

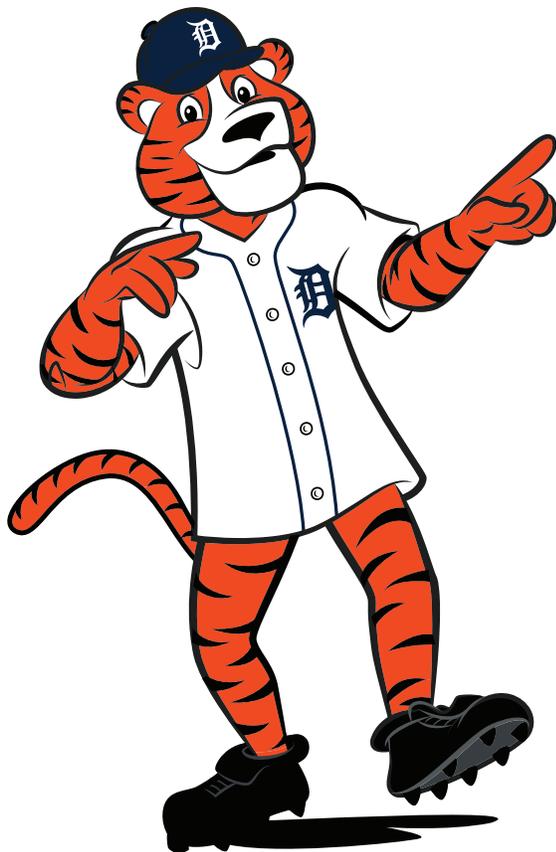
DETROIT
TIGERS
ROOTS



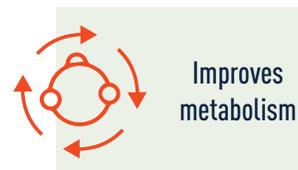
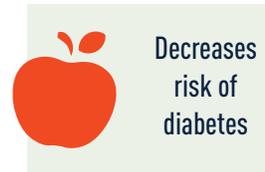
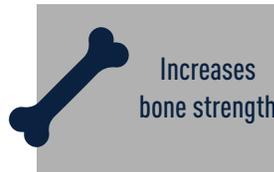
HEALTH TIP OF THE WEEK

To succeed in the game of baseball, **athleticism** is a must. Working on your athleticism can take your game to the next level!

Exercising regularly is the best way to improve your athleticism and there are numerous health benefits to working out consistently, especially for growing kids.



Here are some benefits to exercising regularly:



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SHUTTLE RUNS



Exercise Setup:

- Outside/Inside area with adequate space to move freely
- 3-5 cones or other markers
- Running shoes

How it Works:

This is a great exercise to work on aerobic fitness and agility! To start, set up 3-5 cones in a line with each cone 5 yards apart. Run to pick up one marker starting with the marker closest to you, run back with it, and place it next to the starting marker. Repeat for all markers. Once completed, rest for 1-2 minutes and re-set up the cones. Complete this exercise 5-10 times for a great workout! You can make the workout more fun by doing other motions instead of running like bear crawls, crab walk, back pedaling, side-shuffling, etc. To make the exercise more difficult, you can make the markers farther apart from each other or decrease the rest in between sets!

DETROIT
ROOTS



ALPHABET WORKOUT

Exercise Setup:

- Outside/Inside area with adequate space to move freely
- Piece of paper

How it Works:

This is a great workout to get creative with! To start, get out a piece of paper and list out the letters of the alphabet. Then find 26 exercises to do and write one exercise next to each letter until each letter has an exercise that coincides with it. An example would be to write 25 push ups next to the letter A or 10 Jumping jacks next to the letter B. To complete the workout, you choose a word of the day and do all the exercises that spell out the word! For example, if your word of the day was "Tigers", you would do a total of 6 different exercises. To make the workout more difficult, choose longer words to spell out. Make sure to take a break in between each exercise to prevent fatigue and injury! Here's a great example of the Alphabet workout:



A - 50 Jumping Jacks	N - 25 Burpees
B - 20 Crunches	O - 40 Jumping Jacks
C - 30 Squats	P - 15 Arm Circles
D - 15 Push-Ups	Q - 30 Crunches
E - 1 min. Wall Sit	R - 15 Push-Ups
F - 10 Burpees	S - 30 Burpees
G - 20 Arm Circles	T - 15 Squats
H - 20 Squats	U - 30 Arm Circles
I - 30 Jumping Jacks	V - 3 min. Wall Sit
J - 15 Crunches	W - 20 Burpees
K - 10 Push-Ups	X - 60 Jumping Jacks
L - 2 min. Wall Sit	Y - 10 Crunches
M - 20 Burpees	Z - 20 Push-Ups

