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INFORMATION



## Are your students Warrior Fit?

WarriorFit begins with a belief in fitness and is built off of CrossFit components. It is not easy and it's not simple. Beginners are not expected to have the knowledge needed. This program is an education about movement, fitness, nutrition, and community. Certified trainers focus primarily on the safety and proper technique of those participating. This program is designed specifically for high school juniors, seniors, and college students.

### Our program includes

- Dynamax balls
- Kettlebells
- Power ropes
- Plyo boxes
- Agility ladders
- Bulgarian bags
- Slam balls
- Barbells
- Customized T-shirts as prizes

### How it works

At your request, a Michigan Army National Guard representative will come to your school and present WarriorFit during class or a team practice. Versions of training are customized to the time you have available. This session can be customized to your goals for your students/athlete to include alternate upper body, lower body, and full body exercises into a challenging, non-stop, circuit training style routine.

### Curriculum standards

WarriorFit is a great opportunity for schools to receive a valuable public service that may help them meet National Association for Sport and Physical Education (NASPE) content standards and National Health Education Standards including:

- Movement forms
- Movement concepts
- Physical activity
- Physical fitness
- Understanding challenge
- Reducing health risks
- Setting goals for good health

### Program Requirements

All equipment is provided and the program can be done indoors or outdoors (weather permitting). This program can accommodate up to around 100 students with an educator in attendance. The curriculum was developed with high school and college students in mind.