

ACTIVE WARM-UPS

MOSQUITO TAG

- EQUIP-** 4 CONES AND 3 NOODLES (3'-4' LENGTH AND 1 PER 15-20 STUDENTS)
- PLAYERS-** ENTIRE CLASS W/ 3 STUDENTS AS MOSQUITO'S
- AREA-** GRASS W/ 4 CONES SQUARE (EX. 20X20 STRIDES)
- OBJECTIVE-** THREE TAGGERS W/ NOODLES TRY TO FREEZE ENTIRE CLASS. IF TAGGED YOU MUST KNEEL ON GROUND. TO BE FREED, 2 STUDENTS HAVE TO HIGH TEN ABOVE YOU AND SAY, "OFF" OR ANY SORT OF INSECT REPELLENT. TO KILL THE MOSQUITOES, 8 OR MORE STUDENTS MUST FORM A STRAIGHT LINE AND AT THE SAME TIME CLAP THEIR HANDS IN UNISON AS IF THEY CRUSHED THE MOSQUITO IN THEIR HANDS. IF THEY DON'T CLAP IN UNISON THE MOSQUITOS ARE NOT SQUASHED. IF THEY DO CLAP IN UNISON ALL 3 MOSQUITOS ARE SQUASHED AND 3 MORE STUDENTS BECOME MOSQUITOS. WHEN IN LINE MOSQUITOS LOVE TO TAG PEOPLE BEFORE THEY CAN CLAP.

FRENCH FRY TAG

- EQUIP-** 1 BICYCLE INNER TUBE PER 2 STUDENTS [OR PARTNERS DO A WRIST GRAB], 4-5 NOODLES OR FOAM SPONGES, 4 CONES
- PLAYERS-** STUDENTS W/ PARTNERS, 5 STUDENTS "IT" WITH SPONGES
- AREA-** GRASS OR BLACKTOP, 4 CONES SQUARE (30x30 OR MORE STRIDES)
- OBJECTIVE-** **THE OBJECT IS** TO PASS THE SPONGES (FAT) BY TAGGING A PARTNERSHIP, GIVING THEM THE SPONGE AND THEN AVOIDING BEING TAGGED AGAIN. PARTNER'S DON'T WANT TO BE HOLDING THE SPONGE WHEN THE WHISTLE BLOWS. **YOU DO THAT BY** YOU AND YOUR PARTNER GETTING INSIDE OF ONE OF THE BICYCLE TUBES. ONCE TAGGED THE PARTNERS MUST FREEZE AND ARE HANDED THE SPONGE. THEY ARE NOW TO TAG ANOTHER PARTNERSHIP AND HANDOFF THE SPONGE. THERE ARE NO IMMEDIATE TAG BACKS. TEACHER SECRETLY SETS A TIME LIMIT AND BLOWS THE WHISTLE AT THE END OF THAT LIMIT. THE WHISTLE ENDS THE GAME AND ALL TUBES ARE DROPPED TO THE GROUND. IF YOU HAVE THE SPONGE YOU NEED TO WORK OFF THE FAT BY CLEANING UP THE PLAYING AREA (PICK-UP SPONGES) AND PUT THEM AWAY. **IF NO TUBES ARE AVAILABLE PARTNERS CAN WRIST GRAB.**

ACTIVE WARM-UPS

TRIANGLE TAG

EQUIP- ONE CONE PER GROUP OF 4
PLAYERS- GROUPS OF 4
AREA- GRASS, BLACKTOP, OR GYM – CONES SPREAD OUT OVER AREA
OBJECTIVE- **THE OBJECT IS** FOR THE CHASER TO TAG ONE STUDENT AS TWO OTHERS TRY TO PROTECT. **YOU DO THAT BY** STUDENTS FORM A TRIANGLE, ALL FACING IN HOLDING WRISTS OR HANDS, CONE IN THE MIDDLE AND DESIGNATE ONE STUDENT TO BE THE ONE TO BE CHASED. THE PERSON WHO IS “IT,” RUNS AROUND THE TRIANGLE AND TRIES TO TAG THE DESIGNATED PERSON. CHASER CANNOT GO OVER OR UNDER THE TRIANGLE, ONLY AROUND. ONCE THE STUDENT IS TAGGED SWITCH TO NEW “IT” AND NEW PERSON BEING CHASED. IF THE CHASER CAN’T GET THE PERSON, SWITCH ROLES AFTER ABOUT 1 MINUTE OF CHASING.

