LONG ISLAND NETS FITNESS CHALLENGE

PRESENTED BY HOSPITAL FOR SPECIAL SURGERY
WHO WE ARE

The Long Island Nets are the NBA G League affiliate of the Brooklyn Nets. The Long Island Nets strive to be a pillar across the Long Island community by providing a variety of free educational and physical activity programming for children and young adults year-round.

ABOUT THE LONG ISLAND NETS FITNESS CHALLENGE

Presented by Hospital for Special Surgery

The Long Island Nets have launched our four-week fitness challenge for boys and girls, grades K-8. Throughout this challenge, participants are going to be asked to complete 30 minutes of physical activity for 5 days of the week. All participants who complete the challenge can submit their information on longislandnets.com/fitnesschallenge and they will receive a Long Island Nets Swag Pack.

ABOUT HSS | Hospital for Special Surgery

HSS is the national leader in orthopedics, caring for people of all ages who experience conditions like joint pain, trauma and sports injuries, osteoarthritis, rheumatoid arthritis, back pain, spinal disorders and conditions of the hand, upper extremities, foot and ankle. HSS provides care and treatment to active people, from youth athletes all the way to the high-performing professional athletes around the world including being the Official Hospital of the LI Nets. Initiatives such as the HSS Sports Safety Program have worked to reduce the risk of ACL injury by providing movement education workshops, community presentations and online classes to over 50,000 coaches, parents and young athletes.

WHAT'S INCLUDED IN THIS PACKET

1. Fitness Skills
2. 4 weeks of exercises
3. Nutrition Page
4. Fitness Tracker
Before you start these exercises, it’s important to make sure you do the movements properly. These exercises can help develop strength and endurance.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Instructions</th>
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| Running       | - Stand up tall with core tight  
- Shoulders and arms are relaxed and swing naturally  
- Breathe rhythmically, filling the belly |
| Push Ups      | - Keep body in a straight line, with arms a bit wider than shoulder width  
- Arms fully extended at the top  
- Chest close to the floor at the bottom |
| Plank         | - Keep body in a straight line  
- Keep knees off the ground  
- Keep weight evenly distributed between elbows/forearms and feet |
| Jumping       | - Start with your feet at shoulder-width and keep heels super-glued to the ground  
- Bend your knees and squat deep  
- Use arms by bringing them back and driving them forward to initiate the jump  
- Jump up straight and tall, and land softly by absorbing the landing by bending at the ankles, knees and hips |
| Burpees       | - Drop into a push-up, keeping the body straight  
- Jump up to stand with feet moving between the hands  
- Stand up tall, jump up and clap hands above head |
| Squats        | - Keep heels super-glued to the floor  
- Squat deep to get your knees at a 90-degree angle to the floor |
| Front of Hip Stretch | - Start by kneeling on your right knee with your left leg in front of you.  
- Lift your right arm in the air to feel a stretch in the front of your right hip.  
- Hold for 30 seconds. Switch sides.  
- Keep your eyes facing forward. Don’t arch your lower back. |

The information provided here is for educational and general purposes. You should always consult your health care provider prior to starting any new exercise programs.
### Fitness Skills

Before you start these exercises, it’s important to make sure you do the movements properly. These exercises can help develop strength and endurance.

