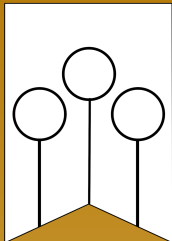
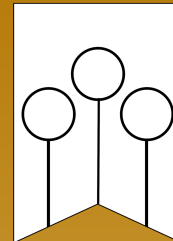


# ★ Quidditch Training Power Play

## Warm UP:



- 10 Jumping Jacks
- 10 Forward Arm Circles
- 10 Backward Arm Circles
- 20 High Knees
- 20 Butt Kicks
- 20 Torso Twists



Broom Hops Side to Side  
(2 feet)



Broom Hops Front to Back  
(2 feet)



Broom Hops Side to Side  
(1 foot)



Broom Hops Front to Back  
(1 foot)



Broom Hand Walks



Broomstick Balance Planks



Broom Lift Offs



Quaffle Passes



Broomstick Holds



Magical Air Sits



Wronski Feints



Rogue Bludger Dodgers



Snitch Grabs



Challenger LAP



★ Use all Training Moves OR as many as you want!

1. Pick a number. Do each training moves for that many repetitions OR Pick a length of time (e.g., one minute), set a timer, and move until time is up!

2. REST after each training move! Athletes like a good stretch.

3. REST 1-2 minutes after you complete ALL the training moves!

4. Use the Energy Meter! Check in. Where are you? Ready to move on with your day? Or do you need more movement to Power UP or Power Down?