TRIANGLE TAG VARIATION

EQUIP- 1 CONE & 1 BALL (TENNIS OR FOAM) PER 5 STUDENTS
PLAYERS- GROUPS OF 5
AREA- GRASS, BLACKTOP, OR GYM – CONES SPREAD OUT OVER AREA
OBJECTIVE- SAME GAME AS ABOVE EXCEPT THERE ARE TWO CHASERS WITH A BALL. OBJECT OF THE GAME IS TO TAG THE PERSON IN THE TRIANGLE WITH THE BALL. THE BALL CAN BE PASSED BACK AND FORTH TO POSITION THE TAGGERS TO TAG THE PERSON. ROTATE AFTER EACH TAG.

TAG Team

Prep...

- 1 per every 6 students (to create grids)
- 1 pinnie per every 2 students
- 1 small foam ball or beanbag per every 6 students

Set...

- Create small (10X10 paces) grids for each group of 6.
- Create groups of 3 students.
- Place 2 groups per grid. One group per grid wears the pinnies and starts with the tagging object (ball or beanbag). This group is the "Tag Team."

Teach!

1

The object of Tag Team is to tag any player from the other group using the ball (or beanbag) to tag them. You do that by moving, pivoting, and passing the ball until it is close enough to touch someone from the other group.

The Rules

2

- Tags may only be completed with the ball in your hands. It may not be thrown to complete a tag.
- The ball-carrier may not take any steps. They may only move using pivots.
- To move the ball closer to your target you may throw to a group mate or pivot.
- When a tag is made, the ball goes to the other group who now becomes the Tag Team.

3

Challenges

- How many tags can your group make before the signal?
- *(To make this more sport-specific, use a basketball, flying disc, football, etc. Tag with the hand not holding the tossable.)*

Wrap it Up

- Why was teamwork important in this activity?
- What were some of the strategies groups used today?
- How did you know you improved your health and fitness today?

Improving upper-arm strength

Individual activities

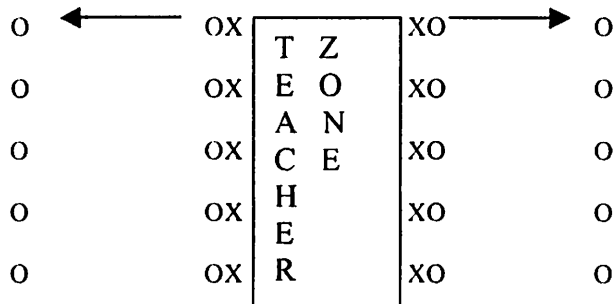
1. **SHOULDER TOUCHES** - Get into a push-up position. On the word go (or when the music starts), touch your right hand to your left shoulder, and your left hand to your right shoulder.
2. **THE CRAB** - Get in a crab walk position. Touch your left shoulder with your left hand and your right shoulder with your right hand, alternately. How many can you do in 30 seconds?
3. **PUSH -UP SQUASH** - Place a 1/2 ball below your chest. Make it squash each time you do a push up. How many can you do in 30 seconds?
4. **JUGGLING A NUGGET!** Get into one of the two push-up positions with a tennis ball or a small beanbag between your hands. When the music begins, take the ball with the right hand and place it under your chin. Take the ball from your chin with your left hand and replace it to the floor. Continue the activity for 30 seconds and count the number of time that the ball is held under your chin.

With partners

1. **LOW FIVES** - get in a push-up position facing your partner. How many times can you give one another a low five in 30 seconds?
2. **HIGH FIVES**- Get in a push-up position facing your partner. Touch one another's opposite shoulders with your fingers. How many can you do in 30 seconds?
3. **SPIDER HOCKEY**- Partners face each other in a push-up position, approximately 12 feet apart. Try to throw a Spider Ball or bean bag through the arms of the other person. If on grass a tennis ball will work.
4. **MUSICAL PUSH-UPS** - Partners face each other in a push-up position with a ball between them. When the music starts, start giving each other high fives. When the music stops, each player tries to get the ball before his/her partner does.
 - Variation - Partners face each other and the teacher begins to name body parts, i.e., nose, thigh, head, cheek, etc. and you touch the area called. When the teacher says ball, the participants attempt to see who can grab the ball!
5. **MOVING THOSE NUGGETS** - One student is in a push-up position and the other is standing at his/her feet. The standing partner rolls a ball on the ground to the right of the person, who in turn catches it, transfers it to his left hand and rolls it back to his partner. Continue for 30 seconds and count the number of times the ball is circulated in a 30 second period. Give the participants a ten second reprieve so that they can exchange places and then repeat the activity. The score of both of the players are added up and recorded.

