

Youth Ministry Ideas

20.03.20

Devotional Workout #2

<p><u>Major Theme:</u> “Smile at the face of fear” <u>Sub Theme:</u> “Don’t let Fear Paralyze You”</p>	
<p><i>Overview:</i></p>	<p>The workout of the day is intended to build your capacity. Anything for 7 rounds will eventually get challenging. Be sure to pace this one correctly so that you can hold your effort over this long workout. At the start of the workout, that athlete will perform 10 push-ups, 10 air squats and then a 200 meter run. This is one round. Continue until all 7 rounds are complete then record the time.</p>
<p><i>Goal:</i></p>	<p>The goal of today will be to maintain a constant pace. Again, because of the 7 rounds, we need to think about starting a little bit slower than we think we should. On the first few rounds we will feel fresh and good, but if we start too fast, we will suffer at the end. Start slow and finish fast. Round number 6 and 7 will be the test of fortitude. Be sure to encourage one another to hang on, even when you are fearful and want to give up. Shoot for doing this workout in under 10 minutes.</p>
<p><i>Guidelines:</i></p>	<p>The standards that we want to strive for in the push-up is full lockout of the elbow, descend until the chest touches the ground then press up until the elbow are fully locked out. Remember to keep a straight body through the whole movement and keep the elbows back and close to the body, not flared out to the sides. The air squat starts with feet, shoulder width apart. The hips go back then down until the hips are below the knees. Keep the knees in alignment with the feet and chest is upright.</p>
<p><i>Coaching Notes:</i></p>	<p>The men's world record holder is Usain Bolt, of Jamaica, who ran 19.19 seconds at the 2009 World Championships. Don’t try to set the new world record on the 200 meter run! Remember today's goal is about pacing. Be sure to keep the points of performance for the movements as a first priority during this workout.</p>
<p><i>Scaling Options:</i></p>	<p>To scale this workout, we can do a number of things. First we can scale the number of rounds (example - 5 rounds instead of 7). For the push-ups, we will drop to the knees and maintain the same standard and points of performance. The air squat, you can squat to a chair or box or other target for safety and/or you can lower the number of repetitions.</p>

<p><u>General</u> <u>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>5 Inch worms with 2 pushups</p> <p>10 lunges</p> <p>30 second plank</p> <p>4 Inch worms with 2 pushups</p> <p>8 lunges</p> <p>20 second plank</p> <p>3 inch worms with 2 pushups</p> <p>6 lunges</p> <p>10 second plank</p>
<p><u>Skill:</u></p>	<p>Look up: What have you done since the last workout that you committed to do?)</p> <p>Push-up https://www.youtube.com/watch?v=_l3ySVKYVJ8</p> <p>Air Squat https://www.youtube.com/watch?v=a_fb6Kz7FQg</p>
<p><u>Workout of the Day:</u></p>	<p><u>7 Ways to... Sprint!</u></p> <p>7 Rounds for time:</p> <p>10 Push-ups</p> <p>10 Air Squats</p> <p>200 meter run</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>2 Rounds:</p> <p>Calf stretch for 1 minute on each leg</p> <p>Butterfly groin stretch for 1:00</p> <p>Scorpion stretch for 30 seconds on each side</p> <p>Focus on deep breathing during this stretching. In through the nose and out through the mouth.</p>

<p><u>Story:</u></p>	<p>James 1:2-3 “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”</p> <p>Right now, in your very own home, God is building your capacity. He is growing your capacity for something!</p> <p>What are you growing in right now? Are you growing in patience? Humility? Love, joy, peace, kindness, goodness, faithfulness, gentleness, or even self control?</p> <p>What are you doing daily to grow? You are clearly in a tough situation. Pray to God and ask Him how he wants you to grow. Maybe it is as simple as be nicer to the people in your house. Take some time at the end of every day to reflect on what you learned that day and how you grew.</p>
<p><u>Healthy Lifestyle Habit:</u></p>	<p>Read more books and watch less news</p>