

## Sr. Prep, Jr. Black & White Group Activities

### Overview

**M/W/F:** :5-10 minute Warm up  
:35-40 minute **Circuit** work, Full body.  
:5-10 minute Stretch to Warm Down

**T/TH/S:** :5-10 minute Warm up  
20-30 minute Aerobic exercise, go for a run, bike ride, jump rope, or any activity to elevate your heart rate, not to max, but at a level you can keep going for 30 minutes. You can mix it up.  
:15 minute **Core** work  
:5-10 minute Stretch to Warm Down

### **Warm up Options:**

Always make sure your full body is warmed up and ready to go.

**Option 1.** Set 2 markers about 20 yards apart and do each activity there & back **twice**

1. Jog Forwards and Pedal backwards [Be careful]
2. Jog forwards, butt kicks back
3. Jog forwards, High knee skips back
4. Sidestep swinging arm above the head facing the same way there and back
5. Karaoke, there and back [facing the same way]
6. Forward walks with forward single Arm circles / Backwards walk with backward arm circles. Straight arms full circles keeping arms close to the ears.
7. Streamline lunges forward, Jog back
8. Soldier Walks forwards [Frankenstein's], jog back

**Option 2.** In one spot. **:30** seconds of each exercise unless there is a specified # of reps  
Go through the list twice

1. Jumping Jacks
2. Butt Kicks
3. High Knee Skips
4. Forward Lunges with a twist over the front leg
5. **10** Forward arm Circles and **10** Backwards [Full circles, by the ears]
6. **10** Start crosses. Full range of motion, not for speed
7. **6** Bent over, Hamstring Stretch. (**3R/3L**) Hands to the ground, be balanced and focused Leg High and straight
8. **4** Inch Worms. Stand up and Streamline between each one