

SKILL-RELATED FITNESS

Challenge Activities

Climbing the Cliff

[YouTube Video Demo](#)

Overcoming obstacles can feel like climbing up a cliff. It can feel like one small mistake will throw off your balance, sending you on a painful fall. Finding balance is the key to reaching the summit of the cliff.

When challenged physically and emotionally, heart rate can tell us how balanced our effort is. The ability to recognize and control our heart rate is a skill that we can master. Pacing and mindful breathing are 2 important heart rate tools we can practice using.

The object of this activity is to complete a series of physical challenges while controlling your heart rate so that it stays in the overall active health zone (100 to 120 BPM). It's okay if it bounces into the endurance zone (120 to 140 BPM) immediately after the challenge is complete. You'll then have 1 minute of rest in between challenges to practice high-5 mindful breathing and return your heart rate to the active health zone. Pacing and mindful breathing will be your keys to success.

Challenge 1:

1 minute of jumping jacks

⇒ (1 minute of rest and mindful breathing)

Challenge 2:

1 minute of invisible jump rope

⇒ (1 minute of rest and mindful breathing)

Challenge 3:

1 minute of plank shoulder taps

⇒ (1 minute of rest and mindful breathing)

Challenge 4:

1 minute of burpees

⇒ (1 minute of rest and mindful breathing)

Challenge 5:

1 minute of jumping jacks

⇒ (1 minute of rest and mindful breathing)

Challenge 6:

1 minute of half jacks

(1 minute of rest and mindful breathing)

