

Blue Ferox Instructions



Invisible Chair: With your back flat against the wall, squat down so it looks like you are sitting down on a chair. How long can you do this for? If you don't feel the exercise, make sure your back is flat against the wall and your knees are bent low enough so it looks like you are sitting on a chair!

Jump Start Habit: Jump start your day for seven days straight by doing 40 jumping jacks when you wake up. Wanna keep it up for longer? We won't stop you. Maybe change up the exercise so you can build yourself a healthy and active morning routine.

Mountain Climbers: In a plank position bring one knee at a time towards your chest as if you are taking big steps while climbing a mountain. Do this three times for 30 seconds each time at three different mountains. Your first mountain will be very steep so you have to go slowly. The second is less steep so you can go medium speed, and the final one is not steep at all so you can move very fast as you climb up the mountain.

Bear Crawl Challenge: For this one you will need to place 4 items about 2 feet apart to make a diamond. Choose one of the items to be the Bears Den, that will be your starting point. From the Den, go down to a crawling position but then lift your knees up so you can walk on your hands and feet. Bear crawl from your den to one of the items, touch it and then bear crawl backwards to the den,

do this for every item returning to the den every time. This gets hard and tricky especially when moving backwards, but with some patience you will be crawling like a bear in no time.

To Infinity and Beyond: You will need a soccer ball or any ball you can kick. You will be the commander as you launch your ship into outer space. With the ball at your feet, point to an empty space, count down "3, 2, 1, BLAST OFF" and pass your ball to the space that you pointed to. Then quickly chase your ball and stop it before it either hits a wall or stops by itself. To stop a ball use your foot and put it on top.

The Flash: For this game you'll need four cones, or something you can use to create four corners [water bottles, books, etc.]. Make a box about four feet long on every side, using cones in every corner to create the dimensions of this box. Then as the Flash, stand inside the middle of the box. Try to touch all four corners of the box as quickly as possible before returning back to the middle. Then make your box a little bit bigger and try it again. See how fast you can touch all four corners each time, and see how big you can make your box until you can no longer beat your time.

Water, water everywhere: You'll want to play this game outside. Take a plastic cup and put a bucket full of water at the starting line. Put one empty bucket at the finish line. To play: Fill up your cup from the full bucket and attempt dumping it into the empty bucket. Can you make it to the bucket without dropping any water? Try doing it while on your tip-toes, or moving laterally side-to-side. For a real challenge see if you can do it with your arm fully outstretched

and straight out.

Boulder Dash: This game is to be played outside. Take a bouncy ball, or a soccer ball [do not use a small ball such as a handball or baseball], and roll it down on the ground the way you would roll a bowling ball. Once you have rolled the ball, try running as fast as you can to catch up with it so that you may catch it and stop it from moving further. Easy? play the game with multiple balls.

Snowball: You will need some bunched up socks for this game, we will pretend that they are snowballs.. Once you have all of your “snowballs”, find an area that it’s okay to run around in. Place your snowballs all around your play space. Then take a bucket and place it in the middle. Once everything is set up, start skipping to every snowflake and when you reach one, pick it up and try shooting it like a basketball into your bucket. See how long it takes you to collect all the snow. For a harder challenge, you may shoot the snowflakes into the bucket with your less dominant hand.

The Backwards Game: Try to see how many activities you can do backwards. Walking backwards, running backwards, dribbling a basketball while moving backwards, hitting/throwing a tennis ball against the floor while moving backwards. Try as many as you can, and invent your own as well!

Mini Golf: For this game you will need a ball small enough to fit in a plastic or paper cup such as: wiffle ball, pickleball, marbles, golf balls, or a small handball, and several cups. Using plastic or paper cups, place them laying down all around your play space to create your mini golf obstacle course. We would love to see pictures of your field! You

may use any object for your putter, be creative if you don't have a wiffle bat or hockey stick; maybe try a broom or connect some paper towel tubes together. Once you have set up the holes using your cups, you can then use your putter to hit the balls into the cups!

Draw A Champion: Choose your favorite champion (Goldeon, Felisterio, or The Blue Ferox) and make a drawing of him to send to us!

DANCE PARTY: Bust out your favorite dance moves to some high energy music. Be silly, be creative, and have lots of fun!

