

CROSS-TRAINING SENIOR BADGE



MATERIALS

Computer
Comfortable Clothing
Water Bottles/Cans
Paper and Pencil

DISCLAIMER

High School Girl Scout Resources is a personal project and is not directly affiliated with any official Girl Scouts organization.

BADGE GOAL

By earning your Senior Cross-Training badge, you will have learned about fun ways to stay fit from home. Physical activity is important for everyone, and cross-training helps you workout different areas of your body. For this badge, you will work on flexibility, cardio, and strength training in order to create a well-rounded workout.

This Badge Guide provides a weekly schedule template to keep you on track and motivated!

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Step 1: Set your cross-training goal

Decide how many days a week you want to work on cross-training. Be sure to take into consideration your normal schedule, school-work, and rest days.

Step 2: Start a stretching and flexibility program

There are many options for the type of flexibility program you can add to your routine. These can include: yoga (which often includes strength elements), basic full body stretching, and stretching focusing on specific, small groups of muscles. Do some experimenting to see which types suit you best. There are many stretching/yoga tutorials available online that range in skill level. Try a few out and see what you like!

Step 3: Add a cardio element

Similar to stretching, there are many different ways you can add a cardio element to your cross-training. You can run outside, go to a gym, or even do it in your own home. An easy and fun way to do cardio at home is to use Just Dance videos. If you have a game console that has Just Dance, go ahead and use that, but there are many Just Dance videos online, so you can have fun with your friends and family while working out.

Step 4: Add a toning or strengthening element

You don't have to go to the gym to work with strengthening elements! Use water bottles or cans of food as weights. Or you can ditch the equipment and do a series of squats, planks, wall sits, and more.

Step 5: Stay motivated to reach your goal

Motivation can be one of the hardest parts of any exercise routine. On the next page, you will find a weekly chart where you can fill out exactly which exercises you want to do each day of the week. When you finish a day, you can check it off to show your accomplishments.

OTHER RESOURCES

Lots of local community centers have classes that focus on different areas of cross-training.

There are many books written about workouts. You can see if your local library has any of them.

REMINDER

It is very important to take rest days when you develop a workout routine, especially when you are first starting. Rest days can be days where you don't do any of your cross-training, or they can be very light days where you do simple stretching.

MORE BADGE RESOURCES

To learn more about High School Girl Scout Resources, visit:
<http://bit.ly/hsgsresources>

CROSS-TRAINING SENIOR BADGE WEEKLY SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flexibility							
Cardio							
Strength							