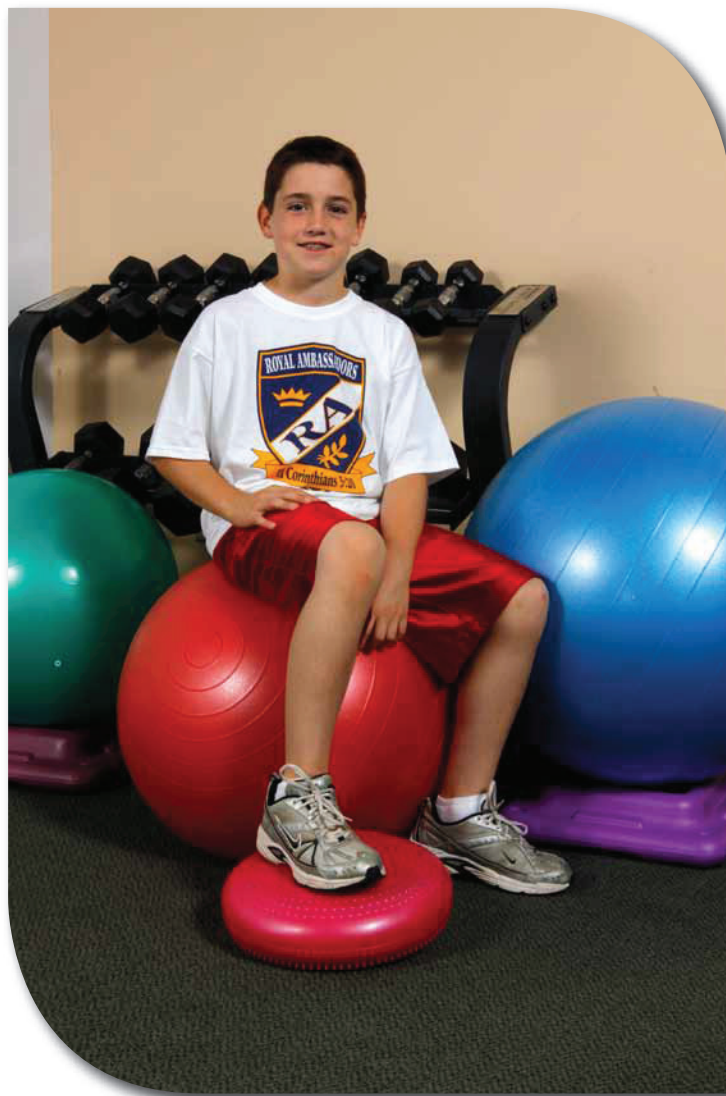




RA Fitness Exercise Guide

Welcome to the Royal Ambassador Physical Fitness Exercises. We hope these explanations will help you understand how to do the exercises. The number of exercises needed for each age-level award can be found on the RA Fitness Exercise Charts. A Personal Exercise Worksheet is available to help each boy track his progress. An RA Physical Fitness Podcast is also available to help leaders understand the benefits of exercise and how this elective works. Enjoy, as you help boys get on the road to physical fitness so that they can better serve the Lord.



Plank on Knees



Position: Lie on the floor. Holding body up in a straight line with on both elbows and both knees. Eyes Down. Keep stomach tight.

Plank on Toes



Position: Lie on the floor. Holding body up in a straight line on both elbows and toes. Eyes Down. Keep stomach tight.



Push-up



Position: Lie on the floor. Hold up on hands and knees with elbows locked.



Lower body until the elbows are bent. Keep head down. Finish by returning to beginning position.



Crunch



Position: Lie on the floor. Holding body up in a straight line with on both elbows and both knees. Eyes Down. Keep stomach tight.



Slide hands forward on the floor. Move body forward toward the knees, Return to the floor.



Front Squat



Stand with feet hip width apart. Slowly sit back and down. Extend hands forward for balance. Sit until knees are at right angle then return to beginning position.



Jumping Jack



The beginning position is standing with feet together and arms at your side.



Separate hands and feet while jumping slightly off the floor. Return to beginning position.



Wall Squat



Stand with your back against the wall. Place your feet hip width apart and feet forward. Sit down slowly keeping your back flush against the wall. When your knees reach a right angle, stop and hold.





RA Fitness Exercise Chart

Instructions: The following exercises are grouped by grades. As the set of the exercises within the grade are completed, that is one circuit. If the exercises are being done with the Physical Fitness Worksheet, follow the instructions on the worksheet in order to obtain a fitness grade level award.

Lad 1

(Grade 1)

Plank

15 seconds

(Count to 15 for example: one thousand one; one thousand two)

Push-ups

3 reps

(One push up done three times)

Front Squats

5 reps

(One front squat done five times)

Crunches

5 reps

(One crunch done five times)

Jumping Jacks

15 reps

(One jumping jack done 15 times)





RA Fitness Exercise Chart

Instructions: The following exercises are grouped by grades. As the set of the exercises within the grade are completed, that is one circuit. If the exercises are being done with the Physical Fitness Worksheet, follow the instructions on the worksheet in order to obtain a fitness grade level award.

