

PreSKILLZ At-Home Training: FITNESS

Section 1: Dynamic Warm-ups

- **Arms:** Push-ups for 10 reps - You will tap your left shoulder with your right hand three times, and then tap your right shoulder with your left hand three times.
- **Legs:** Squat jumps for 10 reps - You will lower your body into a deep squat position and touch the ground, and then jump as you reach for the sky.
- **Abs:** Sit-ups w/ legs in the air for 10 reps - You will raise your shoulders off the ground and bring your head to your knees, and then lower them back to the ground.
- **Core:** Bridge with shoulder taps for 10 reps- You will bring one arm across your body and tap the opposite shoulder, alternate arms.

Assignment Overview

- Today you are going to work on FITNESS.
- Here are the three FITNESS tips that I want you to practice today:
 1. Give your best effort.
 2. Try not to stop.
 3. Keep a positive and strong attitude.

Section 2: Skill-building drill (Do three sets)

- **Burpee blocks:** You will work on your fitness by performing a burpee and then jumping back to your and blocking a target that your partner swings at your head. Continue for 10 reps.
- **Push-up punches:** You will do a push-up and then two punches, alternating hands on each punch for 4 reps.

Section 3: Dynamic stretches

- **Middle splits push-ups** for 10 reps - Go to a middle split position with your hands between your legs. Move your hands forward into push up position. Perform a good push up, and then walk your hands back to the original starting position.
- **Side leg swings** for 10 reps each - Stand with feet shoulder width apart. Keep your leg straight while you swing your leg to the side, as high as you can. Focus on not bending your knee.
- **Inchworm hops** for 10 reps - Stand with feet together. Walk your hand forward on the floor until you are in a push up position. Keeping your knees straight, hop landing with your feet between your hands. Focus on not lifting your hands off the ground when you hop.
- **Ball roll** for 10 reps - Sit with your feet in front, and knees bent. Hug your knees close to your chest. Without rolling over on your side, lean back and rock back and forth.