

* Vixen Training Team *

Hello Vixen Fan,

Thank you for being interested in Vixen's Team Training exercises and in being healthy!

Vixen says for your safety and health:

* "Always check with a parent and/or your doctor before beginning an exercise program." *

The exercises listed here are a great starting place to put physical movement into your day and keep your body healthy and strong.

The exercises are divided into levels: Beginner, Intermediate, and Advanced.

Vixen recommends everyone **start at the Beginner level** and do those exercises for a few days to see how those movements feel.

After you feel comfortable and confident with that level of exercises **then try the Intermediate level** for a week. After that you can try a few of the Advanced exercises.

Don't Rush Your Progress! - Your body may need to get used to a new way of moving and using different muscles. Taking it slowly, doing each exercise in the Beginner level for a week, may feel better to you.

Listen to Your Body! - Everyone is different, do what feels manageable to you and **slowly work up** to doing more repetitions of an exercise, before going to a higher level, if that feels better to your muscles. You may be a little sore at first. But if you start to feel pain during an exercise, do less or stop and rest.

Parents/Caregivers Note: You know your child the best, adapt these exercises to make them more accessible and age appropriate, as needed.

NOTE: A download is available for a **printable chart** if you'd like to track your training progress.

Vixen Training Team - *Workout Exercise Suggestions*

Warm-ups (Do these before each level of Training Workout)



- Stretch your arms up over your head to reach up to the sky - 2x
- Bend over, touch your toes (keeping legs straight), then stand up - 2x
- High knee marches in place - 3x
- Squat down with hands on hips, stand up - 2x

<> **Training Workout** (*Beginner*)

- Windmill (arms out, bend over and touch right hand to left toes, stand up; then bend down and touch left hand to right toes, stand up) - 2x ea. side
- Squat down and jump up as high as you can - 3x
- Jog around the perimeter of your yard - 2x
- Put (1) unopened can of soup or vegetables in a backpack, put on the backpack and walk around the outside perimeter of your house- 2x (extra points if your yard has hills!)



Cool down: (Do these after each level of Training Workout)

No backpack - Slowly walk around the perimeter of just your front or back yard, deep breaths in and long slow exhales out, 1-2x. Stretch out your calves and arms (**Calves:** Stand in one spot, keeping legs as straight as you can, bend down slowly and touch your knees, then slide your hands down to try touching your toes, stand up. - 2x **Arms:** Raise both arms over head, take turns reaching up to the sky with each arm - 2x)

[Go to the next page to continue Workouts]

<> **Training Workout** (*Intermediate*)

Do Warm-ups (see page 1)

- Windmill - 4x
- Squat and jump up as high as you can - 5x
- Jog around the perimeter of your yard - 3x
- Put (2) unopened cans of soup or vegetables in a backpack, put on the backpack and walk around the outside perimeter of your house- 3x (extra points if your yard has hills!)

Do Cool Down (see page 1)

<> **Training Workout** (*Advanced*)

Do Warm-ups (see page 1)

- Windmill - 6x
- Squat and jump up as high as you can - 6x
- Jog around the perimeter of your yard - 4x
- Put (2) unopened cans of soup or vegetables in a backpack, put on the backpack and jog around the outside perimeter of your house- 3x (extra points if your yard has hills!)

Do Cool Down (see page 1)



Congratulations, You are doing great and keeping your body fit and healthy!

>> Download the **printable chart** if you'd like to track your training progress.