



PROJECT: GET IT DONE TOGETHER

Warm Up & Shuttle Drill

It's important to warm up before each workout. Warming up helps increase your body temperature, reduces risk for injuries, and prepares your body and mind for your workout! Try this warm up followed by the workout below. We've also added a bonus challenge if you're up for it!

Warm Up

Complete each exercise 10x each for a total of 2-3 rounds! Make it fun and put on your favorite song to get you going!

1. Look around – look over one shoulder, drop your chin and circle your neck to look over the other shoulder
2. Arms out to side like the letter T, circle arms forward and back.
3. High reaches – rise on tip toes and reach arms up by your ears as high as you can, then return heels to ground and swing arms back behind you
4. Windmill – stand with feet wide apart, bend over and reach right hand to left toes then stand up and reach left hand to right toes
5. Knee to elbow – bring your right knee up to your left elbow, then switch sides- cross your left elbow to your right knee

Workout

Shuttle Carry

- For this drill you will need 5 objects (they can be any items like, balls, blocks, sticks, rocks etc.).
- Pick a spot for point A and point B. The distance between point A and B should be approximately 15-20 feet. For example, indoors could be the length of a hallway and outside could be the distance between two trees.
- Place all objects at Point A. Perform the following activities to bring each individual object one at a time from point A to point B. You will then jog back to point A to retrieve the next object and move on to the next exercise.

Up for a challenge?

For an added challenge set a timer and try to bet your time weekly or challenge a family member to join you and race to see who can get all items from point A to B the quickest.

1. Carry object while doing a Frog hop from point A to point B. Place object down to point B and jog back to point A
2. Run Backwards
3. Walking Lunges
4. Skips
5. Side shuffle
6. Repeat all exercises 5-1 to return objects from point B but CRAB WALK instead of Jog back to point A each time!