

# Power Skills

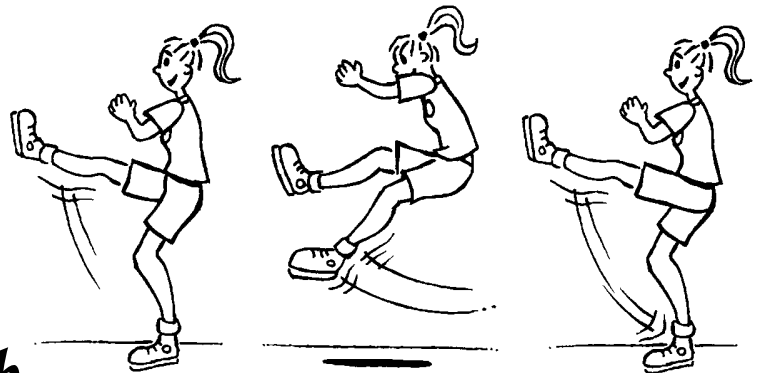


## Heart Health for Life

*Build your strength, endurance and flexibility*

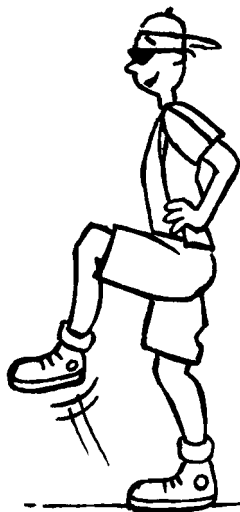
### Ready

- *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**

Scissor Kicks - 20 counts



**a**

Knee Lifts - 20 counts



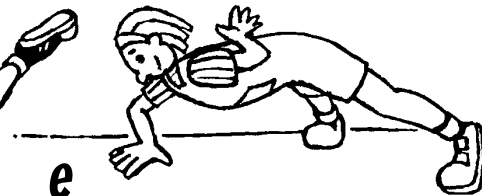
**c**

Front Leg Hold - 4 counts



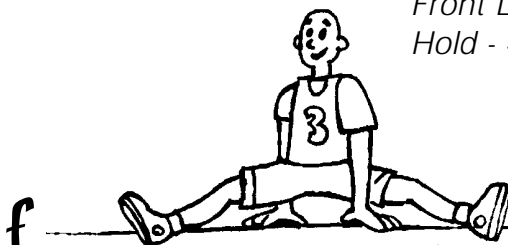
**d**

Needle Hold - 4 counts



**e**

One Arm Push-up - Try 2  
Easier - Use two arms



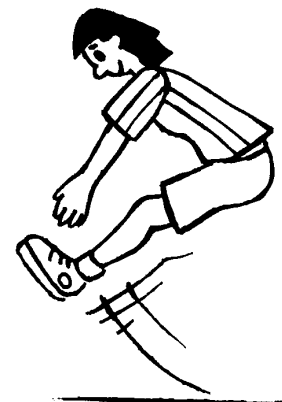
**f**

Straddle Support  
Hold yourself off the ground - 2 counts  
Leave heels on ground to make it easier.

Easier



Difficult - use caution



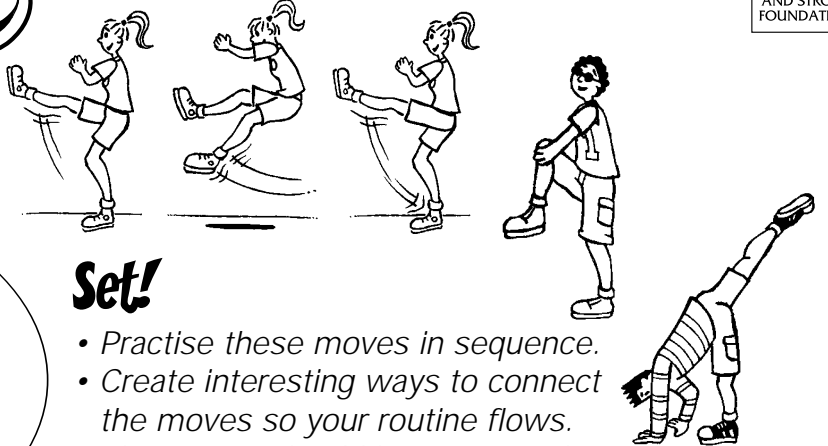
**g**

Pike Jump - Try 1  
Easier - Touch bent knees

# Power Skills



Your heart needs exercise everyday!  
Exercise reduces stress and gives you energy!