High Activity Skills Progression¹

Set-up for practice: x = cones O = Students



Cones are set-up with a section left open in the middle, for the teacher to move about without getting hit with the object being tossed. The teacher from this position can give positive specific feedback to the students.

Shadow: Practice the motion without the implement.

Partner practice with the implement: Play catch from the start. Instructor can teach the skills as the students throw.

Time challenge: How many catches in 20 seconds. Now can you improve?

Catch challenge: After each 2 catches move to a lower position.

Partner step-back: Every two catches outside person takes one step back.

Give and go: Passing to moving target. Partner without object first creates space and then cuts at a 45° angle to receive the object. Switch roles on each pass.

Keep away 2 on 1: The thrower is stationary and defender guards the thrower. Defender tries to knock passes down. Change on whistle every 30 seconds.

3 catch lead-ups: Catch and throw to other players on the run. Work on 45° cuts.

3 catch games: Two teams of 3 in a square area. Object of the game is to complete 3 passes to your own team. One point for each 3 consecutive catches and the throwing object is placed down for the other team to begin. If the implement thrown is incomplete in anyway it goes to other team.

Directionality game: Play similar to ultimate Frisbee. Any incomplete exchange changes direction.

¹ SPARK PE <http://www.sparkpe.org/index.jsp>

Early Teen Crossfit: Incorporating Crossfit into Middle School Physical Education
by Mike Abruzzo

I am a middle school physical education teacher at the Vista Academy for the Visual and Performing Arts in Vista, CA. We are a magnet school in the Vista Unified School District. It is K-8 with 345 middle school students (grades 6-8). Our student population is made up of roughly 33% English Language Learners and 63% receive free or reduced lunch. I teach 5 periods of physical education with an average of 35 students per class. Students are required to dress out in a PE uniform each day and 75% of their grade is based on participation and fitness activities.

Over the last two years I have had an opportunity to be exposed to Crossfit through Mike Burgener, teacher at Rancho Buena Vista High School and Olympic Lifting National Coach, and Jeff and Mikki Martin Crossfit coaches and owners of Brand X in Ramona. Through their encouragement and after observing the Crossfit Kids program, I attended a Crossfit Level One certification. Upon completion, I started giving thought to how I could incorporate Crossfit into my middle school physical education classes, and with my students in the Wellness Center at MiraCosta College.

My goal with this article is to share my experience over the last 18 months trying to incorporate Crossfit into my classes. I have tried to include some crossfit into my classes everyday. I have divided the workouts into three phases. 1) Conditioning exercises as part of warm-ups at the start of each class. 2) Conditioning day – body weight crossfit workouts. 3) Fitness day - mono-structural cardio.

1) My students start with jumping jacks, run a warm-up lap, stretch and then condition. Conditioning consists of combinations of the following 6 body weight exercises: (“**The Big Six**”) Jumping Jacks, pushups, situps, air squats, burpees (yeah burpees!) and mountain climbers. Three to five minutes of 2 or 3 exercise combinations is a great conditioner.

We then go into our activity. We do this 3 days a week

2) Conditioning day is our Crossfit day. Some of our activities include: **Grass Drills** which include, up/downs, bear crawls, crab walks, seal crawls, duck walks, lunge walks, frog jumps, barrel rolls, sprints from a variety of starting positions – laying on your stomach, your back, facing backward etc. Students lineup behind cones and complete each activity at a facing cone 30 yards away, then jog back. A whistle starts each activity and the total activity is done continuously. **Tabata Workouts** which include, jump rope workouts – single and double jumps, and body weight exercises – jumping jacks, pushups, situps, mountain climbers, burpees, air squats, side to side jumping, boxers etc. **Partner Run** which includes, one partner running a track lap while their partner does a set number of body weight exercises. If the student finishes their exercises early, they wait in a plank until their partner finishes running. **Four Corners Run** – Break class into 5 groups, send each group to a different corner of the field. At each corner is a placard with an exercise or exercises on it. The 5th group starts on the 50 yard line. On the whistle the 5th group runs to the first corner, while running, all the other groups are

