



Cadets!

It is time to get fit!
Join Maddie and get active.

Cadets do a lot of physical activity training at Depot.
Set up your own training program.



Fitness Circuit

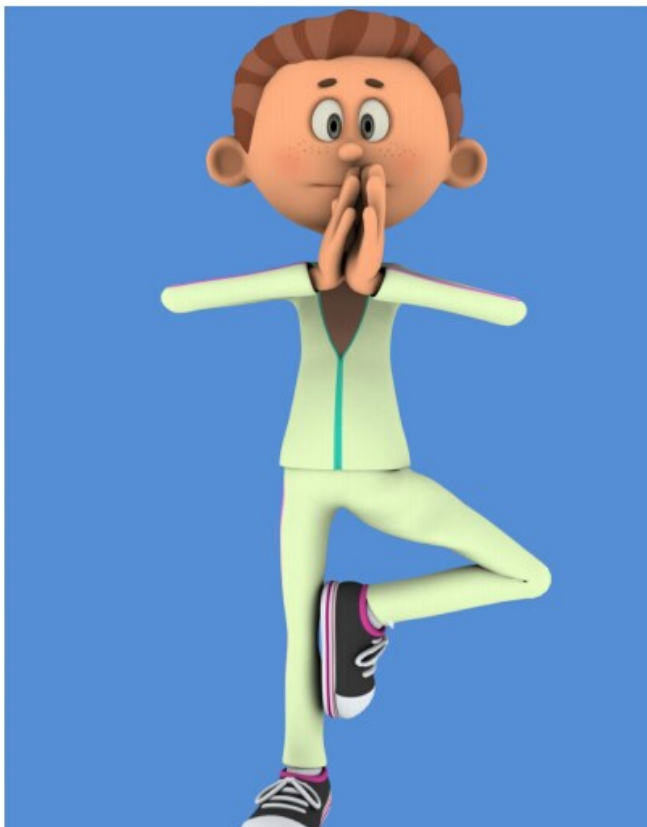
Use the exercise cards to make a circuit training area in your house or outside.

1. Cut out the cards
2. Place the cards around your play area with as much room in between each exercise card as possible.
3. Give each card a number.
4. Follow the order and go to a new station every 30 to 90 seconds (depending on your fitness level and age).
5. Complete the circuit each day and see how much you improve (you can even do the circuit 2 or 3 times).

Get creative and make your own obstacle course

playactivities.com/obstacles-courses-for-kids/

ONE-LEGGED BALANCES



- **START BY STANDING UP STRAIGHT IN OPEN SPACE OR NEAR A WALL**
- **LIFT 1 LEG UP IN THE AIR AND BRING IT TO YOUR KNEE EITHER IN FRONT OF OR BESIDE YOUR OTHER LEG**
- **TRY BALANCING WITH YOUR EYES OPEN AND THEN WITH THEM CLOSED**
- **HOLD IT AS LONG AS POSSIBLE**
- **USE A WALL FOR SUPPORT IF NEEDED**

TWIRL THE HOOP

- **GRAB A HULA HOOP AND TWIRL IT AROUND DIFFERENT PARTS OF YOUR BODY**
- **HOLD IT CLOSE TO THE SMALL OF YOUR BACK AND QUICKLY SPIN IT TO TWIRL IT AROUND YOUR WAIST**
- **SWIVEL YOUR HIPS USING A CONSISTENT RHYTHM TO KEEP THE HOOP MOVING**
- **TRY TWIRLING IT AROUND YOUR NECK AND ARMS**
- **TWIRL THE HOOP AROUND ONE LEG AND JUMP OVER IT WITH THE OTHER LEG**



"KEEP THE HULA HOOP CLOSE TO YOU WHEN YOU START"



