

ACTIVITIES FROM THE RIPKEN PLAYBOOK



FITNESS

Today's exercises are focused on the high plank and the squat. You can do this workout from the comfort of your home with no equipment. Before you begin the workout, always make sure that you incorporate a good warm-up.

WARM UP:

- 25 Jumping Jacks
- Run in place for 30 seconds
- Touch your toes
- 15 seconds arm circles forward
- 15 seconds arm circles backwards

ACTIVITY:

We are going to do four different exercises at 10 reps each for three rounds.

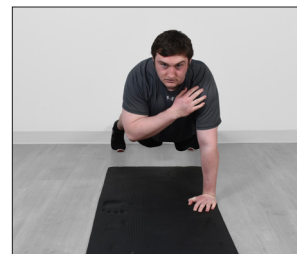
• Squat

- Feet hips width apart, chest up tall, take your hips down and back just like you are sitting in a chair. You want to keep your weight heavy in your heels while keeping your knees right over top of your shoes laces on the way down. Then, drive your heels into the ground as you come up and back into the standing position. (Repeat for 10 reps.)



• Shoulder Tap High Plank

- Shoulders should be right over top of your hands and have a straight line from your feet, hips, and your shoulders with your core tight. You can keep your feet a little wider than hips width apart to help you balance. Raise one hand up to touch your opposite shoulder while keeping your hips from shifting side to side. (10 reps total.)



• Lateral Squat

- Feet hips width apart, chest up tall, step to one side then squat down keeping your foot, knee and shoulder of the bending side in one vertical line. Then drive your heel into ground to get back to your starting position and repeat on the opposite side. (10 reps total.)



• Push Up

- Begin in a high plank position with your feet shoulder width apart and shoulders right over top of your hands. While maintaining a plank, slowly bring your body down while getting your elbows as close to 90 degrees as possible. Then push your hands into the ground to get back to the high plank position. (Repeat for 10 reps.)

Once you are finished, be sure to cool-down and stretch.

COOL DOWN:

- 25 Jumping Jacks
- Run in place for 30 seconds
- Touch your toes
- 15 seconds arm circles forward
- 15 seconds arm circles backwards



#ripkenplaybook