**Week 1 - 5/18/20-5/24/20**

**Fitness Assessment and Week 1 Program**

**See the demonstration videos below!**

|  |  |  |  |
| --- | --- | --- | --- |
| **Fitness Assessment** |  | **Week 1 Program** | **Complete this program 1-4 times in Week 1** |
|  |  | **Fitness/Strength** |  |
| Sprint in place – 12 secs |  | **Complete 3-4 Cycles of the 4 exercises then move to Ball Skills** |  |
| March in place – 18 secs |  | Low Plank Spiderman | 10 on each side, counting 1-1, 2-2, etc. |
| Burpees – 12 secs |  | Bear Crawl Forward/Reverse | 5X back and forth |
| March in place – 18 secs |  | High Plank Shoulder Taps | 10 on each side, counting 1-1, 2-2, etc. |
| Jumping Jacks – 12 secs |  | Bear Crawl Laterals | 4 steps each way |
| March in place – 18 secs |  |  |  |
| High Knees – 12 secs |  | **Ball Skills** |  |
| March in place – 18 secs |  | Rollover Traps both feet | 10X each foot |
|  |  | Figure 8s Dribbling | 1-2 minutes |
| **Keep cycling until out of gas, max 5 cycles.** |  | Seated Ball Work | 1-2 minutes each phase, move to next phase when comfortable |
| **How many cycles completed and where in the last cycle did you stop?** |  |  | **Enter number of times and dates you completed Week 1 Program:** |
|  |  |  |  |

**Centennials Intro Video**

<https://vimeo.com/420895810>

**Jim and Julie Intro Video**

[https://youtu.be/B\_8CATtpLoQ](https://youtu.be/B_8CATtpLoQ" \t "_blank)

**Video Demonstrations:**

[Centennials Aerobic Fitness Assessment](https://youtu.be/MPS5HfIfWOE" \t "_blank)

[Week 1 Workout](https://www.youtube.com/watch?v=rwoCjiavSYY" \t "_blank)

**Ball Skills**

[Rollover Traps](https://vimeo.com/420525565)

[Figure 8s](https://vimeo.com/420530624)

[Seated Ball Work](https://vimeo.com/420526969)