

# KEEP FIT ACTIVITIES

for High School Ages



Do 2-4 exercises in each category every day.  Click on the exercise name to watch an example.

<p><b>LOWER BODY STRENGTH</b> <i>Power, Speed and Stability</i></p>	<p><b>WALL SIT</b> Sit in a squat stance with your back against the wall. Hold for 30 seconds. Repeat 3 times.</p>	<p><b>CLAMSHELLS</b> Lie on your side. Raise your top knee keeping your feet together. Repeat three sets of 15 on each side.</p>	<p><b>GLUTE BRIDGE</b> Lie on your back, feet shoulder width apart, flat on the ground. Lift hips off the ground making a straight line from knees to head. Hold for 45 seconds 3 times.</p>	<p><b>SQUATS</b> Stand with feet shoulder width apart. Keeping hips and knees aligned over feet, squat. Repeat 3 sets of 10 times.</p>	<p><b>SPLIT SQUATS</b> Stand in a split stance; one foot is in front and one is behind you. Lunge down far without hitting the floor. Repeat 3 sets of 8 on each side.</p>
<p><b>UPPER BODY</b> <i>Power, Control and Stability</i></p>	<p><b>PLANK</b> Hold a plank for 30 seconds three times.</p>	<p><b>SINGLE ARM PLANK LEFT</b> Set up in a push up position with your feet wide apart. Lift one hand off the ground and try to hold for 15 seconds 3 times.</p>	<p><b>TALL PLANK</b> Lie on your stomach with hands touching floor. Lift hips off the ground so only feet and hands are touching. Hold for 30 seconds 3 times.</p>	<p><b>PUSH UP</b> Lying on your stomach with hands shoulder width apart, press yourself off the ground. Repeat 3 sets of 15.</p>	<p><b>SINGLE ARM PLANK RIGHT</b> Set up in a push up position with your feet wide apart. Lift one hand off the ground and try to hold for 15 seconds 3 times.</p>
<p><b>PLYOMETRICS</b> <i>Power Output, Landing Safety and Core and Hip Control</i></p>	<p><b>BROAD JUMP</b> Standing hip width apart, jump out as far as you can. Repeat 3 sets of 5 jumps.</p>	<p><b>TUCK JUMP</b> Standing hip width apart, jump up as high as you can and bring your knees to your chest in mid air. Repeat 3 sets of 5 jumps.</p>	<p><b>VERTICAL JUMP</b> Standing hip width apart, jump up as high as you can. Repeat 3 sets of 5 jumps.</p>	<p><b>SPLIT JUMPS</b> Stand in a lunge position and jump as high as you can. While in mid air, switch legs and land in the opposite lunge. Repeat 3 sets of 6 jumps.</p>	<p><b>POGOS</b> Stand with feet together and hop only using your ankles. Try to bring your toes to your shins while in the air. Repeat 3 sets of 20 jumps.</p>
<p><b>MOBILITY</b> <i>Flexibility and Injury Prevention</i></p>	<p><b>COUCH STRETCH</b> While in a lunge position, place your back leg on the seat of the couch. Hold for 1 minute each side.</p>	<p><b>ELEVATED PIGEON</b> Stand facing a couch or box. Lift one leg and place outside of lower leg flat on the surface. Hold for one minute. Repeat on other side.</p>	<p><b>LAT STRETCH</b> Get in a kneeling position facing your couch, place your elbows on the seat and reach your head through your arms. Hold for 1 minute.</p>	<p><b>STANDING TOE TOUCH</b> While standing, reach down as far as you can and touch your toes. Hold for 30 seconds.</p>	<p><b>CALF STRETCH</b> Put your toes of one foot up against the wall and lean forward. Hold for 30 seconds on each side.</p>
<p><b>STABILITY</b> <i>Control and Balance</i></p>	<p><b>SINGLE LEG SQUAT LEFT</b> Stand on one leg, squat down as far as you can while keeping your heel down. Repeat 3 sets of 5.</p>	<p><b>FEET ELEVATED SIDE PLANK LEFT</b> Place your feet on your couch and one hand on the ground (Lie on your side). Hold for 30 seconds.</p>	<p><b>ISO LUNGE</b> Stand in a lunge stance with back knee hovering the ground. Hold for 15 seconds per side 2 times.</p>	<p><b>SINGLE LEG SQUAT RIGHT</b> Stand on one leg, squat down as far as you can while keeping your heel down. Repeat 3 sets of 5.</p>	<p><b>FEET ELEVATED SIDE PLANK RIGHT</b> Place your feet on your couch and one hand on the ground (Lie on your side). Hold for 30 seconds.</p>
<p><b>GENERAL ACTIVITY</b> <i>Cardio Health and Muscle Endurance</i></p>	<p>Go for a 10 minute easy jog.</p>	<p>Go outside and play fetch or run with your dog.</p>	<p>Run for 2 minutes at a moderate pace. Recovery pace 2 minutes. Repeat 4 times.</p>	<p>Run for 30 seconds at a hard pace. Recovery pace 3 minutes. Repeat 5 times.</p>	<p>Challenge your sibling or parent to a running race outside.</p>