<table>
<thead>
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| **Single Leg Balance**          | - Balance on one leg  
- Start with your arms out to the side  
- Touch your hands above your head and bring them back down to your side  
- Repeat this 10 times, and then do the same thing standing on your other leg |
| **Double Leg Pogo Hop**         | - Start in an upright position with your weight on the front half of your foot  
- Quickly jump up and down a few inches in the air until you’ve done 10 jumps  
- Land softly with your knees bent  
- Keep your knees apart and your head up when you land |
| **Inner Thigh (Standing)**      | - Stand with your feet wider than your shoulders  
- Bend your left leg and straighten your right leg, shifting your weight toward the left side of your body  
- You should feel a stretch on the inside of your right leg  
- Hold for 30 seconds. Switch sides |
| **Side Stretch**                | - Stand upright with your right arm over your head and your left hand on your hip  
- Reach your right hand to the left side of your body until you feel a stretch on the right side of your body  
- Keep your eyes forward and your chest up as you bend to the side |
| **Wall Calf Stretch**           | - Stand in front of a wall with your left toes up against the wall and your right foot back  
- Bend your right knee and lean toward the wall to feel a stretch in the back of your lower right leg  
- Switch sides after 30 seconds  
- Your hands can help support your body against the wall |
| **Chest Stretch**               | - Stand upright in a doorway with your forearms against the frame of the door  
- Step forward with one foot so you feel a stretch in your chest and shoulders  
- Relax your shoulders down and hold the stretch for 30 seconds |
| **Reverse Lunge**               | - Begin in a standing position with your feet hip width apart  
- Step back with your right leg and bend both of your knees at the same time  
- Make sure your chest is up and knee does not touch the ground  
- Repeat 10 times on your right leg  
- Keep your shoulders even and your eyes facing forward |
Before you start these exercises, it's important to make sure you do the movements properly. These exercises can help develop strength and endurance.

| **LINE BALANCE** | - In a standing position, place your right foot in front of your left foot (heel to toe) and balance in that position for 30 seconds  
- Switch feet  
- Lift your head up towards the ceiling to maintain good posture |
| **SHOULDER PRESS** | - Stand upright with your arms bent and your hands next to your shoulders  
- Press your arms over your head until they are straight up in the air  
- Slowly lower your arms to the starting position and repeat 10 times  
- Lift the top of your head toward the ceiling and keep your eyes facing in front of you |
| **SIDE SHUFFLE** | - Begin standing in a defensive stance with your knees and hips slightly bent and your chest and head facing forward. Move your body sideways across the room or yard and back to the starting position ten times  
- Keep your eyes, chest, and toes facing forward the whole time |
| **STANDING HAMSTRING** | - Stand upright with your right foot in front of your left foot. Keep both legs straight and touch your right knee.  
- You should feel a stretch in the back of your right leg. After 30 seconds switch sides  
- Keep your spine straight during this stretch |
| **LOWER BACK ROTATION** | - Lay on your back with your arms out to the side, your knees bent, and your feet flat on the ground  
- Drop your knees to one side and hold for 30 seconds  
- Switch sides |
| **PIGEON POSE** | - Start in a pushup position  
- Bring your right knee in between your hands and let your hips lower  
- Keep your back straight and hold this stretch for 30 seconds  
- Switch sides. You should feel this stretch on the side of your hip |
| **SINGLE LEG HOP** | - Stand upright on one leg  
- Jump up and down while maintaining your balance. Land softly with your knee bent  
- After 10 jumps switch legs  
- Keep your knee cap over your shoelaces – don’t let your knee rotate in or out |
Before you start these exercises, it’s important to make sure you do the movements properly. These exercises can help develop strength and endurance.

<table>
<thead>
<tr>
<th><strong>FITNESS SKILLS</strong></th>
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<tbody>
<tr>
<td><strong>DOUBLE LEG BRIDGE</strong></td>
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<tr>
<td><em>Start laying with your back on the floor, knees bent, and feet flat on the floor</em></td>
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<tr>
<td><em>Pushing through the mid-part of your foot, drive hips off floor until hips, shoulders, and knees are in alignment</em></td>
</tr>
<tr>
<td><em>Pause and return</em></td>
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</tbody>
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| **SEAL JACK** |
| *Stand tall with your feet together and arms extended in front of your chest* |
| *Jump out spreading your legs and drawing your arms to the sides* |
| *Jump back to start and repeat* |

| **BIRD DOG** |
| *To start, get down on all fours with your back straight and your core braced* |
| *Raise one arm up until it’s parallel with the floor while at the same time lift the opposite leg until raised arm and leg are in a straight line* |

| **DEAD BUG** |
| *Lay flat on your back on the floor* |
| *Lift your hands so your elbows are above your shoulders with your fists facing in towards each other* |
| *Lift your legs so your knees are directly over your hips* |
| *Exhale and slowly lower your right arm and left leg until they’re just above the floor* |
| *Inhale and bring them back to starting position* |
WEEK 1 - DAY 1

