

VIRTUAL YOUTH EXERCISE PROGRAM - Lynn Park & Recreation May 2020

The past six summers the Lynn Parks & Recreation has been hosting “Youth Summer Track & Field Meets. This has been an extremely popular activity that had been held on seven consecutive Monday evenings.

The eligibility was “yes I can walk” to high school age.

Unfortunately, the program has been cancelled due to the pandemic. In its place we are offering exercises that youngsters, some with the assistance of adults, can perform close to home.

We will recognize the performances on a weekly basis by posting them online. This approach is called a virtual event. Below is information concerning this activity.

There is no entry fee.

ELIGIBILITY: “Yes, I can walk” to high school age.

The program will provide a healthy activity close to home.

One can follow their progress on www.lwrun.org

-Follow the state and city guidelines – distancing and masks.

-No groups.

-Respect other people in the same area.

INTERESTED PARTICIPANTS:

Email Joe Abelon jsa777@verizon.net the following information:

Last Name, First Name, City, State, Gender, Age

Each participant will be emailed her/his assigned number.

You will be using that number when sending us your performances.

-Performances should be sent **only once per scheduled week.**

-We suggest you send results toward the latter part of the scheduled week.

One may do other exercise than the ones schedule, for a given week.

We will only post the exercises that are scheduled for the given week.

PUSH UPS, CRUNCHES, SIT UPS, ETC:

Done in sets of 3. How many per set? Varies according to ability.
Example: You do 10 pushups. Rest. Do 10 more. Rest. Do 10 more.
It is called 3 sets of 10. Written as: 3x10.

Measuring and marking a running event:

Shorter distances: 30 yards

Use a measuring tape. 3 feet equals 1 yard.

Example: 30 yards = 3 x 30 or 90 feet.

For longer distances: Mark a distance of 25 yards. $3 \times 25 = 75$ feet

Use that marking for measuring a strong string of 50 yards.

You can use that string to easily mark distances that are increments of 50 yards.

METHODS OF REPORTING PERFORMANCES:

Send results using the samples below:

On subject line type: Youth Exercise – Week Number, Range

Example: Youth Exercise – Week # 5, June 10- June 16

1) Running specific distances:

Your number, last name, first name, week, event, time

EX: 254, Smith, John, week 1, 50 yards, 12.7

2) Running for total time for the week:

Your number, last name, first name, week, total time, time

Example: 32, Jones, Sally, week 3, total time, 3 hours 13 minutes (3:13)

3) Standing Long Jump:

Your number, last name, first name, week, event, distance (ft and in)

Example: 5678, Hoover, Edgar, week 1, long jump, 6 ft 3 in

4) Sit-Ups and Push-Ups:

Try to do as many as you can do comfortably. Rest. Repeat two more times.

Example: You do 8 push-ups. You rest and do 8 push-ups. You rest and do 8 push-ups.

That is known as 3 sets of 8. Short way 3x8.

Example: Your number, last name, first name, week 2, push-ups, 3x8.

YOUR RESULTS:

Your results should be sent only once per week. Do not attempt to update your performances.

We suggest you send results toward the latter part of the scheduled week.

Performances must be sent no later than the last day of the scheduled week.

Performances should be sent **only once per scheduled week.**