

Power Skills



Heart Health for Life

Build your strength, endurance and flexibility

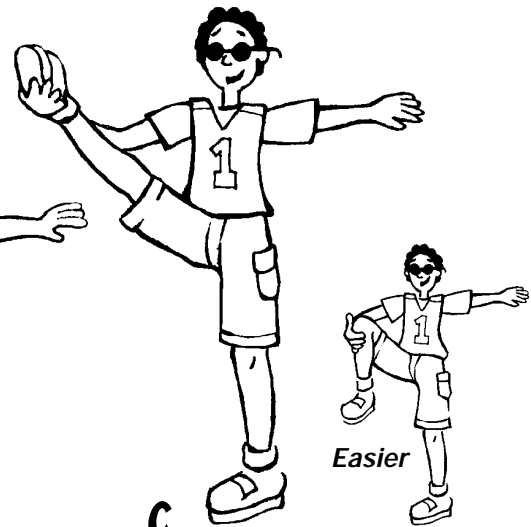
Ready

- Important! Warm-up for 2-3 minutes by doing some walking type activities then some light stretching before you start.
- To prevent injury, start with the easier versions. Over time work towards doing the difficult moves.



b

Fan Kicks
Leg travels up and across body in a circular motion
Left then right leg – 8 repetitions



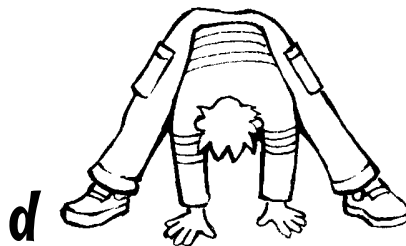
c

Y-Scale and knee scale
Hold 4 counts



a

Running on the spot
Kick your seat with your heel
20 counts



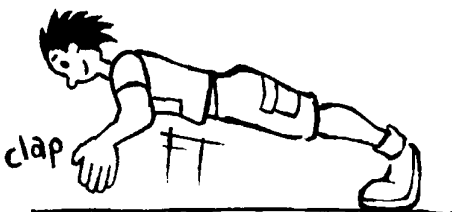
d

Center Splits – Hold 4 counts
Easier – Bend knees



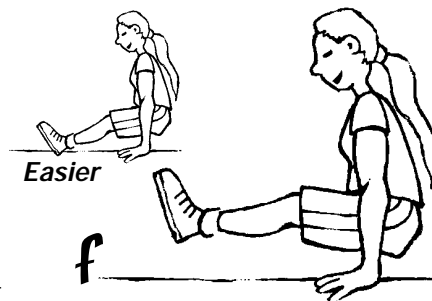
g

Straddle leap
Jump into the air and lift legs
to straddle pike position – Do 1



e

Clap Push-up
Try it from a kneeling position first – Try 2



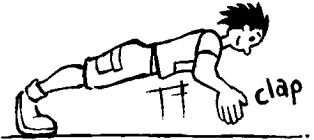
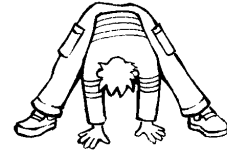
f

L Seat
Support self in pike or L seat
Hold – 2 counts

PowerSkills



Do you exercise your heart most days of the week for 30 minutes? Exercise reduces stress, increases your energy and makes your body strong and healthy.



Set!

- Practise these moves in sequence.
- Create interesting ways to connect the moves so your routine flows.
- The counts should be at a speed that you can safely do the moves.



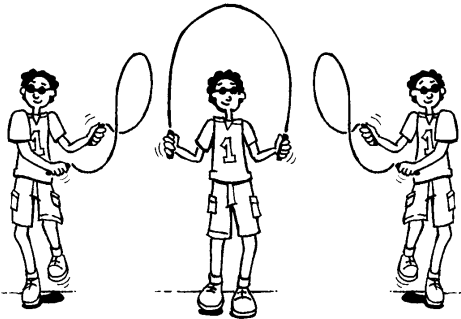
GO!

- Polish your routine to music and repeat the sequence for the length of the song.
- Work in groups of 2,3 or 4.
- Create interesting formations.
- Try different arm positions and motions:

Skipping for fun n' fitness

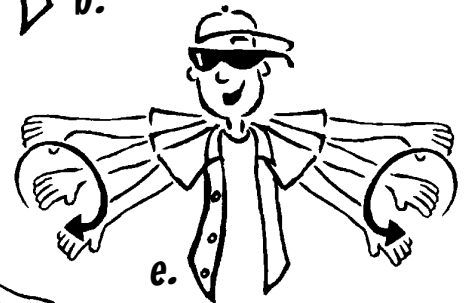
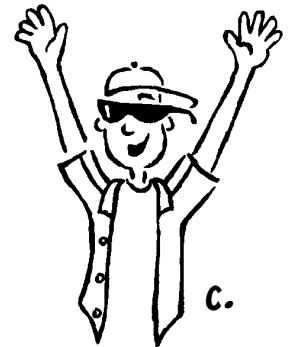
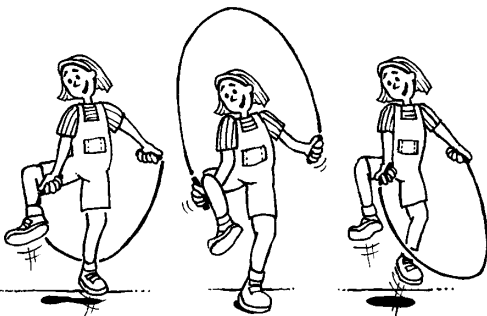
Single Side Swing

Swing the rope on one side of your body. Open it up and jump through it and swing it to the other side. Open it up and jump through it again. Tip - keep hands together on side swing!



Pretzel

As the rope comes over your head, raise your right knee as high as you can. Just before you jump over the rope, tuck your right hand under the raised knee from the inside to the outside of your leg. To get out of the pretzel, as the rope comes overhead, do a side swing on the left side bringing the right hand across the body.



Heart Leaders!



Estimate how many sit-ups or jumping jacks you can do in 3 minutes then try it. How far can you run in 10 minutes at a comfortable pace? Make your own "Book of Records" by setting goals and trying to improve overtime. Challenge your friends and family to do the same.