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. Double Leg Bridges, Squats, Mini Hurdle Jumps, Fast Feet
   Perform each of the following exercises:
   - 20 seconds of double leg bridges
   - 10 squats
   - 20 seconds of jumping front to back over a pretend hurdle
   - Rest for at least 30 seconds
   - 20 seconds of double leg bridges
   - 10 squats
   - 20 seconds of jumping front to back over a pretend hurdle
   - Rest for at least 30 seconds
   - 20 seconds of fast feet (feet jogging quickly in place like a basketball player)
   - Rest for 1-2 minutes
   - Repeat 2-3 times

3. Push Up Challenge
   Lie on the floor facing down with toes tucked in. Bring your hands out to the sides slightly wider than shoulder width so your hands are on the floor and elbows are up. Push yourself up as one unit slowly lower yourself towards the ground and repeat. Keep your body long and back as flat as the wall. This movement can also be performed with your knees down on the ground (modified):
   - Perform 1 push up or modified push up
   - Rest for at least 20 seconds
   - Perform 2 push ups or modified push up
   - Rest for at least 20 seconds
   - Perform 3 push ups or modified push up
   - Rest for at least 20 seconds
   Continue up this challenge for 5-10 minutes and take as much rest as needed (minimum 20 seconds) between each set of push ups. On your Fitness Tracker write down the number of push ups you completed with proper form today.

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 1 - DAY 2

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. Sports Medley
   Do each of the following moves in place for 20 seconds each. Take breaks if needed:
   - Act like a baseball player swinging a bat
   - Act like a basketball player shooting a ball into the basket
   - Act like a hockey player skating on the ice
   - Act like a soccer player and practice kicking a ball
   - Act like a skier and practice going side to side and jumping over jumps
   - Act like a tennis player practicing their serve
   - Repeat with the opposite arm/leg
   - Rest for 1-2 minutes
   - Repeat two more times

3. Jumping Jacks and Seal Jacks
   Perform each movement for 30 seconds with at least 30 seconds of rest in between each:
   - 30 seconds of jumping jacks
   - Rest for at least 30 seconds
   - 30 seconds of seal jacks
   - Rest for at least 30 seconds
   - Repeat 2-3 more times

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
WEEK 1 - DAY 3

1. 5 minute warm-up
   - 2 rounds of 10 for all exercises
     - Defensive Squat
     - Single Leg Balance
     - Double Leg Pogo Hops
     - Vertical Jump
     - Jogging Forward and Backward

2. Countdown from 10
   - Jog in place for 10 seconds
   - High Knees for 10 seconds
   - Rest for at least 20 seconds
   - Squat in place for 10 seconds
   - Squat jumps in place for 10 seconds
   - Rest for at least 20 seconds
   - Line jumps (pretend there is an imaginary line and jump over it side to side) for 10 seconds
   - Slalom skiers (hop from one leg to the other side to side in place) for 10 seconds
   - Rest for 1-2 minutes
   - Repeat 2 more times

3. Yoga Stretch
   - Sit down on the floor with legs crossed and hands by your side
   - Take a deep breath in and lean over to your right side, pressing your right arm and forearm on the ground
   - Reach your opposite arm over and stay there for five long deep breaths
   - Deep exhale and bring your torso up through the center and reach to the other side
   - Repeat on the left side
   - Repeat two more times on each side

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 1 - DAY 4

1. 5 minute warm-up
   - 2 rounds of 10 for all exercises
     - Reverse Lunge
     - Line Balance
     - Shoulder Press with Squeeze
     - Single Leg Hop
     - Side Shuffle

2. Marching Mania
   Directions: Perform the following movements while sitting on a chair. Take breaks as needed:
   - March in place: while sitting on the chair march your feet in place for 10 times
   - Fast Feet: While sitting on the chair run in place as fast as you can for 10 seconds
   - Inside-Outside: While sitting on the chair move both feet in and out as fast as you can for 10 times
   - March in place: while sitting on the chair march your feet in place for 10 times
   - Straight Legs: While sitting on the chair, hold onto the side of the chair with your hands and lift both legs straight in front of you. Hold for about a second and slowly bring your legs back to the ground and repeat for 10 times
   - Running in place: While sitting on a chair run in place as fast as you can using your hands and feet for 10 seconds
   - Seated Ladder Climb: While sitting on a chair pretend that you are climbing a ladder. One leg steps up while opposite arm reaches high repeat 10 times on each leg
   - Chair Squats: Stand with your feet shoulder width apart. Keep your back flat, push your arms forward and sit your hips back towards the chair and repeat for 10 times
   - March in place: While sitting on the chair march your feet in place for 10 times