exercising. When the 5th group arrives at the 1st corner, the first group takes off and runs to corner #2. All the other groups continue to exercise. Each group works their way around the field one corner at a time. Activity goes continuously for 15 to 20 minutes. **Agilities** which include the same 30 yard setup as the grass drills. I usually do this workout on the blacktop. Exercises include: drum majors, high knees, butt slappers, slides, carioca's, running forward and then changing to backward, running backward and then changing to forward, running and while running doing 360 degree turns, lunge walks one direction, running backwards on the return. Sprints from a variety of directions – backwards, cross-over step, forward. 4 in 1 – slide, backward, slide, forward completing a 360 degree circle. **Plyometrics** which include line jumping – side to side and front and back, tuck jumps, broad jumps, single leg jumps, ice skaters and dot jumping. For dot jumping I draw X's on the blacktop with the big sticks of chalk. Most of these activities are started and stopped with a whistle command. **Medicine Ball Workouts** – we purchased a class set of 2kg medicine balls. **Balance Activities.**

Our next undertaking will be pvc pipe for all my students, for both training purposes and to teach them the Olympic lifts.

Note: Over the years, I have had the opportunity to learn and borrow idea's from many excellent teachers and coaches. I have taken what they have taught me and used it as is or tried to make it my own based on my situation, location, logistics etc. Many thanks to Mike Burgener, Vern Gambetta, Brian Grasso and Jeff and Mikki Martin to name a few.



Class Setup



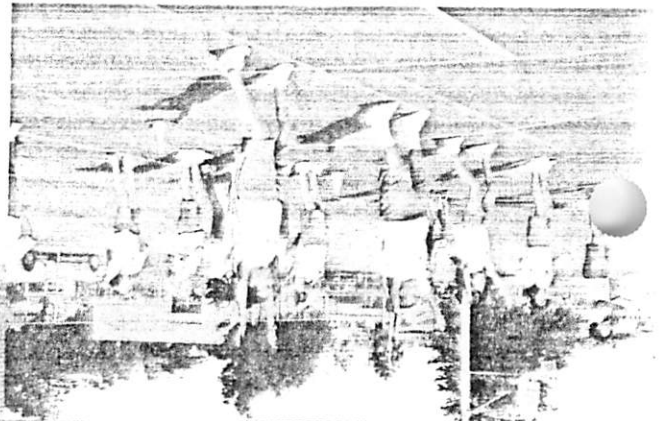
Agilities – Drum Majors



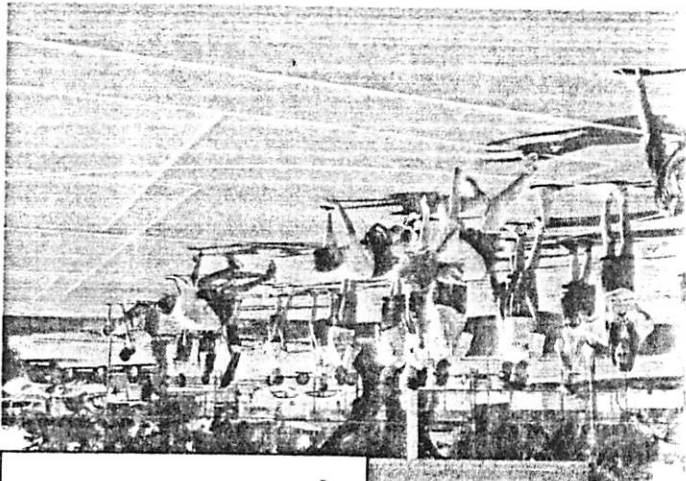
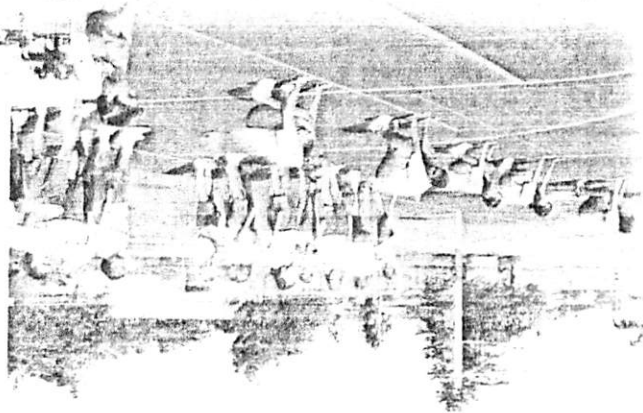
Agilities – Carioca's



