

# Exercise

- You can be a better athlete by enjoying physical activity outside of your sports practice
- There are many different ways to be physically active.
- Certain exercises can help you improve the skills needed for your sport. We are going to go over 4 types.



**EXERCISE**

**5**

days a week



## **ENDURANCE**

**The ability of your body to keep moving for long periods of time.**



Running



Biking



Dancing



Brisk  
Walking

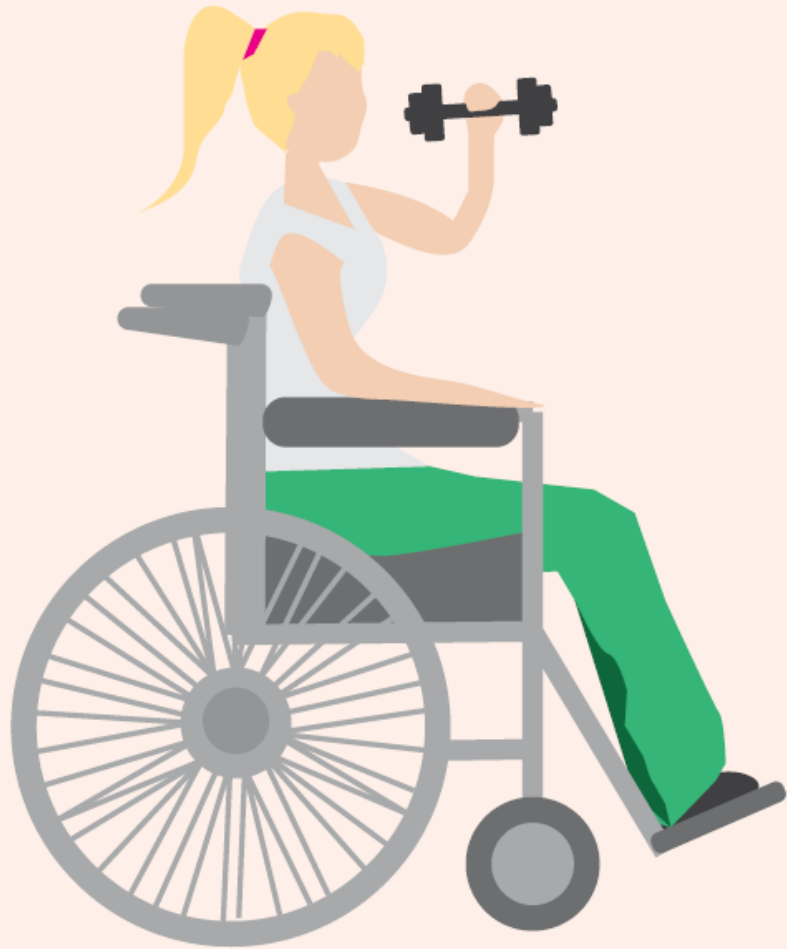


Aerobics  
Classes



Swimming

**Try your favorite endurance exercise for 30 minutes, 5 days a each week.**



## **STRENGTH**

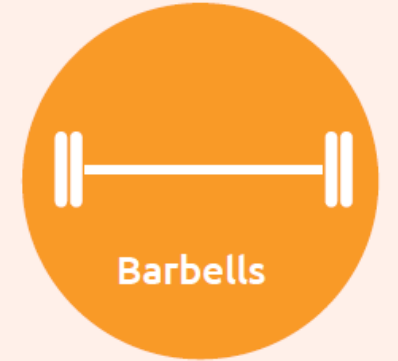
**The ability of your body to do work.**



**Body Weight**



**Dumbbells**



**Barbells**



**Machines**



**Medicine  
Balls**



**Exercise  
Bands**

**Try to complete a workout for the entire body, 2-3 days each week.**



# FLEXIBILITY

**The ability of your body to move easily.**



- Dynamic stretching should be done as part of your warm up.
- Static stretching should be done as part of the cool down.

**Try to complete a stretch for all body parts, 2-3 days each week.**



**BALANCE**

**The ability of your body to stay upright or stay in control of your movements.**



**Try to complete a full body balance workout, 2-3 days each week.**