3. Human Alphabet
   - Practice forming letters with your body
   - Write out the entire alphabet
   - Challenge yourself by spelling out these words:
     - Basketball
     - Long Island
     - Dale
     - Court
     - Nets
     - Athlete

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
WEEK 1 - DAY 5

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. Give Me 10
   Do the following activities 10 times each. Take breaks as needed:
   - Jump Rope (pretend you have a jump rope in your hands)
   - Elbows to Knees (lift your right knee up and touch your left elbow and left knee up to the right elbow, 5 times on each side)
   - Mummy Kicks (keep legs and arms straight and lift one up at a time and opposite hand to foot, 5 times each side)
   - Jumping Jacks
   - Side Lunges (touch your feet)
   - Squats
   - Star Jumps (Jump up and push your arms and legs out to form a star)
   - Rest for 1-2 minutes
   - Repeat 3 more times

3. Yoga Stretch
   Stand with your feet shoulder width apart. Keep your back flat, push your arms forward and sit your hips back. Pretend you are sitting on a chair. Rise up and repeat.
   - Perform 1 Squat
   - Rest for at least 20 seconds
   - Perform 2 Squats
   - Rest for at least 20 seconds
   - Perform 3 Squats
   - Rest for at least 20 seconds

Continue up this challenge for 5-10 minutes and take as much rest as needed (minimum 20 seconds) between each set of Squats. On your Fitness Tracker write down the number of Squats you completed with proper form today.

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 2 - DAY 1

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. Gone Camping
   Do each of the following moves for 30 seconds each:
   - Jog in place as if a big scary bear is chasing you
   - Reach up as if you are picking berries
   - Rest for at least 30 seconds
   - Do toe touches as if you are hammering in tent stakes
   - Wall sit (or squat) as if you are sitting around the campfire
   - Rest for at least 30 seconds
   - Move your arms as if you are swimming away from a big fish
   - Shake your body as if you are drying off from rain
   - Rest for at least 30 seconds
   - Torso twist as if you are paddling a kayak side to side
   - Jump up and down as if you have finally roasted the perfect marshmallow
   - Rest for 1-2 minutes
   - Repeat 2-3 more times

3. Push Up Challenge
   Lie on the floor facing down with toes tucked in. Bring your hands out to the sides slightly wider than shoulder width so your hands are on the floor and elbows are up. Push yourself up as one unit; slowly lower yourself towards the ground and repeat. Keep your body long and back as flat as the wall. This movement can also be performed with your knees down on the ground:
   - Perform 1 push up or modified push up
   - Rest for at least 20 seconds
   - Perform 2 push ups or modified push up
   - Rest for at least 20 seconds
   - Perform 3 push ups or modified push up
   - Rest for at least 20 seconds

Continue up this challenge for 5-10 minutes and take as much rest as needed (Minimum 20 seconds) between each set of push ups. On your Fitness Tracker write down the number of Push ups you completed with proper form today.

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
WEEK 2 - DAY 2

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. Jungle Run
   Do each of the following moves for 30 seconds:
   - Jump over logs
   - High knees through quicksand
   - Rest for at least 30 seconds
   - Duck under branches
   - Run from a tiger (run in place)
   - Rest for at least 30 seconds
   - Tip toe past a snake
   - Imitate monkeys swinging across branches
   - Rest for 1-2 mins
   - Repeat two more times

3. Yoga Stretch
   Try these three yoga poses 5 times each:
   - Upward Salute: stand tall with feet spread hips distance apart. Inhale your arms up over your head, and bring your hands to touch. From here, complete side bends
   - Forward Fold: hinge at the hips and let your head, arms, and upper body fold towards the floor
   - Downward Dog: start in forward fold, bring hands to the floor, step feet back and lift hips toward the sky