Agilities – Lunge Walks

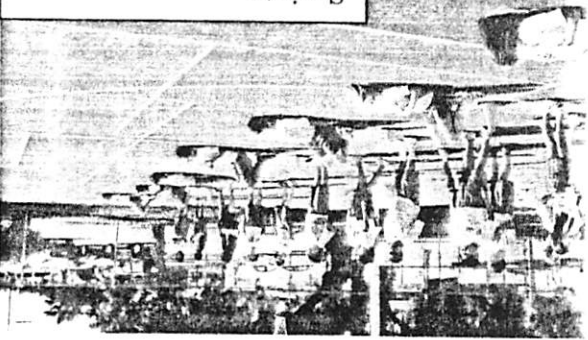


Six Count Burpees



Sprints

Big Six - Pushups



Big Six - Mountain Climbers



Big Six - Squats





The SWAT Fitness Plan

You probably don't kick down doors for a living, but this **DO-IT-ANYWHERE WORKOUT** can give you the same explosive power of the guys who do. *By Dave Herndon*

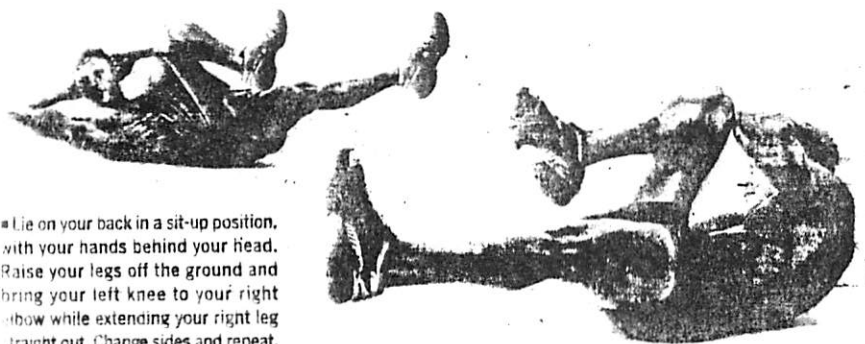
CONDITIONING ISN'T ABOUT HOW MANY PUSH-UPS YOU CAN DO," SAYS ORLANDO-BASED SWAT COMMANDER TIM Stroup (left). "It's about preparing for everything else you do in life." In his line of work that means anything from rappelling down office buildings to bailing out of speeding boats. For us civilians, being conditioned means we can lug a 70-pound backpack all day or skin up that powdery slope — and have energy left over when we're finished. Stroup's SWAT workout (swatworkout.com) builds cardiovascular and muscular strength in one intense 15-minute routine. Interval workouts burn calories faster than your average cardio workout, and the high reps tone muscles and abs.

The Circuit

Start with 70 jumping jacks to get your heart rate up and your body warm. Then run through the following series of exercises once, ideally resting only a few seconds between sets. Adjust the intensity and number of circuits based on how you feel.

- | | | |
|------------------------|--------------------------|-------------------------------|
| 1. AB BICYCLES 25 REPS | 5. AB BICYCLES 25 REPS | 9. AB BICYCLES 25 REPS |
| 2. BOXERS 30 REPS | 6. SIDE LEAPS 30 REPS | 10. MOUNTAIN CLIMBERS 50 REPS |
| 3. AB BICYCLES 25 REPS | 7. AB BICYCLES 25 REPS | 11. AB BICYCLES 25 REPS |
| 4. PUSH-UPS 30 REPS | 8. SWAT PUSH-UPS 20 REPS | |

ABDOMINAL BICYCLES



■ Lie on your back in a sit-up position, with your hands behind your head. Raise your legs off the ground and bring your left knee to your right elbow while extending your right leg straight out. Change sides and repeat.

