



## **Fitness Guidelines**

### **Exercise Recommendations:**

At least 150min per week or 30-60min 5 days per week.

### **Components of Fitness:**

1. *Cardiorespiratory - Build the Heart*  
walking, running, cycling, swimming, etc.
2. *Strength - Build the Muscles and Bones*  
Resistance training, weightlifting, etc.
3. *Flexibility - Stretch the Muscles*  
Dynamic stretching, static stretching
4. *Balance - Body Control*  
Standing on one leg
5. *Coordination - Train the Brain*  
Stand on one leg while tossing and catching a tennis ball

### **Warm-up: 5 repetitions on each.**

1. Spiderman
2. Walking Quad stretch
3. Straight leg kicks
4. Knee Hugs
5. Hurdle Walks
6. Split-squat/lunges
7. Side lunges
8. Inchworms
9. Squats
10. SL Balance on 1 leg w/ partner ball toss
11. SAQ: butt kicks, high knees, skip, back skip, side shuffle, carioca

### **Workout Example:**

Tabata: 8 rounds of 20sec work: 10 sec rest

- A. Squats
- B. Plank Hold