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 2 - DAY 3

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. Individual Plank Balance
   - Start in plank position with extended arms and legs.
   - Place knees on the ground
   - Lower body down towards the ground
   - Perform 3 bent-leg push ups
   - Raise body and extend arms while keeping knees on the ground
   - Keep arms extended and lift knees off the ground to be in a plank
   - Perform 3 straight-leg push ups
   - Rest for 1-2 minutes
   - Repeat two more times

3. Basketball Defensive Drills
   Perform each activity for 30 seconds
   - Slap the ground with bent knees and shout DEFENSE
   - Fast feet (move your feet in place as fast as you can)
   - Slowly with knees bent in defensive stance, slide to the right three steps and then to the left three steps
   - Rest for at least 30 seconds
   - Fast feet
   - Slowly with knees bent in defensive stance take three large steps forward and then three large steps back
   - Rest for 1-2 minutes
   - Repeat 2 more times

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
WEEK 2 - DAY 4

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. Boot Camp
   Do each of the following moves for 30 seconds and repeat 3 times:
   - Push ups or Modified Push ups
   - Lunges
   - Plank
   - Rest for at least 1 minute
   - Squat Jumps
   - Double Leg Bridges
   - Squats
   - Rest for at least 1 minute

3. Yoga Stretch
   Try these three yoga poses 5 times each:
   - Intro to Warrior III: from your upward salute position, take a big step forward with your right foot. Keeping arms straight above your head, balance on your right foot and extend through your left heel as it hovers off the ground. When comfortable, begin to hinge at the hips to bring fingers toward the ground and left heel towards the ceiling. Stop when your balance is challenge. Return to standing, repeat on the left side.
   - Dolphin: from your downward dog position, bring knees to the ground. Drop onto your forearms, tuck your toes back under, and lift hips to the sky (like a downward dog on your forearms)
   - Child’s Pose: sit all the way back on your heels and walk hands out in front of you until your head gently rests on the floor. Keep arms extended

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 2 - DAY 5

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. Agility Ladder
   If you have sidewalk chalk, draw a ladder on the sidewalk or driveway. If you don’t have chalk, just imagine a long ladder on the ground. Perform each activity for 30 seconds:
   - Running forward, two feet in each square
   - One foot hop forward: right foot then left foot
   - Lateral run through the ladder, two feet in each square
   - Rest for at least 30 seconds
   - Bunny jump: forward, sideways, and backwards
   - In and out, jump inside a square, then outside the square
   - Rest for at least 30 seconds
   - Skiers, jump to each side of outside the squares
   - Two jumps forward, one jump back
   - Rest for at least 1-2 minutes
   - Repeat two more times

3. Squat Challenge
   Stand with your feet shoulder width apart. Keep your back flat, push your arms forward and sit your hips back. Pretend you are sitting on a chair. Rise up and repeat:
   - Perform 1 Squat
   - Rest for at least 20 seconds
   - Perform 2 Squats
   - Rest for at least 20 seconds
   - Perform 3 Squats
   - Rest for at least 20 seconds
   Continue up this challenge for 5-10 minutes and take as much rest as needed (minimum 20 seconds) between each set of Squats. On your Fitness Tracker write down the number of Squats you completed with proper form today.

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
**WEEK 3 - DAY 1**

1. **5 minute warm-up**
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. **ABC Workout**
   Spell out the following words by performing the activities that match the letter of the word. Take breaks as needed:
   - Your Name  • Basketball
   - Dale  • Nets
   - Long Island  • Court
   - Athlete  • Defense
   - Sports  • Hard Work
   - Teammates

3. **Push Up Challenge**
   Lie on the floor facing down with toes tucked in. Bring your hands out to the sides slightly wider than shoulder width so your hands are on the floor and elbows are up. Push yourself up as one unit; slowly lower yourself towards the ground and repeat. Keep your body long and back as flat as the wall. This movement can also be performed with your knees down on the ground:
   - Perform 1 push up or modified push up
   - Rest for at least 20 seconds
   - Perform 2 push ups or modified push up
   - Rest for at least 20 seconds
   - Perform 3 push ups or modified push up
   - Rest for at least 20 seconds

   Continue up this challenge for 5-10 minutes and take as much rest as needed (Minimum 20 seconds) between each set of push ups. On your Fitness Tracker write down the number of Push ups you completed with proper form today.

