

Team Resistance Ring Exercises

Warm Up- Stationary Trot, Stretching

Standing Press- arms against chest press forward

Crossover –Arms extended bring across chest

Bicep Curls – underhand grip hands by waist pull straight up toward chest

Triceps Curls - overhand grip hands by waist pull straight up toward chest

Triceps Overhead Press - hands behind head extend outward

Triceps Pulls- hands at waist by side pull straight back

Butterfly- Arms together in front of chest extend outward

Upward Rows- Start at waist using overhand grip pull upward to chin

Squats – Bend through your knees until your hips come lower than parallel.

Both hands on Bands – Hold right foot out then left foot out for 10 seconds

Beanbag Balancing Skills

Balance beanbag on: right and left thigh, right and left foot, toss from thigh to thigh and from foot to foot

Toss and catch on back

Partner follow the leader and partner tag with beanbag on shoulder.

Tagging Game - Place beanbag on shoulder. How many students can you tag without dropping the beanbag?

Partner Put and Take Relay- Have one beanbag on shoulder and one in hand. Without dropping beanbag on shoulder the first partner will place the beanbag on a poly spot 12 feet away and return to partner. That partner will retrieve beanbag and place on poly spot at starting line. Repeat