

# AlphaBEST Fitness Bootcamp



## Boot Camp Olympics

**Warm-up:** 45 seconds of each of the following either in place or between 2 points: Jogging, high knees, bottom kicks (kicking heels up to bottom), walking lunges, squats, 15 seconds of pushups.

**Workout:** This workout is designed to be a fun competition for the kids to use the coordination and confidence they have gained through the previous 8 weeks. The kids will compete individually as well as in teams. It is essential that advisors encourage every student and praise them for trying hard and finishing everything no matter the outcome.

### 1. Sprint shuttle runs:

- Line 4 cones up 8 regular steps apart.
- Split group into smaller groups based on age to avoid 5th graders racing against kindergarteners.
- Run out to the first cone, touch the floor with your hand and run back.
- Run out to the second cone, touch the floor with your hand and run back, etc.

### 2. Jump the Creek:

- Set 2 jump ropes stretched out on the floor parallel to each other about 3 feet apart.
- Students line up 20 feet away and one at a time run up and jump over the ropes. If they make it across without touching the ropes they get back into line. If they touch the ropes they sit down.
- Once the whole line of students has jumped, spread the ropes farther apart and start the students through the line again.
- Spread the ropes until there is one student remaining.

### 3. Pushups for 30 seconds:

- Have the students spread out and raise their arms to the sides for room.
- Do as many pushups as you can in 30 seconds.
- Each student will need to count their own

#### **4. Wheel Barrow Relay Race:**

- Set cones or other markers to define start and finish lines 20 regular steps apart.
- Students partner up within the teams that have already been chosen.
- One partner gets on hands and knees and lifts one leg for the other partner to hold followed by the other leg leaving the partner that is down on both hands with both legs being held.
- The standing partner walks forward toward the finish line holding the other partner's legs while the other partner walks on their hands.
- Encourage the students that are on their hands to keep their tummy muscles tight and lift their bottoms up a little so their hips don't sag to the floor.
- If any students are having trouble keeping their hips from sagging to the floor, have the standing partner hold their legs further up toward or even in front of the knees.
- Do the wheel barrow out to the finish line and partners switch positions and wheel barrow back.
- When the first partners get back, the next set of partners goes.
- When partners get back to the start line, they go to the back of the line and sit down.
- The first team with everyone sitting down wins.

#### **5. Relay running race:**

- Set a starting line and another line 30 regular steps apart.
- Line the teams up at the start line.
- First student runs out and back carrying a bean bag and hands it off to the next teammate at the start line.
- Once a student has run, they go to the back of the line and sit.
- First team with all students sitting wins.

#### **6. Relay 2 foot hopping race:**

- Same as the running relay but the students hop on both feet out and back.

#### **Cool Down:**

Have students get in a circle and raise arms to sides for room. Perform the following stretches for 15 - 20 seconds each:

- Straddle stretch: sit down with straight legs out to the sides and reach out to 1 foot followed by the other foot. Reach out to the center and make sure students do not bounce.
- Quadriceps stretch: Stand up and hold on to a stationary object for balance. Bend 1 knee and pull the heel toward the backside by holding the front of the ankle. Do the other side.