4. **5 minute cool down**
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

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**WEEK 3 - DAY 2**

1. **5 minute warm-up**
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. **Sports Medley**
   Do each of the following in place for 20 seconds. Take breaks as needed:
   - Act like a baseball player throwing a baseball
   - Act like a basketball player performing a slam dunk
   - Act like a hockey player skating as fast as they can
   - Act like a lacrosse player and practice shooting a ball
   - Act like a hurdler and practice running over hurdles
   - Act like a volleyball player and practice spiking the ball
   - Repeat with the opposite arm/leg
   - Rest for 1-2 minutes
   - Repeat two more times

3. **Jumping Jacks and Seal Jacks**
   Perform each movement for 30 seconds with at least 20 seconds of rest in between each:
   - 30 seconds of jumping jacks
   - Rest for at least 20 seconds
   - 30 seconds of seal jacks
   - Rest for at least 20 seconds
   - Repeat 2-3 more times

4. **5 minute cool down**
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
WEEK 3 - DAY 3

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. Countdown from 20
   - Jumping Jacks for 20 seconds
   - Jog in place for 20 seconds
   - Skip in place for 20 seconds
   - Rest for 20 seconds
   - Squat in place for 20 seconds
   - Lunge in place for 20 seconds
   - Rest for 20 seconds
   - Push ups or modified push ups for 20 seconds
   - Plank for 20 seconds
   - Rest for 1-2 minutes
   - Repeat 2 more times

3. Yoga Stretch
   Sit down on the floor with legs crossed and hands by your side:
   - Take a deep breath in and lean over to your right side, pressing your right arm and forearm on the ground
   - Reach your opposite arm overhead and hang there for five long deep breaths
   - Deep exhale and bring your torso up through the center and reach to the other side
   - Repeat on the left side
   - Repeat two more times on each side

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 3 - DAY 4

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. Build Strength and Power
   Perform each activity for time or repetitions:
   - Push ups or Modified Push ups for 30 seconds
   - Plank for 30 seconds
   - 10 Squat Jumps
   - Rest for 1 minute
   - Double Leg Bridges for 30 seconds
   - Squats for 30 seconds
   - 10 Forward Jumps
   - Rest for 1 minute
   - Repeat 3 times

3. Find Your Balance
   Perform each of the movements for 20 seconds. Take breaks as needed:
   - Stand on one leg
   - Airplane: stand on one leg, lean your torso forward and push your arms out to the sides to turn yourself into an airplane
   - Stand on one leg and spell your first and last name
   - Stand on one leg and wave your arms side to side
   - Stand on one leg and swing your other leg forwards and backwards
   - Repeat on other leg
   - Repeat two times

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
WEEK 3 - DAY 5

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. Abs of Steel
   Perform the below activities for 20 seconds each:
   - Plank
   - Side plank, repeat on other side
   - Rest for at least 30 seconds
   - Birddog
   - Deadbug
   - Rest for at least 30 seconds
   - Double leg bridges
   - Fire hydrant, repeat on other side
   - Rest for 1-2 minutes
   - Repeat 2 more times

3. Squat Challenge
   Stand with your feet shoulder width apart. Keep your back flat, push your arms forward and sit your hips back. Pretend you are sitting on a chair.
   Rise up and repeat:
   - Perform 1 Squat
   - Rest for at least 20 seconds
   - Perform 2 Squats
   - Rest for at least 20 seconds
   - Perform 3 Squats
   - Rest for at least 20 seconds
   Continue up this challenge for 5-10 minutes and take as much rest as needed (minimum 20 seconds) between each set of Squats. On your Fitness Tracker write down the number of squats you completed with proper form today.