JUMPING JACKS

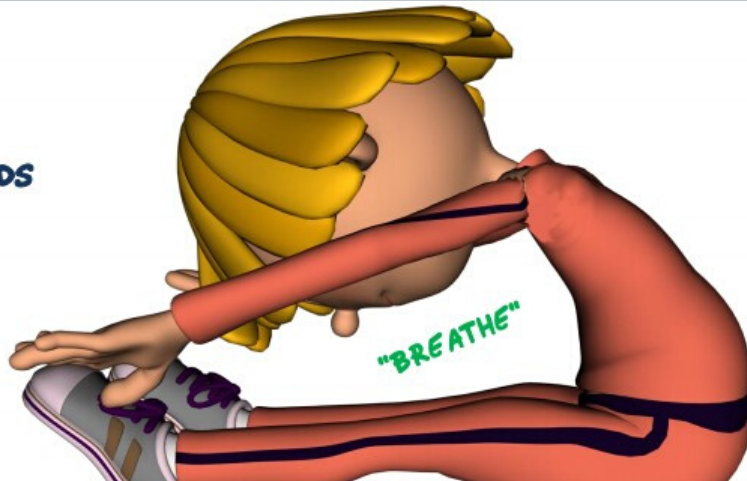


- ♥ JUMP TO A POSITION WITH YOUR LEGS SPREAD APART IN AN "A" AND YOUR ARMS OUTSTRETCHED IN A "Y"
- ♥ QUICKLY RETURN BACK TO A POSITION WITH YOUR FEET TOGETHER AND YOUR ARMS AT YOUR SIDES
- ♥ KEEP YOUR ARMS AND LEGS AS STRAIGHT AS YOU POSSIBLY CAN

SIT AND REACH

- START BY SITTING DOWN ON THE FLOOR WITH YOUR LEGS IN FRONT
- REACH FORWARD TO YOUR TOES (OR PAST THEM) WITH YOUR HANDS, KEEPING YOUR LEGS STRAIGHT
- FEEL THE STRETCH IN YOUR LEGS AND HOLD IT FOR 15 SECONDS
- RELAX AND REST FOR 10 SECONDS AND THEN DO IT AGAIN A FEW MORE TIMES

TIME: 60 TO 90 SECONDS



TUCK JUMPS



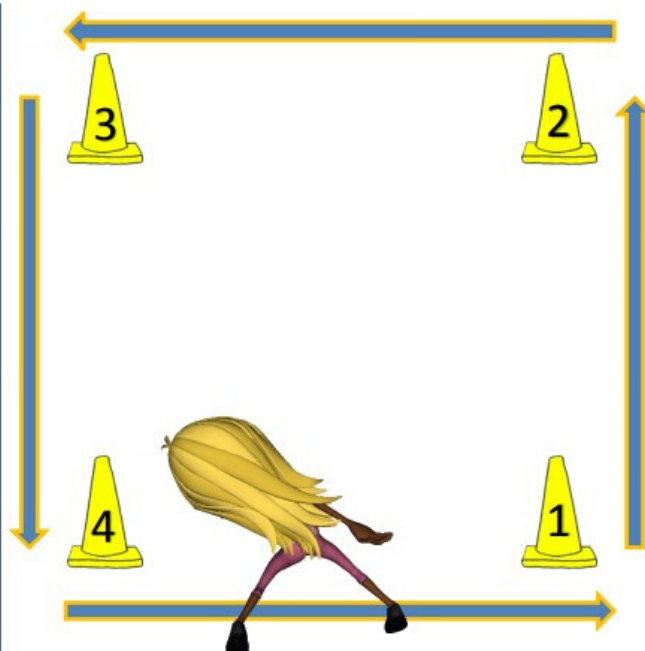
- START YOUR JUMP WITH A STRAIGHT BODY, LEGS TOGETHER AND ARMS BY YOUR SIDES
- JUMP UP IN THE AIR AND GRAB YOUR KNEES LIKE YOU ARE DOING A "CANNONBALL" IN MID-FLIGHT
- LAND BACK DOWN WITH YOUR LEGS TOGETHER AND ARMS BY YOUR SIDES AND THEN CONTINUE JUMPING

FOUR CORNER SPEED DRILL

WAIT AT THE "WAIT LINE"
FOR YOUR TURN

INSTRUCTIONS

- START AT CONE 1
- RUN FORWARD TO CONE 2
- SLIDE STEP FACING OUT TO CONE 3
- BACK PEDAL TO CONE 4
- CROSSOVER (GRAPEVINE STEP) BACK TO CONE 1



STANDARD PUSH UPS

- START WITH YOUR HANDS SHOULDER-WIDTH APART, KEEPING YOUR FEET FLEXED AT HIP DISTANCE AND TIGHTEN UP YOUR CORE
- BEND YOUR ELBOWS UNTIL YOUR ARMS GET AT A 90 DEGREE ANGLE AND THEN PUSH BACK UP
- KEEP YOUR ELBOWS TUCKED IN TO YOUR BODY AS YOU MOVE UP AND DOWN