Nutmeg: This sneaky soccer skill is completed by passing the ball through your opponents legs and successfully getting it back on the other side. For this challenge you will place two objects about 4 feet apart from each other, let's pretend each object is one leg of your opponent. Gently pass a ball through the “legs”, then quickly run around one of the legs to get the ball on the other side (Do not run through the “legs”). With the objects four feet apart, this should be a very easy distance to pass through; the next step is to move the objects a bit closer to make the opponents “legs” harder to pass through. Another way to make this a bit harder is standing further and further away so you have to really aim to get your ball through their legs.

Kindfulness: Help somebody today! Ask your family what you can do to help around the house, and notice how good it feels to be kind and help out.

Stop, Sit, and, Breathe: Okay Mini Olympians, now we stop moving for a few

minutes and spend some time quietly resting our bodies and minds. Find a comfortable place to sit down for at least five minutes. You can keep your eyes open, or closed but make sure to take deep breaths in with your nose and slowly breathe out through your mouth.

Cardio Time: Here we go, it's time to get some of our energy out. Complete the following three exercises for 30 seconds each, then take a one minute break, and repeat three times: Jumping Jacks, Run In Place, Toad Hop (Hands to Floor then hop up and high as you can)

Plank Challenge: This is a five-day challenge, where you try to beat your high score every day. Before going to bed every night, see how long you can keep a plank for, trying to beat your high score every night. To complete a plank you start by laying down with your belly on the floor, then lift yourself up so that you are on your forearms and toes, your body should be a straight line, and that's it! Stay in this position until you can't any longer, you should feel this in your core muscles; if you don't try doing this by a mirror to make sure your body is really straight like a line while you are on your forearms and toes.

Card Deck Challenge: Pick 4 exercises and assign each one to the 4 different suits in a playing card deck. When you draw a card the suite represents the exercise and the number represents how many times you do it (Jacks, Queens, Kings count for 10, and A counts for 1). Need help? Do this one with Coach Juan's Deck Challenge Youtube Video:

https://www.youtube.com/watch?v=H_KzHZ7c26g

Zig Zag: For this challenge you will need four items you can use as cones (water bottles, books, and socks work perfectly). Set them apart about two feet apart in a line to create your Zig Zag track. First dribble a ball down the line zig zagging through the cones and make sure not to touch any of the cones with your ball (start slow). Once you have mastered this, try using only your left foot, then only your right foot.

Velocity Vortex: While outside use some chalk to draw a circle 4-6 feet in circumference. Try taking five balls of any shape or size, and while sitting down and using only your feet, try pushing the balls into the circle. If any get knocked out, start over. The goal is to get all five balls into the circle without any being knocked out.

Ding Dong Plank: Place a cone or water bottle in front of you that we will pretend is a house bell and get into a push up position. Alternate between your left and right hand "press the bell" by touching the top of the item in front of you and say "Ding-Dong". See how long you can keep this up!

Hurdles: While outside, make a big circle and place objects from your home, such as: water bottles, piles of books, or boxes, and create hurdles that you can jump over. Try timing yourself as you do three laps around the hurdles. Remember to add a second for every time you hit or knock over a hurdle.

Double Tap: Find a wall that it is okay to play with. Have two bouncy balls [soccer balls work too] and try to hit one with your right foot, and then one with your left foot. You will be alternating between gently tapping the ball with your right, and then tapping it

against the wall with your left. The moment you kick one ball, you move on to the next. Try to not lose command of either ball. It's okay to practice by starting with just one ball, and then playing with two. It's like juggling with your feet!

Rainbow Racing: If you have all the colors needed to draw a rainbow outside with chalk, that's great. If you have only one color of chalk, that works as well. While outside draw a big rainbow [at least four feet long]. You may use all the colors: Red, Orange, Yellow, Green, Blue, Indigo, and Violet, or just one color. No matter how you draw your rainbow make sure each line is at least as big as your feet. After drawing your rainbow, stand as far away from it as you safely can. Then run to the red line [or if using only one color, the top line] as fast as you can, and then run back to your starting line. Repeat this with every color/every line until you finish. See how fast you can race the rainbow.



Hope you all had fun with this one! If anything is confusing, we are more than happy to help via a video chat, phone call or email!