



The Challenges - Fit 5

Player must participate in all five (5) aspects of the fitness challenge to receive points

1) Three (3) Cone Drill

- Timed event. How fast can participant complete task?.
- Set up 3 cones at 5 yards apart from each other
- Participant gets in athletic stance. Touches cone #2 and goes back to start cone (#1). Touches cone #1 runs to cone #2, rounds cone on outside and sprints to cone #3 goes around cone on inside and backtracks to cone #1 by sprinting to cone #2 touching top and rounding it on outside then sprint though to cone #1. End watch once player runs past cone #1. <https://www.youtube.com/watch?v=rLtvdHEwnus>

2) Box Jump

- How many times can participant jump over the object in 30 seconds
- Use a box or a basketball. Box should be roughly 12"x12". *Modification: if an athlete can jump over a 12" box, modify size of box to a smaller box or if that is too difficult, put a strip of tape on the floor and have them jump over the line.*

3) Nutrition

- Submit the Fit5 chart showing you ate 5 fruits and or vegetables a day
- 1 point for each piece of fruit or vegetable you ate



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4) 5 Minute Core Exercise

- Submit once a week, a chart showing you completed the following exercises. One point for each repetition participant is able to do in a minute. Participants must do each of the 5 exercises. Receive points each time athlete does exercise. May do it multiple times a week.
- Chair Squat
- Push Ups
- Curl Ups
- Jumping Jacks
- March and Swing Arm

5) Hydration

- Submit the Fit5 chart showing you drank 5 glasses/bottles of water a day
- 1 point for each glass/bottle of water you drank