



# RunJumpThrowWheel

## Home Edition: Week 2

Looking for fun ways to keep your family active?  
**Try the RunJumpThrowWheel Program: Home Edition!**

These fun workouts are perfect for the elementary school aged individuals in your family.  
 Descriptive and simple to follow, you can do these workouts indoors and out!

|                              | Warm Up   | Main Activity   | Cool Down   |
|------------------------------|---|---|---|
| <b>Workout Option<br/>#1</b> | <u>Body Circles</u><br>Move each of the following body parts in circles 10 times: <ul style="list-style-type: none"> <li>▪ Neck (Semi Circle)</li> <li>▪ Shoulders</li> <li>▪ Arms</li> <li>▪ Hips</li> <li>▪ Knees</li> <li>▪ Right Ankle</li> <li>▪ Left Ankle</li> </ul> | <u>Long Jump</u><br>Stand on two feet then jump forward. Land like you're riding a motorcycle (squatting with your feet beside each other and hands in front). <a href="#">You can see a quick video here.</a><br>Try this 5-10 times.<br><br><i>Next</i> , take one step then jump forward. Still land like you're riding a motorcycle. Try this 5 times with each leg.<br><br><i>Finally</i> , take three steps then jump forward. Land the same way. Try this 5 times with walking steps, then 5 times with jogging steps. | <u>Yoga</u><br>Do some easy poses for 3-5 minutes. Hold each poses for 15-30 seconds.<br><br><a href="#">Pick your favourites or follow this video.</a> |

|                                 | Warm Up  | Main Activity   | Cool Down   |
|---------------------------------|--|---|---|
| <p><b>Workout Option #2</b></p> | <p><u>Dynamic Drills</u><br/>Do the below exercises in place or across an open area for 15 – 30 seconds each.</p> <p>Focus on doing all of these drills with high knees:</p> <ul style="list-style-type: none"> <li>○ Marching</li> <li>○ Bum Kicks</li> <li>○ Skips</li> <li>○ Lunges</li> <li>○ Run</li> </ul> | <p><u>Starts</u><br/>Lie on your stomach. On the count of “3”, jump up and run from Point A to Point B as fast as you can. Repeat 3 times.</p> <p>Now, try from these other positions:</p> <ul style="list-style-type: none"> <li>○ Lying on your back</li> <li>○ Sitting cross legged</li> <li>○ Kneeling</li> <li>○ Lunging</li> </ul> <p>Modification: Position yourself facing away from Point B.</p> | <p><u>Stretch Fest</u><br/>Do some easy stretches for 3-5 minutes. Hold each position for 30 seconds.</p> <p><a href="#">Pick your favourites or follow this video.</a></p> |
| <p><b>Workout Option #3</b></p> | <p><u>Dance Party</u><br/>Turn on a great song and show off your favourite dance moves for 3 – 5 minutes.</p> <p>If you need some inspiration, you can learn the steps to the Macarena!</p> <p><a href="#">Learn the dance steps here.</a></p> <p><a href="#">Listen to the song here.</a></p>                   | <p><u>Circuit Training</u><br/>Do each of the below exercises 10-15 times:</p> <ul style="list-style-type: none"> <li>○ Jumping Jacks</li> <li>○ Squats with Flat Feet</li> <li>○ Push Ups</li> <li>○ Sit Ups</li> <li>○ Rocket Jumps</li> </ul> <p>Take a break then try it again. Go as many times as you want!</p>   | <p><u>Yoga</u><br/>Do some easy poses for 3-5 minutes. Hold each poses for 15-30 seconds.</p> <p><a href="#">Pick your favourites or follow this video.</a></p>             |