

DIRECTIONS FOR HELPING THOSE WHO DO NOT PASS THE PRT:

SIT AND REACH:

AT LEAST TWICE PER DAY HAVE THEM **STRETCH FOR 30 SECONDS:**

1) FROM A STANDING POSITION CROSS LEFT LEG OVER RIGHT. HANG FORWARD WITH HANDS REACHING TOWARDS TOES. KEEP KNEES SLIGHTLY BENT IF NEEDED. **DO NOT BOUNCE!** REPEAT WITH RIGHT LEG OVER LEFT.

2) SIT ON FLOOR IN PIKE POSITION. USE THEIR BELT AROUND FEET AND GENTLY PULL THEMSELVES DOWN TOWARD THEIR FEET WITH THE BELT.

3) KEEP ONE LEG STRAIGHT, BEND OTHER LEG ON FLOOR WITH FOOT TOUCHING UPPER THIGH OF STRAIGHT LEG. USE BELT AROUND FOOT OF STRAIGHT LEG AND PULL BODY FORWARD TOWARD FOOT.

4) STRETCH ON SIT AND REACH BOX, SHOES OFF, AS FAR AS THEY CAN REACH HOLDING FOR 10 SECONDS.

SIT-UPS: AT LEAST TWICE PER DAY HAVE THEM DO AS MANY SIT-UPS AS THEY CAN AS FAST AS THEY CAN IN 30 SECONDS. **MAKE SURE THEY DO THEM CORRECTLY!** AFTER DOING THEM, HAVE THEM STRETCH OUT THEIR ABS FOR 30 SECONDS BY LYING ON THEIR STOMACH AND PUSHING UP THEIR CHEST UNTIL ARMS ARE STRAIGHT.

SHUTTLE RUN: HAVE THEM RUN AGAINST SOMEONE YOU KNOW IS FASTER TO HELP INCREASE THEIR TIME.

PUSH-UPS: AT LEAST TWICE PER DAY HAVE THEM DO AS MANY PUSH-UPS AS THEY CAN AS FAST AS THEY CAN. (THIS IS NOT TIMED). IF HAVING TROUBLE HOLDING BODY STRAIGHT, DO AGAINST A WALL, THEN TRY ON A STAIR, AND FINALLY ON THE FLOOR.

MAKE SURE THEY DO THEM CORRECTLY! THEN HAVE THEM HOLD THE 90° ANGLE ARM POSITION OF THE PUSH-UP FOR 30 SECONDS. STRETCH OUT EACH ARM AFTER WORKOUT FOR 15 SECONDS.

1-MILE RUN:

DAY 1: POWER-WALK THE STRAIGHTS OF THE TRACK, JOG THE CURVES. (4 LAPS)

DAY 2: JOG THE STRAIGHTS, POWER-WALK THE CURVES. (4 LAPS)

DAY 3: SPRINT THE STRAIGHTS; JOG THE CURVES (4 LAPS)

DAY 4: JOG 5 LAPS

DAY 5: REST

DAY 6: RUN THE MILE