Lad 2

(Grade 2)

Plank

30 seconds

(Count to 30 for example: one thousand one; one thousand two)

Push-ups

10 reps

(One push up done 10 times)

Front Squats

10 reps

(One front squat done 10 times)

Crunches

10 reps

(One crunch done 10 times)

Jumping Jacks

30 reps

(One jumping jack done 30 times)





RA Fitness Exercise Chart

Instructions: The following exercises are grouped by grades. As the set of the exercises within the grade are completed, that is one circuit. If the exercises are being done with the Physical Fitness Worksheet, follow the instructions on the worksheet in order to obtain a fitness grade level award.

Lad 3

(Grade 3)

Plank

30 seconds

(Count to 30 for example: one thousand one; one thousand two)

Push-ups

15 reps

(One push up done 15 times)

Front Squats

15 reps

(One front squat done 15 times)

Crunches

20 reps

(One crunch done 20 times)

Jumping Jacks

40 reps

(One jumping jack done 40 times)

Wall Squat Hold

20 reps

(Count to 20 or have someone use a watch with seconds showing)





RA Fitness Exercise Chart

Instructions: The following exercises are grouped by grades. As the set of the exercises within the grade are completed, that is one circuit. If the exercises are being done with the Physical Fitness Worksheet, follow the instructions on the worksheet in order to obtain a fitness grade level award.

Page 4

(Grade 4)

Plank (Toes)

10 seconds

(Count to 10 for example: one thousand one; one thousand two)

Push-ups (Toes)

10 reps

(One push up done 10 times)

Front Squats

15 reps

(One front squat done 15 times)

Crunches

30 reps

(One crunch done 30 times)

Jumping Jacks

50 reps

(One jumping jack done 50 times)

Wall Squat Hold

30 seconds

(Count to 30 or have someone use a watch with seconds showing)





RA Fitness Exercise Chart

Instructions: The following exercises are grouped by grades. As the set of the exercises within the grade are completed, that is one circuit. If the exercises are being done with the Physical Fitness Worksheet, follow the instructions on the worksheet in order to obtain a fitness grade level award.

Squire 5

(Grade 5)

Plank

30 seconds

(Count to 30 for example: one thousand one; one thousand two)

Push-ups

15 reps

(One push up done 15 times)

Front Squats

15 reps

(One front squat done 15 times)

Crunches

30 reps

(One crunch done 30 times)

Jumping Jacks

75 reps

(One jumping jack done 75 times)

Wall Squat Hold

50 seconds

(Count to 50 or have someone use a watch with seconds showing)





RA Fitness Exercise Chart

Instructions: The following exercises are grouped by grades. As the set of the exercises within the grade are completed, that is one circuit. If the exercises are being done with the Physical Fitness Worksheet, follow the instructions on the worksheet in order to obtain a fitness grade level award.

Knight 6

(Grade 6)

Plank

60 seconds

(Count to 60 for example: one thousand one; one thousand two)

Push-ups

20 reps

(One push up done 20 times)

Front Squats

30 reps

(One front squat done 30 times)

Crunches

50 reps

(One crunch done 50 times)

Jumping Jacks

100 reps

(One jumping jack done 100 times)

Wall Squat Hold

60 seconds

(Count to 60 or have someone use a watch with seconds showing)





RA Fitness Personal Exercise Worksheet

Name: _____

Grade: _____

Advancement Achievement Level (Circle one): Lad 1 | Lad 2 | Lad 3 | Page 4 | Squire 5 | Knight 6

My Personal Physical Fitness Commitment

As a Royal Ambassador, I will do my best:

- To keep myself clean and healthy in mind and body; by
 - Involving myself in regular exercising using the model I have learned,
 - Charting my progress below, and
 - Encouraging my family and fellow RAs to assist me as needed to complete each exercise.
(From the RA Fitness Exercise Chart, copy the exercises required in the grid below as a reminder of each exercise and what to do.)
 - I will begin on _____ (Month/Day) and finish on _____ (Month/Day).

Signed: RA _____

Example: Plank 30 seconds
Push-up on knees 3 repetitions

A circuit is completing all the exercises in the grid below one time.

Exercise	Time	Number of Repetitions	Notes

A box below is checked when 3 circuits of all the above exercises are completed. A suggested pace is three boxes checked per week. When 36 boxes are checked the advancement level physical fitness patch is earned.

I (Parent, RA Leader, family member) have observed his progress and sign below to affirm his completion of the tasks above in order for the physical fitness advancement level patch to be awarded.

Signature

Date

RAs wishing to continue exercising using this format may request another of these sheets and upon its completion will receive a star to attach to their fitness patch.

