

## REC STRENGTH AND CONDITIONING

- Bear crawls; place your feet hip-width apart on the floor, and your hands down on the floor in front of your feet. Try to keep your legs straight as you crawl on your hands and feet across your living room 10 times
- Crab walks; sit down on your bottom with your feet flat on the floor and knees tucked to your tummy and your hands flat on the floor behind your back. Push your tummy up into the air so that only your hands and feet are touching the floor, and try to walk across your living room 10 times
- Walking lunges; take big steps and bend both your legs so your back knee gently touches the floor. Make sure to bend both of your knees with every step, and try to go across the room 5 times
- Frog jumps; start by bending your knees and touching the floor with your hands, then stand up as fast as you can and jump off the floor. Try to jump 20 times without stopping
- Push ups; put your feet and legs together, with your hands shoulder-width apart on the floor in front of you so your body is flat. Bend your arms as much as you can to try to get your nose to touch the floor, then push your arms straight again. Try to do 15 without taking a break
- Sit-ups; lay down and bend your knees so your feet are flat on the floor, and cross your hands over your chest like a mummy. Have a partner hold your feet tightly so you don't move, and sit up until you're sitting on your bottom, then slowly lay back down. Try to sit up 20 times
- Laying leg-lifts; Lay down on your back and put your hands underneath your back just above your bottom. Keeping your legs straight and toes pointed, lift your legs all the way up so your toes are looking at the ceiling, then slowly lower them back down. Try to lift and lower them 20 times without stopping
- Mountain climbers; Start in a push-up position with your legs behind you, and lift one leg off the floor and bend your knee to your tummy, then jump and switch legs quickly. Keep running in place as fast as you can, and try to go for 1 minute without stopping
- Pillow jumps; grab some pillows from around the house and place them in a straight line with about 1 foot of space between each one. Keep your feet together and jump over the pillows trying not to touch them. Try to jump all the way down the line 10 times