repeat.

Plank – Keep good form with your forearms on the ground, elbows aligned with your shoulders, and hips at the same level as your shoulders. Try to keep your body flat throughout. Only your forearms and toes should be touching the ground. See how long you can hold the plank while maintaining good form!

Plank Jacks – Keep good form with your palms on the ground, hands and wrist aligned with your shoulders, and hips at the same level as your shoulders. Try to keep your body flat throughout. Hold this position while jumping your legs in and out. Only your palms and toes should be touching the ground.

Plank Taps – Start in a full plank position, with just your hands and toes touching the floor. Be sure your hands are aligned under your shoulders. Lift your right hand and tap your left shoulder. Return your right hand to the floor; lift your left hand and tap your right shoulder.

Push-Ups – Keep good form by starting in a plank position with your hands on the ground and aligned with your shoulders. Try to keep your body flat. Only your hands and toes should be touching the ground.

Rows – Grab dumbbells or two items that weigh the same, like cans or water bottles. Standing with feet shoulder width apart and a slight bend in your knees, bend your torso forward slightly. With your arms hanging straight down from your shoulder. Start with the dumbbells hanging straight down toward the floor, palms facing each other and your arms extended. Pull the dumbbells up in unison until they reach waist height, then lower the weights to the start position.

Russian Twists – Sit with bent knees and your feet pressing firmly on the floor. Sit back slightly, keeping your back straight. Exhale as you twist to the left inhale to the middle and exhale to the right side.

Scissors – Start with your feet hip width apart and knees slightly bent. At the same time, jump your left leg forward and right leg back then alternate to left leg back and right leg forward. You can move from left to right across the space as you continue making a scissor motion with your legs.

Shuffle Taps – Starting with feet slightly wider than hip width apart and a slight bend in the knee with arms bent out in front of you. Step to the side with your right foot, then bring the left foot in to meet the right foot. Placing your weight in the left foot, move the right foot to the right again and then move the left foot to join it. Repeat this until you've moved several feet to the right, then reach down to tap the ground shuffling back to where you started, tap again and repeat, shuffling right then left.

Side Lunges – Start standing tall with your feet hip width apart. Take a wide step out to the left. Bend your left knee as you push your hip back. Push off with your left leg to return to standing. Repeat on other leg.

Sit Ups – Lay on the ground with your legs bent and feet on the ground. Place two fingers behind each ear. Come up into a sitting

position and then lay back down. Do not pull on your neck and do the sit up slowly.

Ski Jumps – Stand with feet together place a slight bend in your knees. Quickly jump from side to side landing gently and with your feet together.

Soccer Taps – Standing with feet shoulder width apart, bring your right foot up and in, tapping it with your left hand. Repeat on the other side.

Squat Jumps – With feet shoulder width apart, squat down then jump up.

Squats – Stand tall with feet hip width apart. Lower down as if you are sitting in an invisible chair. Straighten your legs to lift back up. Repeat.

Star Jumps – Jump up and make a star shape by spreading your arms and legs out before landing.

Sumo Squats – Stand tall with feet wider than hip width apart. Lower down as if you are sitting in an invisible chair. Straighten your legs to lift back up. Repeat.

Super Mans – Lie face down with your arms outstretched in front of you. Raise both arms and legs at the same time so that they are slightly off the floor. Lower and repeat.

Toe Touches – Stand tall with feet hip width apart and arms extended straight out to either side, making a T shape with your body. Lift one leg straight out in front of you and tap your toe with your opposite hand. Repeat on the other side.

Tuck Jumps – Start standing tall with your feet hip distance apart. Drop your hips back and down similar to a half squat, drive your arms towards your chest and pull your knees towards your chest as you jump. Land softly.

Ustrasana – Kneel on your knees with body upright and hips stacked over the knees. Keep your chest open and your gaze towards the ceiling as you reach your hands back one at a time to grasp your heels. Bring your hips forward so that they stay over your knees. If it feels good, you can let your head come back further. Release by bringing your chin toward your chest and hands to your hips.

V Sit – Start in a seated position with your knees bent and feet off the floor. Lean back slightly with your chest open and lifted. With your arms by your sides, slowly unfold from your seated V position by lowering your torso and legs toward the floor at the same time. Stop when your legs are around a 45-degree angle, or when you feel your lower back arch away from the floor. Use your abs to return to the starting position.

Wall Sit – Make sure your back is flat against a wall with your feet firmly on the ground and hip width apart. Walk your feet out in front of you and begin to lower down the wall to a seated position. Stop and hold when your legs are at a 90 degree angle.

Washing Machines – Stand tall with feet together and arms bent. With a small hop, twist your torso as your feet land at a diagonal to the right of where you started. Hop back to the starting position and clap three times. Repeat on the left. Try to keep your chest facing forward during the exercise and let your oblique muscles do the work!



100 Avenue of Champions
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SPORTSBACKERS.ORG

A large, stylized graphic in a comic book or pop art style. It features a central jagged, starburst-like border with a halftone dot pattern. Inside this border, the text "YOU'VE GOT THIS!" is written in a bold, italicized, sans-serif font. The entire graphic is surrounded by several five-pointed stars of varying sizes, some with halftone patterns and others as simple outlines.

***YOU'VE
GOT THIS!***

LET'S GET #SUPERFIT