



## The Directions:

### Step One:

When helping your child with our project, he or she will first need to **choose one movement from each of the three body challenge areas below**. To make this process a little easier for you, Greg Thompson created a private collection of video clips on youtube that you can view to see each body challenge performed. As these clips are part of collaboration between Steve Myrland at Myrland Sport Training and Greg, please do not share these youtube addresses with people outside of our school community. Once your child selects his or her three body challenges, they are ready for step two.

### Step Two:

Initially, new movements may need a little practice. **Spend a few minutes with each new movement until they can be performed properly**. Next, have your child **put them in an order** they can remember. With a little experience, children pick up the subtle differences between challenges and will be able to perform new challenges quickly.

### Step Three:

Let's try it! **Put them into a work session of 5-6 minutes**.

Each work session is a **repeated rotation of the three challenges they selected**. For each challenge, have them **perform the task until they fatigue**. Once they are tired, have them **rest for 10-15 seconds between exercises**. They should repeat the body challenge rotation until they have trained for between five and a maximum of ten minutes. As they gain strength, they will be able to work longer. Quality is always more important than quantity. For a strong elementary school child, ten minutes of quality strength work done several times each week will have a very positive impact on their strength.

