

Youth Ministry Ideas

20.03.20

Devotional Workout #1

<p>Major Theme: “Smile at the face of fear”</p> <p>Weekly Theme: “Don’t let fear paralyze you”</p>	
<p>Overview:</p>	<p>Today’s workout is a single gymnastic modality. Get your mind ready to push yourself against the clock. As the time goes on the work gets more challenging. Don’t let the fear of hard work stop you. In the first minute you will start by performing 5 burpees. Once these are completed you will rest for the remainder of the minute. At the top of the next minute you will add one extra repetition making it 6 burpees. Continue this pattern until you are unable to perform the number of burpees needed to complete that minute. Your score will be the total number of burpees completed for the entire workout</p>
<p>Goal:</p>	<p>For today’s workout the goal is to maintain a consistent pace by adding a repetition each minute. Try to do the work as fast as possible to allow for a longer rest period.</p>
<p>Guidelines:</p>	<p>Remember, the burpee starts in the standing position, get your chest and legs on the floor. Stand up, jump and clap overhead. Focus on maintaining proper movement and holding to the standards as the work gets more challenging.</p>
<p>Coaching Notes:</p>	<p>Remind your athletes not to do a push-up, rather a controlled “fall” to the ground. On the way up make sure to shoot the hips high and land with the feet about shoulder width apart. <i>Keep in mind that on average, one burpee will take most people about 3 seconds. If this pace is held consistently once you get to the round of 10 burpees you will still have a 30 second rest. This can help set proper goals for those you are coaching.</i></p>
<p>Scaling Options:</p>	<p>For the burpee the scale can simply be to step down and then step up with a small jump and clap, or even no jump at all if someone has joint issues.</p>

<p><u>General Warm-up:</u></p>	<p>Look back: (What are you thankful for? Are there any needs we can help with? What is stressing you out the most?)</p> <p><u>3 rounds of:</u> 20 jumping jacks 10 good mornings 20 mountain climbers</p>
<p><u>Skill:</u></p>	<p>Look up: Accountability question: (What have you done since the last workout that you committed to do?)</p> <p>Burpee https://www.youtube.com/watch?v=IYIT3GN9JOW</p>
<p><u>Workout of the Day:</u></p>	<p>“Death by Burpees”</p> <p>At the start of the clock perform 5 burpees – rest the remainder of the minute</p> <p>At the 1:00 mark, perform 6 burpees - rest the remainder of the minute</p> <p>At the 2:00 mark, perform 7 burpees - rest the remainder of the minute</p> <p>At the 3:00 mark, perform 8 burpees - rest the remainder of the minute</p> <p>And so on... until you are not able to perform the required amount of burpees within the minute. How long can you hang on!?</p>
<p><u>Cooldown</u></p>	<p>Look forward: What will you do to respond to the lesson? Who can you reach out to and connect with or help? What will you do to respond to the healthy lifestyle habit?)</p> <p>Hamstring stretch (2 minute hold)</p> <p>Lower back stretch (2 minute hold)</p> <p>Pigeon stretch (1 minute hold each side)</p> <p>Chest stretch on door (1 minute hold each side)</p>

<p><u>Story:</u></p>	<p><i>There once was this criminal who had committed a crime (Because, hey, that's what criminals do. That's their job!) Anyway, he was sent to the king for his punishment. The king told him he had a choice of two punishments. He could be hung by a rope. Or take what's behind the big, dark, scary, mysterious iron door. The criminal quickly decided on the rope. As the noose was being slipped on him, he turned to the king and asked: "By the way, out of curiosity, what's behind that door?" The king laughed and said: "You know, it's funny, I offer everyone the same choice, and nearly everyone picks the rope." "So," said the criminal, "Tell me. What's behind the door? I mean, obviously, I won't tell anyone," he said, pointing to the noose around his neck. The king paused then answered: "Freedom, but it seems most people are so afraid of the unknown that they immediately take the rope."</i></p> <p><i>In times of uncertainty, we can ask the question of 'Why is this happening?' or we can face the fear and not let it paralyze us. This will change our thinking from 'Why?' to 'What am I able to learn in this season of fear?'</i></p>
<p><u>Healthy Lifestyle Habit:</u></p>	<p>Read more books and watch less news</p>