

Neighborhood Frenzy

Find a good starting point (either your driveway, a cul-de-sac, a neighborhood pool). You need a total of 5 locations and about 45 minutes for this FRENZY activity. Grab a couple of family members or neighbors. Review the exercises below and check the EXERCISE EXAMPLE link for explanations of exercises if needed. Take this workout list and your water to your starting location and set your timer.

Complete the list of exercises right in your own neighborhood or around your house. If you are doing this workout around your house, use locations such as driveway, back porch, tree in front yard, side of house, stairs inside, garage, etc.

You will work ALL **COMPONENTS OF FITNESS** and be able to develop important teamwork qualities such as: **encouragement** and **communication** while working through one of the biggest challenges (competing against yourself).

This is a ladder workout. Using each set of exercises (below), perform the group of exercises in one location and run/walk fast to the next location. You will start at the top of the ladder and work your way down (in numbers). For each group of exercises, you should perform each exercise the amount of time listed. *note- the highlighted locations listed below are just an example of how you can set one up yourself. Use safe areas to create your route that work best for you!

Starting location #1- neighborhood pool

10 (do each exercise below 10 times)

Burpee to plank jack
Jump squat
Plyo jack

Location #2- semi cul-de-sac

9 (do each exercise below 9 times)

Plyolunges
Skaters
Mountain climbers
Bridge lift

Location #3- 2nd cul-de-sac

8 (do each exercise below 8 times)

Burpee broad jumps
Walking lunge with 4 plyolunge

Location #4- Subdivision Exit

7 (do each exercise below 7 times)

Shuttle runs with 7 push ups at each end

Location #5- Subdivision Entrance

6 (do each exercise below 6 times)

Shuttle runs with 6 spider men at one end and 6 triceps dips at other

Location #6- your own Driveway

5 (do each exercise below 5 times)

Roll back sit ups

5- 30 second wall sit

Location #7- repeat Cul de sac 2

4 (do each exercise below 4 times)

Burpee Broad jumps

Walking lunges with 4 plyojacks

Location #8- repeat semi cul de sac

3 (do each exercise below 3 times)

Plyo Lunges

Skaters

Crossbody Mountain climbers

Bridge lift

Location #9 -back to the Pool

2 (do each exercise below 2 times)

Burpee to plank jack

Jump squat

Plyojack

Bicep to military press

Final location #10- a short hill in subdivision

1 hill sprint