Workout of the Day

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<u>MusicWorkout app</u>-best timing app ever! Set your intervals for working and rest; can be silent on rest or beep to rest/change activity; add your own music in from your library.

<u>Fitness partners</u>-students work in partners around perimeter of floor; post WOD (3-5 exercises) on white boards in middle gym; one person jogs on the "track" while the other performs first exercise; then switch jobs after 30 seconds; work through all exercises taking turns; use Music Workout app for timing/music.

Fitness Team Relay - students in groups of 3-4 around perimeter of floor; post WOD (1 exercise for each team member) in middle; first person is "runner" (first job) and rest of team divides rest of WOD; first runner wears wristband/jersey for ENTIRE ACTIVITY; after runner completes their lap, bump jobs down the line (1-2, 2-3, 3-4,-4-1); when the person with the wristband gets back to running again they get a cone (point) from teacher; teams can lose points for teammates not moving.