MUSCLES WORKED: abs, obliques, and hip flexors

BOXERS



■ Assume a boxer's stance, knees bent with fists in front of your face and elbows bent. Shifting weight to your right leg, rise and lift your left knee to your right elbow.

■ Squat and repeat with your right knee/left elbow, for 30 reps on each side.

MUSCLE WORKED: abs, hip flexors, quads, and hamstrings

SIDE LEAPS



■ With legs together, jump from side to side, high and far enough to clear a basketball.

MUSCLES WORKED: inner and outer thighs, glutes, hamstrings, and calves

■ Squat on the landing and push off hard in the opposite direction for 30 leaps to each side.

SWAT PUSH-UPS



■ From a standing position, drop to a push-up plank position, scissor your legs out and in, do a push-up, rise to standing, and repeat 20 times. (Do 100 of these in less than 10 minutes and you're an honorary SWAT commando.)

MUSCLES WORKED: complete upper and lower body, abs, and obliques

MOUNTAIN CLIMBERS



■ In a push-up position, keeping your back flat, pump your legs as if running in place. Try not to brush the ground with your toes as they come forward. Do 50 right-left reps.

MUSCLE WORKED: calves, glutes, chest, triceps, and shoulder

Fitness Based Lesson Plan

Warm up

Cardio	Dynamic Movement	Functional Movement
<p>1) Lap</p> <p>Moderate- Jump rope 100 times</p> <p>High- Sprints on soccer field</p>	<p>Upper Body (push)- Crab crawls</p> <p>Upper Body (Pull)- Bear crawls</p> <p>Core- Jackknives</p> <p>Lower Body (push)- Air squats</p> <p>Lower Body (pull)- lunges</p>	<p>1) Speed ladder work coupled with soccer ball dribbling through cones.</p> <p>2) Quick feet on soccer ball with ski jumps and toe taps, coupled with soccer ball pushups.</p> <p>3) Sprinting and tuck jumps coupled with 10 penalty kicks into goal or against fence.</p>

Workout

Body Weight Exercises	Metabolic Conditioning	Weightlifting
<p>3 burpees 5 pushups 7 air squats</p> <p>* As many rounds as possible in a twenty minute time period (AMRAP)</p>	<p>Run a snake using lines on soccer field</p>	<p>15 kettlebell swings</p>

Cool Down

Cardio	Static Stretch
<p>Moderate- 50 times on a jumprope</p> <p>Low- Jog a lap</p>	<p>Neck- Neck rolls</p> <p>Shoulder- Arm circles</p> <p>Back- Arm across</p> <p>Core- Hollywoods</p> <p>Quads- Hurdler</p> <p>Hamstring- Right over left, left over right</p> <p>Calf- Staggered stance calf stretch</p>