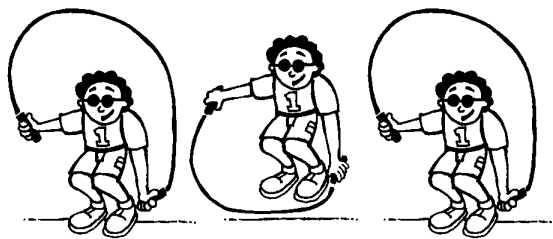
## Set!

- 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.

## Skipping for fun n' fitness

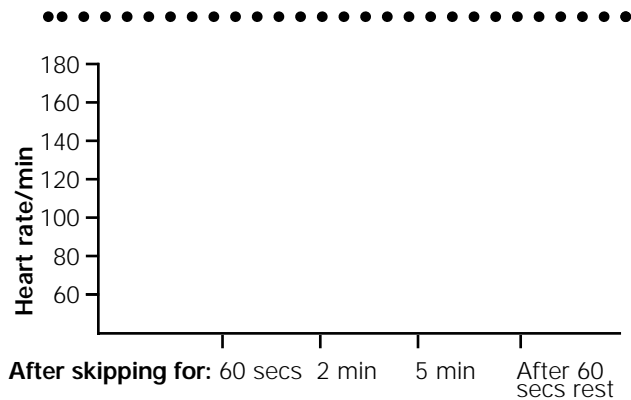
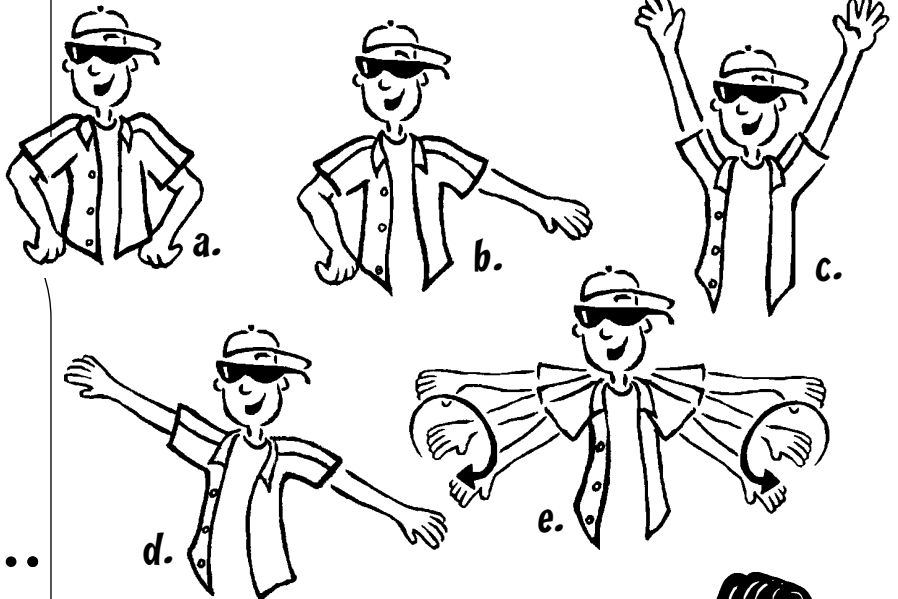
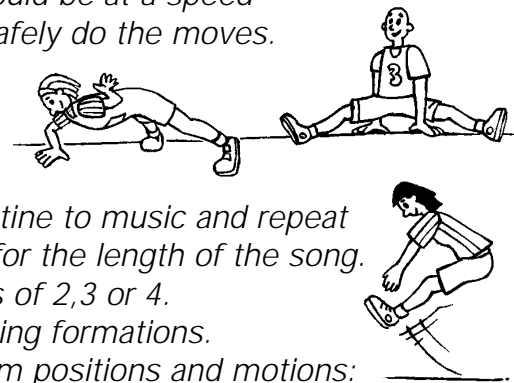
### One arm rotation

As you jump your rope, go down into a crouch position and put your left hand on the floor. Jump rope in this position. As the rope comes over your head, begin to stand up. As the rope reaches the floor, swing the rope to your right and pivot your feet (doing 180° rotation to your right). Then jump backwards.



## 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:



## 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.