***The Learning Goal (objective)*** is “Motivate AFJROTC cadets to adopt active, healthy lifestyles beyond program requirements and into their adult lives…”

***Health & Wellness (Physical Training)*** workouts must be completed ***3*** times per school week. You can complete the workouts at anytime **in any order** that is safe and convenient for you. The goal is to ensure cadets continue to exercise **30-45** minutes per workout and stay healthy during the time away from school. We highly suggest you ***do not*** go to a fitness center or gym during this time period. \*Search YouTube to see how you can properly execute these exercises if you have forgotten\* Parents/Guardians must sign and date each workout you complete to receive full credit. **HYDRATE** before, during and after ALL workouts! Below are basic workouts you can do at home and in your neighborhood:

1. All work outs need to start with a proper **warm-up and stretch**: 10 – 4 count jumping jacks / regulation stretches / personal stretches
2. **30-45 minutes** of cardio and strength training. (Remember STRICT & PROPER form for all exercises.)
3. **5-10 minutes** of cool down movements and stretches.

**Workout 7 (mock PT test)**

3 sets of: 60 second push-ups / 60 second sit-ups (modify push-ups if needed to complete time)

1 mile run timed (map out 1 mile route in your neighborhood to safely run)

Parent/guardian signature & date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Workout 8 (High Intensity Interval Training) “HIIT”**

3-4 sets of 30 second exercise / 15 second rest. Each set is exercise 1-6. Then repeat for more sets.

1) air squats / rest 2) Burpees / rest 3) Power jumps / rest 4) push ups / rest

5) High Knees (run-in-place HIGH knees) / rest 6) Plank / rest

Parent/guardian signature & date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Workout 9 FUN PT!**

Research on your own for FUN HOME workouts you can complete in your home, yard or garage.

Instagram, Facebook, and YouTube have great workout tips to keep us motivated through the quarantine. ALWAYS get parental permission before starting a workout that looks advanced. (***SAFETY 1ST***!)

Parent/guardian signature & date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Workout 10 (mock PT test)**

3 sets of: 60 second push-ups / 60 second sit-ups (modify push-ups if needed to complete time)

1 mile run timed (map out 1 mile route in your neighborhood to safely run)

Parent/guardian signature & date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Workout 11 (10-40)**

10 minutes of: 10 burpees / 40 flutter kicks / 10 push-ups / 40 air squats / 10 mountain climbers / 40 second low planks (try to see how many rounds you can complete in the 10 mins)

1 mile untimed jog (map out 1 mile route in your neighborhood to safely run)

Parent/guardian signature & date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Workout 12 (Intervals)**

2 mile sprint / jog / walk in intervals (map out 2 mile route in your neighborhood to safely run) *\*you can use light poles or street signs as interval markers\**

3 sets of: 60 second low planks / 60 second run-in-place HIGH knees

3 sets of max out push-ups / max out sit-ups

Parent/guardian signature & date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REPEAT** workouts1-12 in any order. **If you have the opportunity to do additional workouts of your choice, make sure you document what you did. Examples are HIIT (high intensity interval training), weight training, yoga, and cycling**. Remember, ***HYDRATION & SAFETY*** is paramount while you exercise.