

WINTER FITNESS COMBINE TRAINING WEEK 5 SCHEDULE



****This week you will record & SUBMIT your midpoint scores**

T A S K S

RECORD SCORE

Lane Slides: Touches in 60 seconds

Power Punches in 60 seconds

Traditional or Modified Push-ups in 60 seconds

Squats or Chair Squats # in 60 seconds

Curl Ups # in 60 seconds

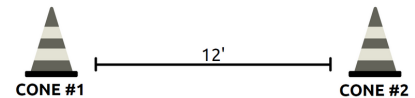
Sit and Reach Stretch Measure in inches. Start measurement from knees

Standing Long Jump in inches
Modified: Wall Sit in seconds

Box Agility How many seconds does it take you to get around the cones.
Sprint, Shuffle, Back Pedal, Sprint

One Leg Stance: How many seconds can you hold the pose. Close your eyes for an extra challenge. *up to 60 seconds

SCORING: Coaches should count the number of times an athlete returns to Cone #1. For example, an athlete shuffles from Cone #1 to Cone #2 and Cone #2 to Cone #1 = 1 point. Record the total number of points in one minute.



Endurance at Home

Quick Position

1. Feet shoulder width apart, toes on your toes. Arms extended forward, palms down. Head down, eyes on toes.
2. Feet shoulder width apart, toes on your toes. Arms extended forward, palms down. Head down, eyes on toes.
3. Feet shoulder width apart, toes on your toes. Arms extended forward, palms down. Head down, eyes on toes.
4. Feet shoulder width apart, toes on your toes. Arms extended forward, palms down. Head down, eyes on toes.
5. Feet shoulder width apart, toes on your toes. Arms extended forward, palms down. Head down, eyes on toes.

For more advanced exercises, see the Endurance Fitness Card!



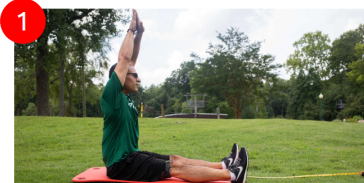
PUSH-UP



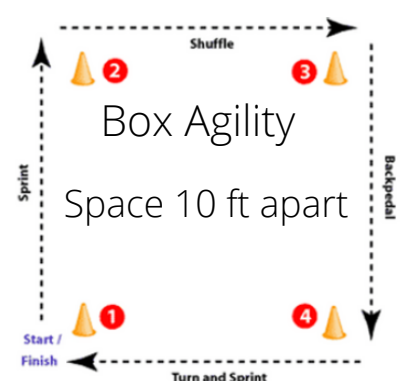
MODIFIED PUSH-UP

CORE STRENGTH

CURL-UP



MEASURE



You did it! Submit your score online or to playunified@sone.org