

Play Project Weekly Challenge Program - Free Trial

Accompanying Demonstration Video Playlist Link:

https://www.youtube.com/playlist?list=PL_p8K16P9SMVXVYSDWUIyFFMAUlswdO_H

Day 1 - Parkour Techniques

Warm Up

- Jogging in place with high knees for 30 seconds
- QM with wrist rotations for 30 seconds

Main Content

- Ground kongs for distance x8. Take off from a certain point and measure how far you get each time by where your heels land.
- Plyos between two spread out trainers over a large distance and a stick landing x5. Try to reduce the amount of plyos you can do. Then add in some other trainers or targets. Take 5 more attempts.
- Surf precision (90 degree turning jump) off of a curb or step to a double stacked trainer or target. Try turning both directions for a total of 10 stick landings.
- Travelling kongs off of picnic benches, couches or your new vault box. Do 5 on each side, aiming for a soft landing and to get distance out of it. Add jumps on trainers or other obstacles for increased difficulty. Remember to stick the last jump!

Challenge

Get 10 sticks in a row by doing plyos from trainers to a step or ledge. Each stick landing must be at least 3 seconds to count.

Day 2 - Conditioning

Warm Up

- Wrist rotations with variations x 25
- Lunges with upper body twists each side x5

Main Content

- Stair QM with hands leading x4
- Mountain climbers x25
- Trainer or rail balance for as long as you can, 30-second max. x4
- 15 precision jumps with a stick landing at comfortable distance

Challenge

Bodyweight hold for 15 seconds. Place two trainers (or other stable objects like exercise blocks or books) side by side and hold your body weight up between them. For increased challenge, try to change body positions while holding yourself up.

Day 3 - Acrobatics

Warm Up

- Knee pushups with wrist/finger warm up modifications
- Seal stretch + side seal for 10 seconds each way

Main Content

- Wall-ground scoots x5 each side
- Vault up into coffee grinder x10 switching sides
- Wall assisted handstand or headstand and hold for 10 seconds
- Cartwheels. Start with hips low, gradually kick legs higher to get hips over head

Challenge

Complete 6 backwards stair QMs without resting in between. If possible, use a staircase with a gradual slope, instead of a steep one, or if you don't have access to a gradual sloping staircase, go from a push-up position to an elbow plank for 1 minute.

Monthly Challenge Rewards: Completing the challenge at the end of one of the training sessions is worth one point. By completing multiple challenges throughout the month you can build up your points and save up for Play Project rewards. Send us an email at the end of the month with video proof of each challenge and we will keep track of how many points each participant has. View the rewards chart online at www.playproject.ca/weeklychallenges to see what you can win!