

Participating in group physical activity can be fun, elevate your mood, and strengthen your family bond and your body all at the same time! Daily exercise improves health, can reduce anxiety, and increase self-confidence.

Have a little friendly competition to see who can finish first with these exercises below – or hold each other accountable and work together to complete the workout as a team!

PLEASE USE CAUTION WHEN EXERCISING

JUMPING JACKS

(3 intervals: 45 seconds on / 15 seconds rest)

Get a total-body workout, as you elevate your heartrate and warm up your body! Begin by standing with your legs straight and your arms to your sides. Jump up and spread your feet apart while bringing your arms above your head. Jump again, lowering your arms and bringing your legs back together. Set a timer – and repeat these moves for 45 seconds!

SQUATS

(15 repetitions / 3 total sets)

Targeting every muscle in your lower body, squats are a highly effective exercise to help power your legs on the field. Stand with your feet hip-width apart, and your chest lifted. Bend at your knees, pushing your hips back like you're sitting on an imaginary chair. Squat down as low as you can, keeping your weight over your heels, and knees over your ankles. Stand up to complete 1 repetition.



CALF RAISES

(10 repetitions per set / 3 total sets)

Strengthening your calf muscles can help prevent shin splints, ankle injuries, and reduce stress on your Achilles Tendon. Stand up straight, then push through the balls of your feet and raise your heels until you are standing high on your toes. Lower your heels slowly back down to the floor. Do this 10 times, rest, repeat– and feel the burn!

PUSH UPS

(8-10 repetitions per set / 3 total sets)

Even though we don't use our hands much in soccer, you still need to condition your upper body to help maintain good posture a strong core, and overall strength. Lie down with your chest and stomach flat on the floor. Your legs should be straight out (or you can go on your knees for modification) and your palms should be at chest level with your arms bent at a 45-degree angle. Push away from the floor bringing your body to a plank position, and slowly lower back down. Repeat for 10-12 repetitions, while keeping your core engaged.

SPRINTS

(5-10 short distance runs)

From start to finish, it's time to empty your energy tank, and run as fast as you can. Change your breath, stride, and speed as you race to your goals! This explosive exercise will help you build endurance and speed on and off the field.

HIGH KNEES

(4 intervals: 30 seconds on / 30 seconds rest)

In soccer, you need to lift your knees to run, dribble, pass, and shoot –so practicing knee movement can better your game! To perform high knees, in a standing position lift one knee up towards your chest, then switch legs and bring the opposite leg to your chest. Continue the movement, alternating legs and moving at a fast marching or running pace.

SIT-UPS

(25 total / 2 total sets)

Gain power in your movement, better coordination, and enhance your game performance. Lie down on your back, keeping your knees bent and your back and feet flat on the floor. Crossing your arms over your chest, slowly lift your torso up, and sit your body upright. Return to the starting position by rolling down one vertebra at a time back to the floor. Repeat 25 times to complete 1 set.



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