

Coach's Notes

Thanksgiving Edition



Tricks to get through Thanksgiving

1. Eat Breakfast
2. Eat an apple on the way to dinner.
3. Drink Water
4. Chat while you eat.
5. Hit Up the Relish Tray
6. Pick one: eat a decent plate or graze.
 - a. Don't Do Both

Don't be a Turkey, Keep Moving!

Tabata- work for 20 seconds rest 10 seconds

1. Squats, Plank, Lunges, Burpess, Pushups, Situps, Jumping Jacks, High Knees
2. Supermans, Bananas, Mountain Climbers, Butt Kickers, Crunches, Scissors, Jump Squats, Wall Sit

In Class

We will be doing similar work in class as the above. Also we will explore some holiday games as we come back from break and work our way into Winter Break. **Please keep wearing those tennis shoes.**