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 4 - DAY 1

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. Need for Speed
   Place three cones or objects 20 steps away from each other:
   - Start at the first object and run to the second object & back as fast as you can
   - Rest for 20 seconds
   - Start at the first object and run to the third object & back as fast as you can
   - Rest for 20 seconds
   - Start at the first object and run to the second object & back and to the third object and back as fast as you can
   - Rest for 2-3 minutes
   - Repeat 3 more times

3. Push Up Challenge
   Lie on the floor facing down with toes tucked in. Bring your hands out to the sides slightly wider than shoulder width so your hands are on the floor and elbows are up. Push yourself up as one unit; slowly lower yourself towards the ground and repeat. Keep your body long and back as flat as the wall. This movement can also be performed with your knees down on the ground:
   - Perform 1 push up or modified push up
   - Rest for at least 20 seconds
   - Perform 2 push ups or modified push up
   - Rest for at least 20 seconds
   - Perform 3 push ups or modified push up
   - Rest for at least 20 seconds
   Continue up this challenge for 5-10 minutes and take as much rest as needed (Minimum 20 seconds) between each set of push ups. On your Fitness Tracker write down the number of push ups you completed with proper form today.

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
WEEK 4 - DAY 2

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. The Pyramid Workout
   - 20 Squats
   - 15 star jumps
   - 10 push ups
   - 5 walking lunges
   - Rest for at least 60 seconds
   - 5 walking lunges
   - 10 push ups
   - 15 star jumps
   - 20 Squats
   - Rest for 1-2 minutes
   - Repeat 2 more times

3. Yoga
   Try these three yoga poses:
   - Pretend to be a tree: stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Hold your hands together, keep your arms long, and bring your arms over your head.
   - Pretend to be a frog: Squat down with your knees apart, keep your chest up and rest your arms in between your knees
   - Pretend to be a flying bird- stand on one leg, bend from the hip and lean your body forward until your torso is parallel to the floor. Push your arms out to the sides and hold.

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 4 - DAY 3

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. Animal Kingdom
   Pretend to move like the following animals for 30 seconds. Take breaks as needed:
   - Bear: Place your hands and feet on the floor with your knees bent and hips at shoulder height. Walk forward, backward, side to side
   - Rabbit: Hop back and forth, side to side like a rabbit
   - Seal: Perform jumping jacks with your arms clapping in front of you like a seal
   - Cheetah: Run in place as fast as you can as you pretend that nothing can catch you
   - Rest for 1-2 minutes
   - Repeat

3. Basketball Defensive Drills
   Perform each activity for 30 seconds:
   - Slap the ground with bent knees and shout DEFENSE
   - Fast feet (move your feet in place as fast as you can)
   - Slowly with knees bent slide to the right three steps and then to the left three steps
   - Rest for at least 30 seconds
   - Fast feet
   - Slowly with knees bent in defensive stance take three large steps forward and then three large steps back
   - Rest for 1-2 minutes
   - Repeat two times

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
WEEK 4 - DAY 4

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Defensive Squat
   - Single Leg Balance
   - Double Leg Pogo Hops
   - Vertical Jump
   - Jogging Forward and Backward

2. Boot Camp
   Perform each activity for 30 seconds each:
   - Push ups or Modified Push ups
   - Squats
   - High knee run
   - Rest for at least 1 minute
   - Repeat 3 times
   - Squat Jumps
   - Planks
   - Mountain Climbers
   - Rest for at least 1 minute
   - Repeat 3 times

3. Yoga
   Start standing with your hands by your side:
   - Take a big inhale and lift your arms up over your head
   - Exhale and bring your arms back down by your side, sink or lower your hips down and bend your knees
   - Big inhale and lift your arms up over your head
   - Exhale and relax your arms and bring them back down by your side, sink or lower your hips down and bend your knees
   - Repeat 5 times

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up.
   - Inner Thigh (standing)
   - Side Stretch
   - Wall Calf Stretch
   - Chest Stretch
   - Standing Quad Stretch

WEEK 4 - DAY 5

1. 5 minute warm-up
   2 rounds of 10 for all exercises
   - Reverse Lunge
   - Line Balance
   - Shoulder Press with Squeeze
   - Single Leg Hop
   - Side Shuffle