WOD's

1. 10 rounds of 10 second "L" sits off the floor
2. "Susan" – 5 rounds for time: Run 200m, then 10 squats, 10 push ups
3. Run 1 mile and at every 1 minute complete 10 air squats, 10 push-ups, 10 sit-ups
4. 10 Rounds for time: 10 burpees, 100 m sprint
5. 10 handstand jackknife to vertical jump, 10 handstand jackknife to tuck jump, 10 handstand jackknife to straddle jump.
6. 3 Rounds for time: 10 Handstand push ups, 200 m run
7. 6 Rounds for time: 10 push ups, 10 air squats and 10 sit ups
8. 10 rounds for time: 10 push-ups, 10 squats, 10 sit ups
9. 10 rounds for time: 10 push-ups, 100m dash
10. 5 rounds for time: 10 push-ups, 10 hollow rocks, run 200 meters
11. 10 rounds: 10 push-ups, 10 squats
12. 10 rounds for time: 10 push-ups, 10 sit ups, then 10 squats
13. 10 rounds for time: 10 sit ups, 10 burpees
14. 4 Rounds for time: 10 vertical jumps, 10 push ups, 10 sit ups
15. 5 Rounds for time: 10 vertical jumps, run 400 meters
16. 10 rounds of 10 second "L" sits off the floor
17. "Susan" – 5 rounds for time: Run 200m, then 10 squats, 10 push ups
18. Run 1 mile and at every 1 minute complete 10 air squats, 10 push-ups, 10 sit-ups
19. 10 Rounds for time: 10 burpees, 100 m sprint
20. 10 handstand jackknife to vertical jump, 10 handstand jackknife to tuck jump, 10 handstand jackknife to straddle jump.
21. 3 Rounds for time: 10 Handstand push ups, 200 m run
22. 6 Rounds for time: 10 push ups, 10 air squats and 10 sit ups
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25. 5 rounds for time: 10 push-ups, 10 hollow rocks, run 200 meters
26. 10 rounds: 10 push-ups, 10 squats
27. 10 rounds for time: 10 push-ups, 10 sit ups, then 10 squats
28. 10 rounds for time: 10 sit ups, 10 burpees
29. 4 Rounds for time: 10 vertical jumps, 10 push ups, 10 sit ups
30. 5 Rounds for time: 10 vertical jumps, run 400 meters
31. 3 x 20 tuck jumps, followed by 3 x 30 second handstand holds
32. 3 rounds for time: 400m run/sprint followed by 30 air squats
33. 4 sets x 25 jumping squats
34. 3 rounds for form/technique: 5 handstand to jackknife to high jump, 5 handstand to jackknife to tuck jump, 5 handstand to jackknife to split jump
35. 20 rounds: 5 push ups, 5 squats, 5 sit ups
36. 10 Rounds: 5 push ups with a 30 second planks plank (a hold at the top of the push up, arms extended and body tight like a plank!).
37. 5 Rounds: 200 m dash (rest is the length of time it took you to complete the previous 200m dash)
38. 50 air squats x 5. Rest equal amounts as it took to do each 50.
39. 50 air squats, 4 rounds. Rest for 2 minutes between rounds.
40. 50 sit-ups, 400 meter run or sprint or walk. 3 rounds.
41. 5 x 400M sprints (rest is the same time it took you to complete the last 400m sprint)
42. 7 rounds for time: 7 squats, 7 burpees
43. Air squat x 10 push up x 10 sit up x 10 3 rounds for time

15. Bottom to bottom (rest at the bottom of the squat instead of standing....without support on your hands or butt and make the bottom good, straight back, butt back).....tabata squats.
16. Burpee to the push up position, do 10 push ups, burpee out. 5 rounds.
47. Do one air squat and take one breath, (you can breath all you want while you do the squat or squats) do 2 and take 2 breaths etc...up to 10, and then come back down to one.
48. Do Tabata Squats with eyes closed.
49. Handstand 1 minute, hold bottom of the squat for 1 minute, 5 rounds.
50. Handstand 10 seconds jack-knife to vertical jump. 25 reps...
51. Handstand 30 seconds and 10 squats, 8 rounds.
52. Handstand 30 seconds and 20 air squats, 5 rounds.
53. Handstand 30 seconds, to squat hold 30 seconds. 10 rounds.
54. Handstand 5x 30 seconds. Run: 2x 800 meters for time. Do the handstands first. Rest and recover and do the runs with a rest in between that is as long as it took you to run your first 800.
55. Handstand hold, 30 seconds, squat hold 30 seconds...10 rounds.
56. Handstand practice, 25 tries at free handstands, then a 1 mile run at 80%.
57. Handstand to Jack-Knife to vertical jump. 30 Reps.
58. Handstands, 30 second hold, 30 second static squat, 30 second rest, 8 rounds.
59. If you cannot do "man's style" do your pushups from the knees. After that do 100 air squats for time.
60. Invisible Fran...21-15-9 of air squats and push ups for time.
61. Mime 4x 25 sumo deadlift high pulls, make them perfect. Be sure the hips extend before the arms bend!
62. 3 x 20 tuck jumps, followed by 3 x 30 second handstand holds
63. 3 rounds for time: 400m run/sprint followed by 30 air squats
64. 4 sets x 25 jumping squats
65. 3 rounds for form/technique: 5 handstand to jackknife to high jump, 5 handstand to jackknife to tuck jump, 5 handstand to jackknife to split jump
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73. 7 rounds for time: 7 squats, 7 burpees
74. Air squat x 10 push up x 10 sit up x 10 3 rounds for time
75. Air squats x20, Burpees x20, Push-Ups x20 – 3 rounds...for time
76. Bottom to bottom (rest at the bottom of the squat instead of standing....without support on your hands or butt and make the bottom good, straight back, butt back).....tabata squats.
77. Burpee to the push up position, do 10 push ups, burpee out. 5 rounds.
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