2. Agility Ladder
   If you have sidewalk chalk, draw a ladder on the sidewalk or driveway. If you don’t have chalk, just imagine a long ladder on the ground. Perform each activity for 30 seconds:
   - Running forward, one foot in each square
   - Lateral run through the ladder, two feet in each square
   - Rest for at least 30 seconds
   - Running forward, two feet on each square
   - In, in, out, out, start with two feet outside of the ladder and run forward following a step in, in, out, out pattern
   - Rest for at least 30 seconds
   - In and out, jump inside a square then outside
   - Skiers, jump to each side of outside the squares from one leg to the other
   - Rest for 1-2 minutes
   - Repeat two more times

3. Squat Challenge
   Stand with your feet shoulder width apart. Keep your back flat, push your arms forward and sit your hips back. Pretend you are sitting on a chair. Rise up and repeat:
   - Perform 1 Squat
   - Rest for at least 20 seconds
   - Perform 2 Squats
   - Rest for at least 20 seconds
   - Perform 3 Squats
   - Rest for at least 20 seconds
   Continue up this challenge for 5-10 minutes and take as much rest as needed (minimum 20 seconds) between each set of Squats. On your Fitness Tracker write down the number of Squats you completed with proper form today.

4. 5 minute cool down
   Aim to stretch your muscles in a comfortable position. You should be able to hold the position for 30 seconds. If it feels painful, ease up:
   - Standing Hamstring
   - Lower Back Rotations
   - Pigeon Pose
   - Front of the Hip Stretch
   - Palm Up Stretch
GO - SLOW - WOAH!  
Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Woah is a simple way to recognize foods that are the smartest choices.

“GO” Foods: Eat almost anytime (most often)—they are lowest in fat, added sugar, and calories
“SLOW” Foods: Eat sometimes (less often)—they are higher in fat, added sugar, and/or calories
“WOAH” Foods: Eat once in a while (least often)—they are very high in fat and/or added sugar, and are much higher in calories

<table>
<thead>
<tr>
<th>FOOD GROUPS</th>
<th>FRUITS</th>
<th>VEGETABLES</th>
<th>GRAINS</th>
<th>MILK</th>
<th>MEATS &amp; BEANS</th>
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<tr>
<td>GO</td>
<td>Fruits</td>
<td>Vegetables</td>
<td>Grains</td>
<td>Milk</td>
<td>Meals &amp; Beans</td>
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<td></td>
<td>2 cups a day</td>
<td>2.5 cups a day</td>
<td>6 oz a day</td>
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<td>(1 cup is the size of a baseball)</td>
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<td>(1 cup of cereal OR 1 slice of bread = 1 oz)</td>
<td>(1 cup of milk OR 1.5 oz of cheese = 1 cup)</td>
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Credit: cid:image001.png@01D64EE15C39AC60

SNACK TIPS FOR KIDS  
6 easy ways to make great-tasting snacks that you can make on your own! Remember to always ask your parents permission before using kitchen tools.

1. Make a yogurt sundae:
   Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit like bananas, strawberries, or peaches. Sprinkle cereal on top for crunch.

2. Make pita pockets:
   Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

3. Pack an after-school snack:
   For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack.

4. Try a piece of cheesy toast:
   Toast a slice of whole-wheat bread in the toaster and top with a slice of your favorite low-fat cheese.

5. Dip your veggies:
   Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

6. Freeze your fruit:
   For a frozen treat on hot days, try freezing grapes or bananas! Don’t forget to peel bananas and pull grapes from the stem before placing in the freezer.

Credit: US Dept of Agriculture
## FITNESS AND NUTRITION TRACKER

### FITNESS

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<th>WEEK 1</th>
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### NUTRITION

#### WEEK 1
- 1 serving of fruit
- 1 serving of veggies
- 3 glasses of water

#### WEEK 2
- 1 serving of fruit
- 1 serving of veggies
- 3 glasses of water

#### WEEK 3
- 1 serving of fruit
- 1 serving of veggies
- 3 glasses of water

#### WEEK 4
- 1 serving of fruit
- 1 serving of veggies
- 3 glasses of water

PARENT SIGNATURE: ___________________________  DATE: ____________

Anyone who completes the challenge can receive a Long Island Nets Swag Pack by submitting their information on longislandnets.com/fitnesschallenge